DR. TAZ MD
INTEGRATIVE MEDICINE

Leading the Holistic Revolution by merging the best of EASTWEST™ medicine

Global Wellness Expert & Champion of Superwoman and Healthy Families

A community of over 1 million people

Celebrity, Board-Certified Integrative Medicine Physician

TV and Media Medical Contributor
Including The Today Show, Fox 5 Atlanta and NBC

Host, The Holistic Way Podcast and YouTube Show

Founder, CEO CentreSpringMD, Family and Specialty Multi-Location Clinics

International Speaker and Best Selling Author



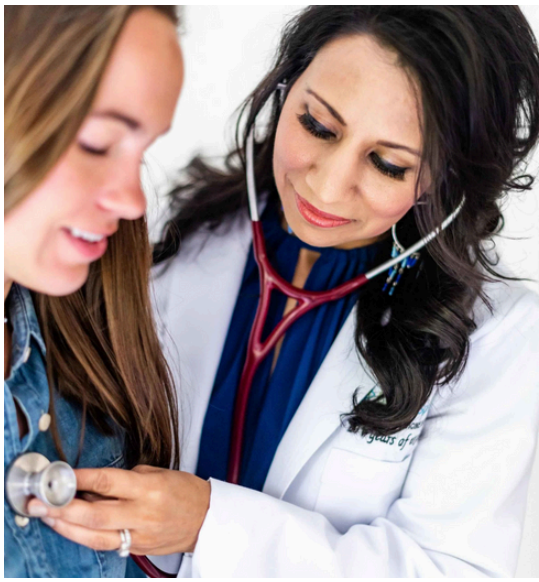
Media Kit

DoctorTaz.com

About Dr. Taz Bhatia MD

CHAMPION OF SUPER WOMAN, INTEGRATIVE HEALTH EXPERT, FOUNDER OF CENTRESPRINGMD & TEDX SPEAKER

Dr. Taz Bhatia, M.D., (aka Dr. Taz) is a board-certified integrative medicine physician, wellness expert and founder of CentreSpring MD, an award-winning medical and wellness practice in Atlanta, GA focused on health transformation. She gained national recognition as a best-selling author of the books, “What Doctors Eat,” “The 21 Day Belly Fix,” and “Super Woman RX.” Her integration of Eastern medical wisdom with modern science, along with her unique Power Type discovery, has led to featured segments on The Today Show, Good Morning America, CNN and eventually the premiere of her own PBS special Super Woman RX with Dr. Taz. She is also the host of the Super Woman Wellness podcast, and the health and wellness contributor for FOX Good Day Atlanta. Dubbed “a superwoman in her own right”, Dr. Taz is dedicated to empowering women to radically transform their lives through personalized lifestyle, diet, exercise, self-care and relationship strategies to help them rediscover their own “superpowers.” As a proud member of the Southeast Board for UNICEF USA, she is committed to improving the health of children and families around the world. Her latest book THE HORMONE SHIFT was released on October 3rd, 2023 and debuted as #1 as an Amazon Best Seller.



TODAY
10X+ Appearances!

CNN
10X+ Appearances!

live kelly
7X Appearances!

FOX 5 ATLANTA
Over 40X Appearances!

Dr. Taz has also been featured on the Drew Barrymore Show, Tamron Hall Show, Good Morning America, and Access Hollywood









