



DR. TAZ M

# HOLISTIC APPROACH TO WEIGHT LOSS: BEYOND THE SCALE



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PERSONALIZED HOLISTIC

WEIGHT LOSS

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TRADITIONAL WEIGHT LOSS PLANS TYPICALLY INVOLVE A COMBINATION OF EXERCISE AND RESTRICTING CALORIES. ALTHOUGH THIS CAN LEAD TO RESULTS, YOUR BODY CAN PERCEIVE ITSELF AS STARVING.

## WHAT IS HOLISTIC WEIGHT LOSS?



# WHAT IS HOLISTIC WEIGHT LOSS?

HOLISTIC WEIGHT LOSS TAKES MANY THINGS INTO ACCOUNT INCLUDING:

- MEDICAL HISTORY
- AGE
- HORMONES

LIFESTYLE FACTORS



STRESS



ANXIETY



POOR SLEEP



STUDIES SHOW A RELATIONSHIP BETWEEN THE GUT MICROBIOME – OR THE BACTERIA INSIDE YOUR DIGESTIVE TRACT – AND YOUR OVERALL HEALTH.

INCLUDING:

- OBESITY
- INFLAMMATORY CONDITIONS
- YOUR BODY'S ABILITY TO LOSE WEIGHT.



THE  
RELATIONSHIP  
BETWEEN  
GUT HEALTH AND  
WEIGHT LOSS



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IN TERMS OF YOUR HEALTH, THESE BACTERIA ASSIST WITH BREAKING DOWN YOUR FOOD, ALLOWING NUTRIENTS TO PASS INTO THE BLOOD AND HELPING THE BODY ELIMINATE WASTE.

## 5 RULES TO REBUILD AND MAINTAIN A HEALTHY GUT



GIVING YOUR GUT A REST



REBUILD



AVOID TRIGGER FOODS



FASTING



CURE A STRESSED OUT GUT

# THE RELATIONSHIP BETWEEN GUT HEALTH AND WEIGHT LOSS

AN IMBALANCE OF CERTAIN TYPES CAN AFFECT HOW YOUR BODY ALLOCATES AND UTILIZES NUTRIENTS AND GETS RID OF WASTE, AND CAN CONTRIBUTE TO INFLAMMATION.



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# WHAT IS YOUR WEIGHT LOSS TYPE?

■ THE WARRIOR



■ THE PROTECTOR



■ THE ANCHOR



■ THE CREATIVE



■ THE TRAIL BLAZER



# THE WARRIOR

- Ayurvedic type- PITTA
- Chinese Medicine- Liver Meridian imbalance
- Organ weakness- Liver/Adrenals
- Hormone to watch- Cortisol
- Body Type- Medium build/athletic
- Best Diet- Anti-inflammatory





