



DR. TAZ M D  
INTEGRATIVE MEDICINE

THE  
HEALTHY  
MOM  
DIGITAL GUIDE

DOCTORTAZ.COM

# I N T R O D U C T I O N

I often talk to moms about caring for themselves and how there is more stress on them today than ever before.

Most moms feel pressured to be Superwomen- juggling all responsibilities on any given day perfectly. I talked about this a lot in the Super Woman Rx- and in this pandemic it's more relevant than ever.

In Chinese medicine, there was and is no separation between a mom and a child. The health of one connects to the health of the other. That's true right? We are all only as happy as our happiest child.



In this guide, I hope to provide all moms with a quick and easy reference and reminder of how to take care of themselves- and ways to check in on a regular basis to know that it's your time for TIME OUT.

# TOP SIGNS OF MOM FATIGUE



Crying Spells



Snapping, more irritable



Racing Thoughts



Disordered Eating - *more snacking and grazing*



Low Libido

Yes- these are the most common signs that you have been burning the candle at both ends for too long.

Do you have MOMFatigue? Then Follow some of the tips below

# A V O I D   T H E   5   C O M M O N M O M   T R A P S



Not scheduling in a calendar your alone time.- daily - 20 min per day, weekly 2 hours.



Not scheduling alone time with your partner. Ideally - weekly.



Perfection or nothing- its exhausting- find a middle ground- you cant have perfect food, perfect meals, and a perfect house and look perfect- take the middle road- its a lot more. fun. Divide the categories of your responsibilities outside of the kids into a chart- and pick one in addition to the kids to work on daily.



Scheduling too many activities for the kids- play dates, sports etc- it means you are in the car or paying someone to be in the car and not giving the kids some much needed breathing room.



Saying yes and not no- once you have your self care calendar- its easier to say NO- and preserve time so you are not overcommitted.

**\*\*\*heres an extra one- judging yourself against other moms or kids\*\*\***



**How do you avoid  
these mom traps?**

MY FAVORITE  
MOM HACKS



# # 1

## THE 20 MIN ENERGY RESET

GRAB A JOURNAL, A CANDLE, AND YOUR EARBUDS.  
LOCK YOURSELF IN A ROOM AND PULL THOSE  
THOUGHTS OUT - YOU CAN WRITE, MEDITATE,  
LISTEN TO MUSIC OR JUST STRETCH.

### OPTIONS INCLUDE:



Tai chi  
Qi Gong  
Yoga  
Walking



### Or use apps:

Evenflow  
Headspace  
Calm  
Brainwave

## # 2

### T H E 1 0 M I N S P A

Grab a bowl, a bunch of herbs including rosemary or eucalyptus - grab a towel.

Let the water boil - throw that towel over your head- and inhale the amazing steam. You will get a quick reset and your skin will glow. Follow with Cold water and apply your favorite moisturizer.



## # 3

# S L E E P   S O U N D L Y

Nothing like a good nights sleep to keep us all sane- try to get to bed- even if the list not done. Create a peaceful environment- remove electronics, add aromatherapy to calm the nervous system- lavender and sandalwood are my favorites for night time.

Still cant sleep? Try adding magnesium or [sleep savior](#), a custom formula to help with falling and staying asleep.





## # 4

# A N X I E T Y   B U S T E R S

When those feelings of anxiety take over-  
keep these on hand-

Aromatherapy, essential oil blend-  
sandalwood, vetiver, patchouli

You can rub this on the back of your neck  
or the bottom of your feet.

Spill the tea- chamomile, holy basil and  
Tulsi are my favorites and all calming for  
the nervous system.



## # 5

# MINDLESS EATING NO MORE

Wanting to snack- reach for any of these instead:

Apple cider vinegar and water

Lemon, Grapefruit and Citrus oils- helps to cheer you up and stop mindless eating

Sweet defeat lozenges or goli gummies- stop sugar cravings

Drink lemon or grapefruit water through the day

Green smoothie daily



**And of course...**

**M Y F A V O R I T E  
M O M S P L U R G E S**



Massage - *nothing beats fatigue like a good massage*



Acupuncture - *resets the body's energy pathways*



Facials - *Leave Feeling Good*



Hikes in nature



Getting your hair or nails done

## Lastly...

# HERE ARE A FEW MOM GIFTS TO TAKE THIS TO THE NEXT LEVEL:



Infrared Sauna- detox, reset and relax - a great way to lift your mood.



Epsom salts for foot soak- can add this to our 10 Min spa as well



Gemstone/ Jade Facial Rollers- take that spa to the next level with your own facial massage



Thera gun for tight muscles



Foam roller or Cork Yoga wheel to help stretch out and loosen tight muscles.



Gua sha devices for facial massage



Red Light therapy- from hand held devices to face masks- Red light gives an instant boost - promoting collagen formation, skin turnover and relaxation



Peloton bikes or machines- its hard to get that workout in- having something at home is a game changer



Massage chairs- now we are splurging but they can help - especially when busy moms cannot book those appointees.




Aromatherapy and essential oil kit- for instant relaxation.

# DR. TAZ MOTHER'S DAY BUNDLE

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A photograph of a woman with long dark hair and a young boy laughing together. The woman is on the left, looking towards the boy on the right. They are both smiling broadly with their mouths open. The background is bright and out of focus. A black rectangular box is overlaid on the center of the image, containing text.

The MomChild  
connection is precious  
and strong- keep yourself  
superpowered and  
centered to be the Super  
Woman MOM- that you  
already are.