The Dr. Taz MD Community

A POPULAR PODCAST, PROMINENT SPEAKING ENGAGEMENTS, AND A SOLID SOCIAL FOLLOWING



DOCTORTAZ.COM

20,000 Unique Visitors per month



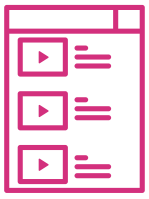
DR. TAZ NEWSLETTER

80,000 Email Subscribers with a 48% Open Rate



THE HOLISTIC WAY PODCAST

Over 1 Million Downloads
20,000 Monthly Downloads



THE DR. TAZ SHOW - YOUTUBE

65,000 Subscribers

Social Following

300k | 200k | 65k | 65k

The Clinics

15 Years
3 Cities (ATL, NYC & LA)
40,000 Patients
Global Telehealth Platform

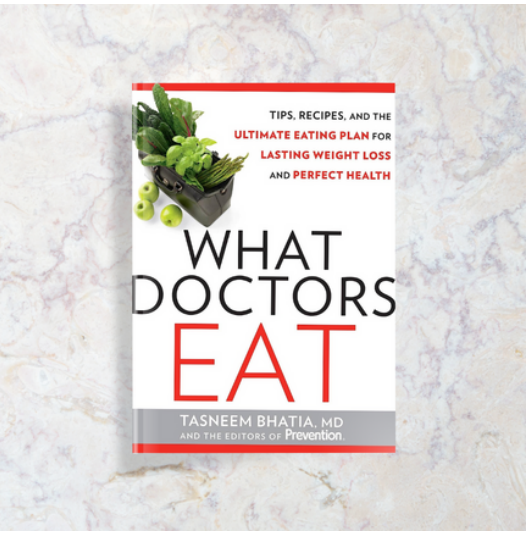
Global Reach

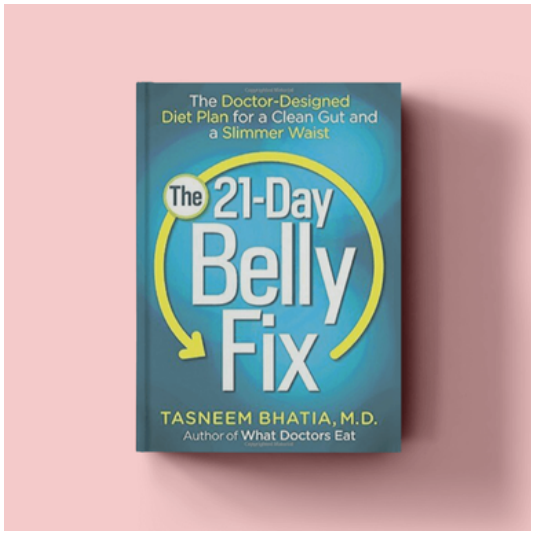
FOLLOWERS FROM US, CANADA, AUSTRALIA, UK, GERMANY, FRANCE, INDIA AND UNITED ARAB EMIRATES



Books by Dr. Taz MD

Authored three best-selling books to empower women to reach their full potential filled with easy-to-digest health information that combines conventional mainstream medicine, Chinese and functional medicine, Ayurveda, nutrition, herbal therapies, fitness, and homeopathy



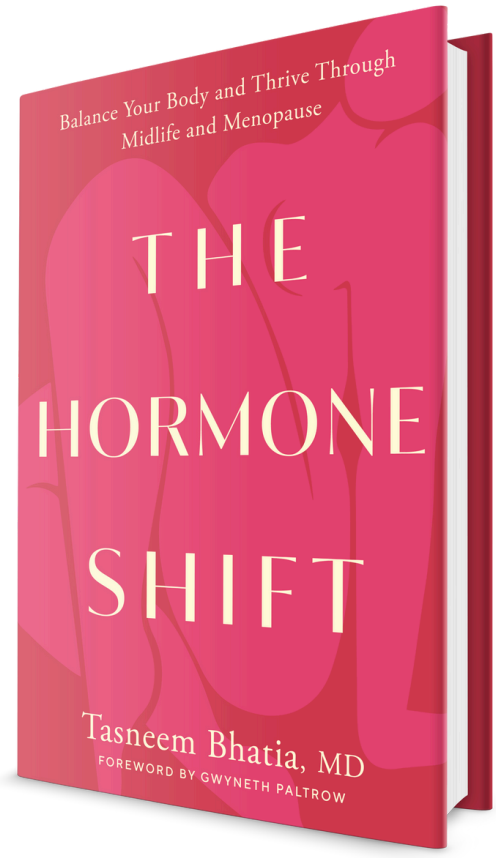




THE NEWEST BOOK FROM DR. TAZ



Dr. Taz's book is an incredible resource for all of us who want to better understand our bodies and find ways to optimize our hormones and move through hormonal changes with more ease. Her approach to perimenopause and menopause is also a powerful reminder that women do not expire during this chapter—as she says, we rise into our power and into our truth.
- Gwyneth Paltrow



Media Appearances

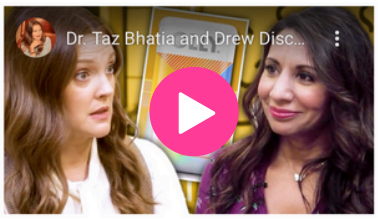
RECENT TV, PODCAST AND ARTICLE FEATURES

TODAY · EXTRA · mbg mindbodygreen · TAMRON HALL SHOW

GOOD MORNING AMERICA · live kelly · CNN · THE HUFFINGTON POST

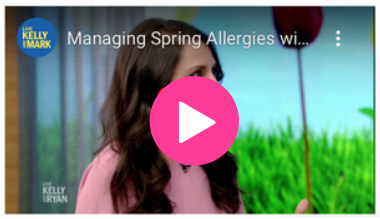
E! NEWS · the DREW barrymore show · yahoo!life

