



DR. TAZ <sup>M</sup><sub>D</sub>

## Dr. Taz's Whole Health Guide

By now you have taken my Whole Health Test. Congratulations! No matter what your score, you are one step closer to taking charge of your health.

Here are some considerations for each of the 5 key concepts - Inflammation, Oxygenation, Detoxification, Nutritional Deficiencies and Hormone Balance.

### Inflammation

If you're going to focus on one area of your health, inflammation is the place to start. Inflammation appears to be the root of disease. This is most evident in autoimmune diseases such as rheumatoid arthritis, lupus and inflammatory bowel. But it is also strongly linked to cancer, diabetes and cardiovascular disease.

Inflammation can present itself as a combination of symptoms - digestive issues, swollen joints, muscle pain and dry eyes or dry mouth.

Or it can show up in lab work with blood markers that should be tracked annually. Subtle changes in test results can indicate potential problems. For this reason we routinely track our patients' levels of homocysteine, sedimentation rates (ESR) and c-reactive proteins (CRP) as a few of the markers of inflammation.

### Oxygenation

Keeping oxygen levels optimized all the way to the cellular level is a key concept of prevention. Poor oxygenation sets up an environment for free radicals - this accelerates aging, worsens cardiovascular function, and can contribute to cancer progression.

Exercise is key for improving your oxygenation status. Routine exercise improves lung function and oxygen delivery to our cells.

Antioxidant-rich foods also contribute to improved cellular oxygenation. Try eating a variety of plant-based foods and drinking fresh-pressed juices.

### Detoxification

Detoxification has been a tenet of whole health for thousands of years with every older system of medicine advocating some type of rhythmic detoxification. Detoxification came in the form of a full-on fast or simply not eating meat for a few days.

Detoxes have come a long way since the early days of Ayurvedic and Chinese medicine. Juice detoxes, liver detoxes and medically-supervised detoxes are now the trend of a healthy lifestyle.

The liver, colon, kidneys and skin are the key organs involved in detoxification and, in turn, disease prevention. Chinese medicine pointed to a coated tongue, sallow complexion or rashes as a sign of failing organs of detoxification.

The genetics of detoxification play an important role as well. If you suspect your body is not detoxifying itself as it should, research "methylation" and "mitochondrial dysfunction". These concepts may (or may not) be an important piece of your personal health puzzle.



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### Nutritional Deficiencies / Concepts

Micronutrient deficiencies play a powerful role in both disease prevention and management. Magnesium and B-vitamin deficiencies are evident in the majority of my patients, since these two micronutrients influence high blood pressure, cardiovascular disease, hormone balance, focus, mood and memory.

Additional mineral deficiencies, low vitamin D levels and not enough healthy fat in the diet also contribute to a variety of conditions. Finding these deficiencies early is paramount for prevention but it is not yet widely recognized in mainstream medicine.

### Hormone Balance / Hormone Detoxification

For both men and women, it's important to track hormone levels annually because of the powerful role they play in Whole Health. In the right amounts, hormones are our best friends, enabling us to have energy and quality sleep, libido and fertility. When hormones are out of range, they can turn against us and lead to changes in our mental state, digestive problems, infertility and even cancer.

Tracking hormones yearly and watching how we break down and eliminate hormones must be part of the conversation surrounding wellness and prevention. Again, watching how these levels trend for an individual is the only way to catch when something goes awry from the usual patterns - a change that could signal that something in the body is shifting away from "healthy" and toward disease.

In conclusion, these 5 concepts are a good starting point in finding your Whole Health. Thanks again for letting me join you!

\* This Guide is for informational purposes only and is not a substitute for medical advice, diagnosis or treatment.