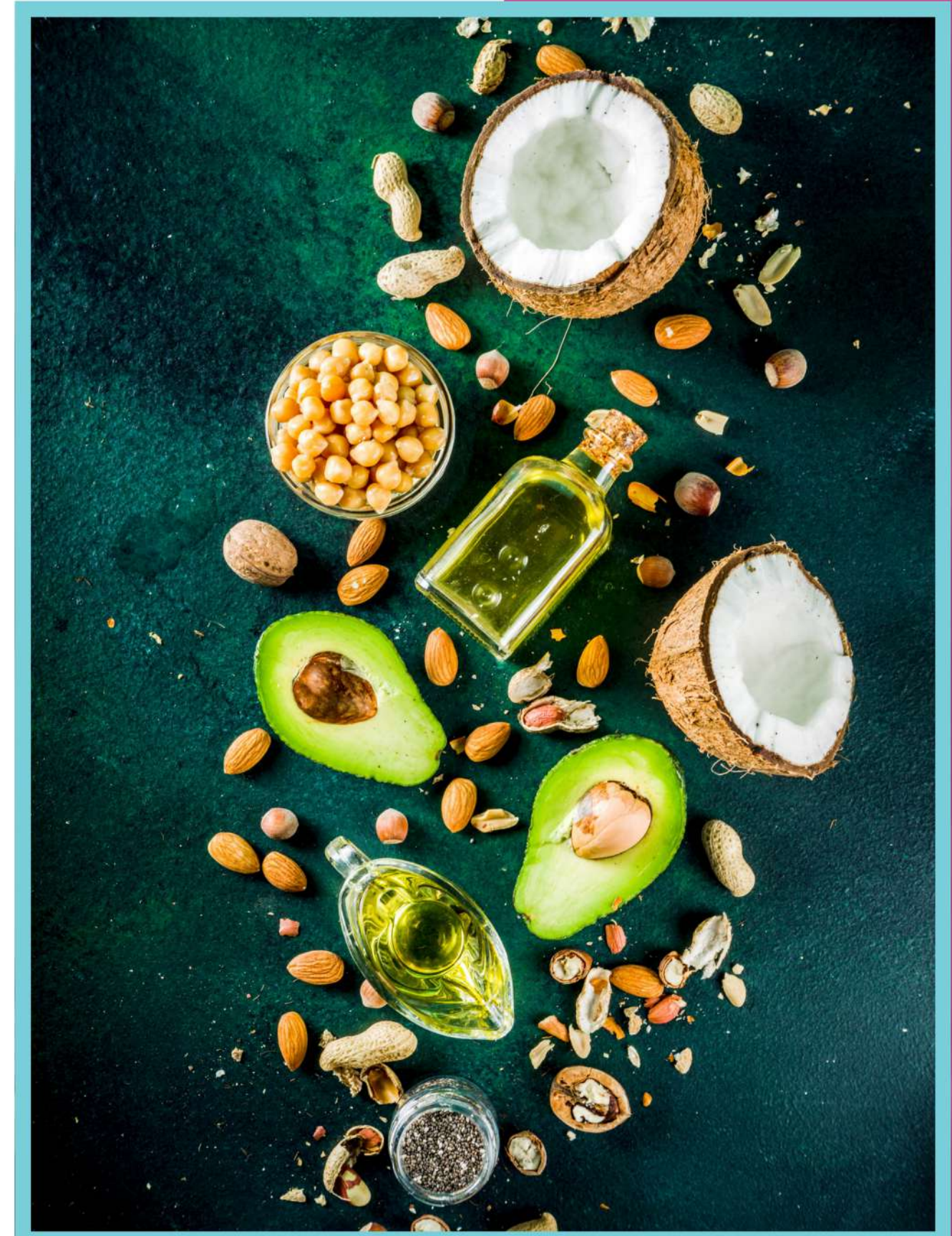


# THE PROTECTOR

- Ayurvedic type- Kapha
- Chinese Medicine- Spleen Meridian deficiency
- Organ weakness- Large Intestine, Stomach
- Hormone to watch- Estrogen, Insulin
- Body Type- Larger frame, easy to gain weight
- Best Diet- Vegan/Vegetarian, Intermittent Fasting, Keto Cycling

# THE ANCHOR

- Ayurvedic type- Vata/Kapha
- Chinese Medicine- Kidney/Spleen- Liver  
Meridian deficiency
- Organ weakness- Kidney, Large Intestine,  
Liver
- Hormone to watch- Cortisol, Estrogen,  
Testosterone, Insulin
- Body Type- Medium to Large Frame
- Best Diet- Anti-Inflammatory/Gut and  
Immune Building





## THE CREATIVE

- Ayurvedic type- Vata
- Chinese Medicine- Kidney meridian deficiency
- Organ weakness- Thyroid, Kidneys
- Hormone to watch- Thyroid, Progesterone, Testosterone
- Body Type- Small/Thin, Medium Build
- Best Diet- Paleo