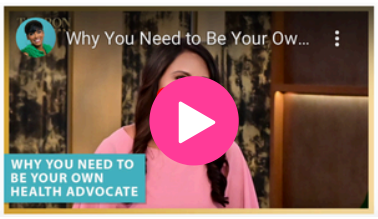




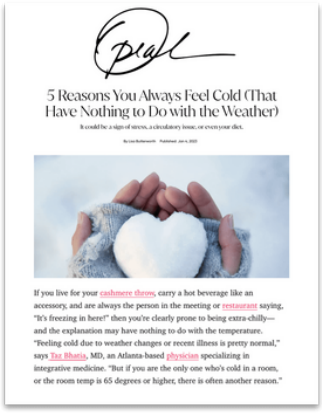


live Kelly & Ryan · TAMRON HALL SHOW · TODAY

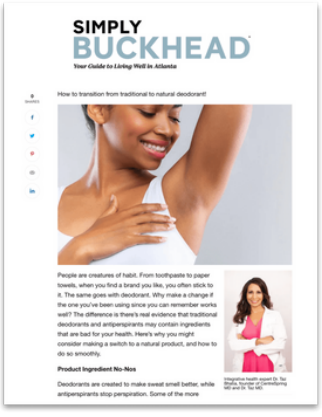




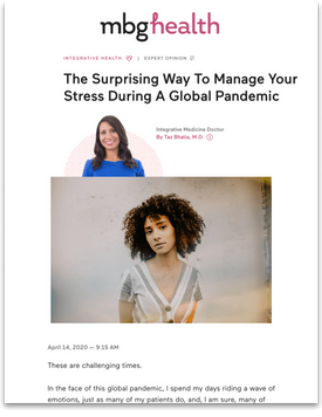




READ



READ



READ



READ

Speaking Engagements

RECENT TALKS AND INTERVIEWS







VIEW RECENT

SPEAKING TOPICS:

- What Longevity Means for Women: The Science and Practice of Female Aging
- The Holistic, East West Approach to Women's Hormones: What Your Doctor Might be Missing
- Protecting the Female Brain: The Science and Practice of Cognitive Longevity
- Cortisol, Adrenal Dysfunction and Female Health: The Modern Woman's Story
- Family Wellness: Why a Holistic Approach Matters
- The Holistic Formula for Happy, Healthy and Whole Families
- Why Your Emotions Matter for Your Health
- How to Build a Better Body, Grow your Brain and Find your Beauty Through the Decades
- Hormone Building Through the Decades

Dr. Taz MD's Credentials

Dr. Taz MD is a fellow of the University of Arizona Program in Integrative Medicine led by Dr. Andrew Weil, having completed the fellowship in 2008. A native Atlantan, she attended The Westminster Schools, Emory University, the University of Georgia and the Medical College of Georgia. After completing her residency in pediatrics at the Medical College of Virginia in 2000, she received the Emily Gardner Award for Best Pediatric Resident. Dr. Taz has been featured in Atlanta's Top Docs and voted numerous times as Best Atlanta Integrative Medicine Physician.



EDUCATION:

- Fellow, Integrative Medicine, University of Arizona, Tucson, AZ, 2006-2008
- Candidate Fellow, Institute of Functional Medicine
- AntiAging/Regenerative Medicine, N/A, 2011- present
- Medical Acupuncturist, Academy of Pain Management, San Francisco, CA, 2005
- Medical College of VA, Richmond, VA, 1997-2000

WORK EXPERIENCE:

- Pediatrics/Emergency Medicine — 2000 - 2012
- Founder, CEO CentreSpringMD — 2009 - Present

INTERNSHIP:

Pediatrics, Medical College of VA, Richmond, VA, 1997-1998

RESIDENCY:

Pediatrics, Medical College of VA, Richmond, VA, 1998-2000

FELLOWSHIP:

Integrative Medicine, University of Arizona, Tuscon, AZ, 2006-2008

BOARD CERTIFICATIONS:

- Board Certified in Pediatrics
- Board Certified in Holistic Medicine
- Board Certified in Integrative Medicine

ADDITIONAL CERTIFICATIONS AND SPECIALTY QUALIFICATIONS:

- CNS, Certified Nutrition Specialist, 2004

Press Contact

Lindsay McNamara, LM Publicity,
Lindsay@lmpublicity.com