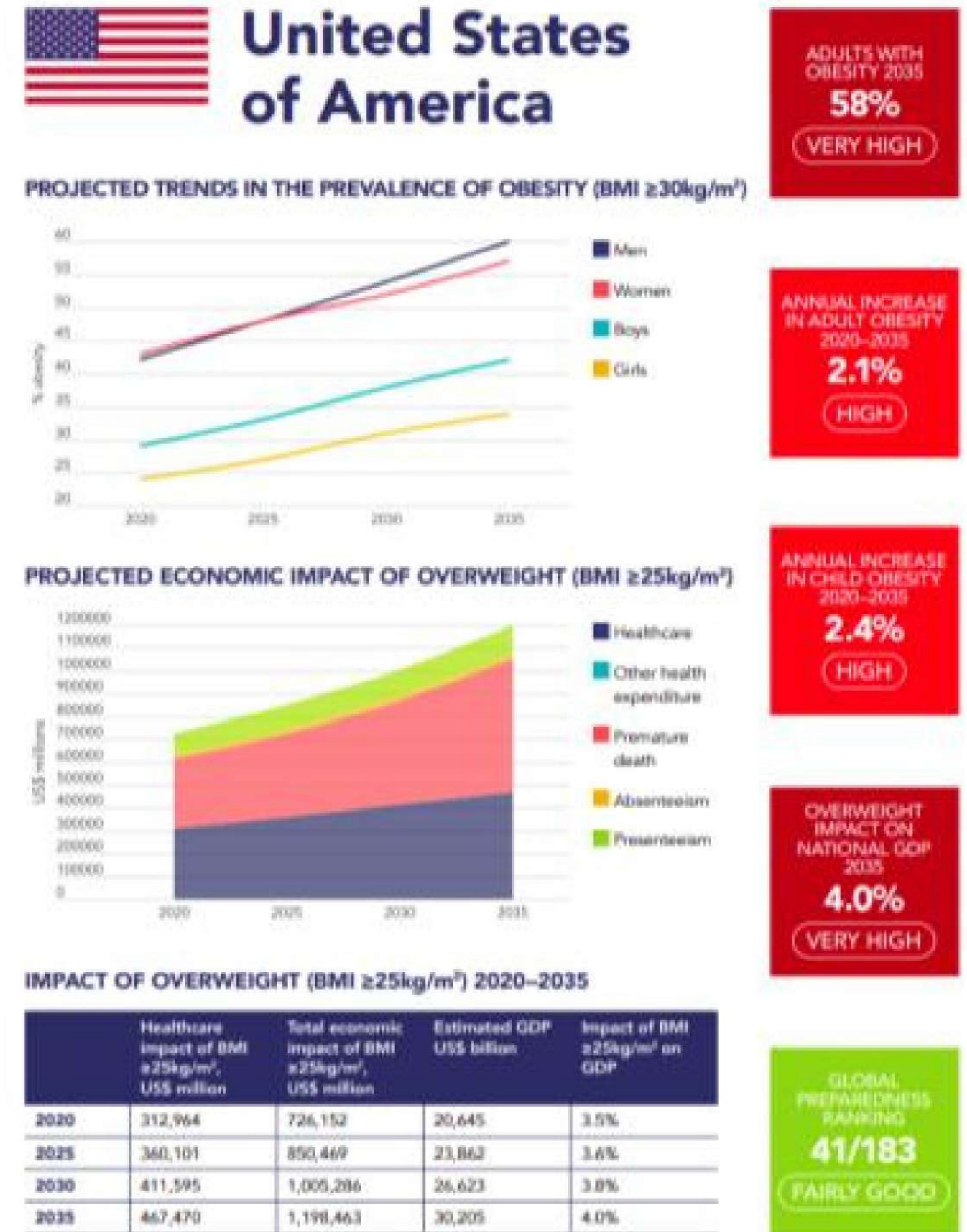
# THE TRAILBLAZER

- Ayurvedic type- PITTA/Vata
- Chinese Medicine- Liver, Kidney Meridian Imbalance
- Organ weakness- Thyroid, Adrenal
- Hormone to watch- Thyroid, Cortisol, Progesterone, Testosterone
- Body Type- Small to medium
- Best Diet- Paleo/Anti-inflammatory



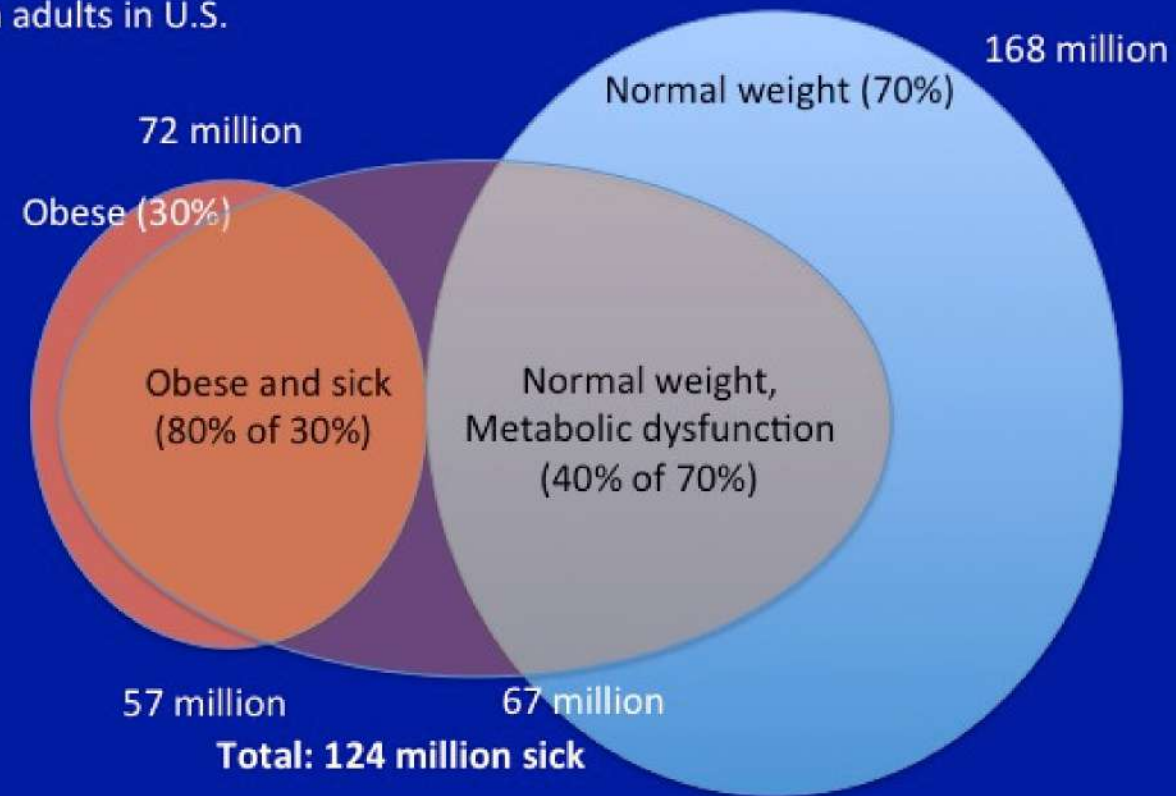
# IMPACT OF OBESITY AND PREVALENCE

- THE ESTIMATES FOR GLOBAL LEVELS OF OVERWEIGHT AND OBESITY (BMI  $\geq 25\text{KG}/\text{M}^2$ ), OVER 4 BILLION PEOPLE MAY BE AFFECTED BY 2035, COMPARED WITH OVER 2.6 BILLION IN 2020.
- INCREASE FROM 38% OF THE WORLD'S POPULATION IN 2020 TO OVER 50% BY 2035
- THE PREVALENCE OF OBESITY (BMI  $\geq 30\text{KG}/\text{M}^2$ ) ALONE IS ANTICIPATED TO RISE FROM 14% TO 24% OF THE POPULATION OVER THE SAME PERIOD, AFFECTING NEARLY 2 BILLION ADULTS, CHILDREN AND ADOLESCENTS BY 2035.



## “Inclusive” view of obesity and metabolic dysfunction

240 million adults in U.S.



- BEING OBESE PUTS YOU AT RISK FOR METABOLIC DISEASE

- BEING NORMAL BODY WEIGHT DOESN'T PREVENT METABOLIC DISEASE

PREVALENCE OF OPTIMAL METABOLIC HEALTH IN AMERICAN ADULTS: NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY 2009-2016,” WAS PUBLISHED ONLINE NOV. 28 IN THE JOURNAL METABOLIC SYNDROME AND RELATED DISORDERS.

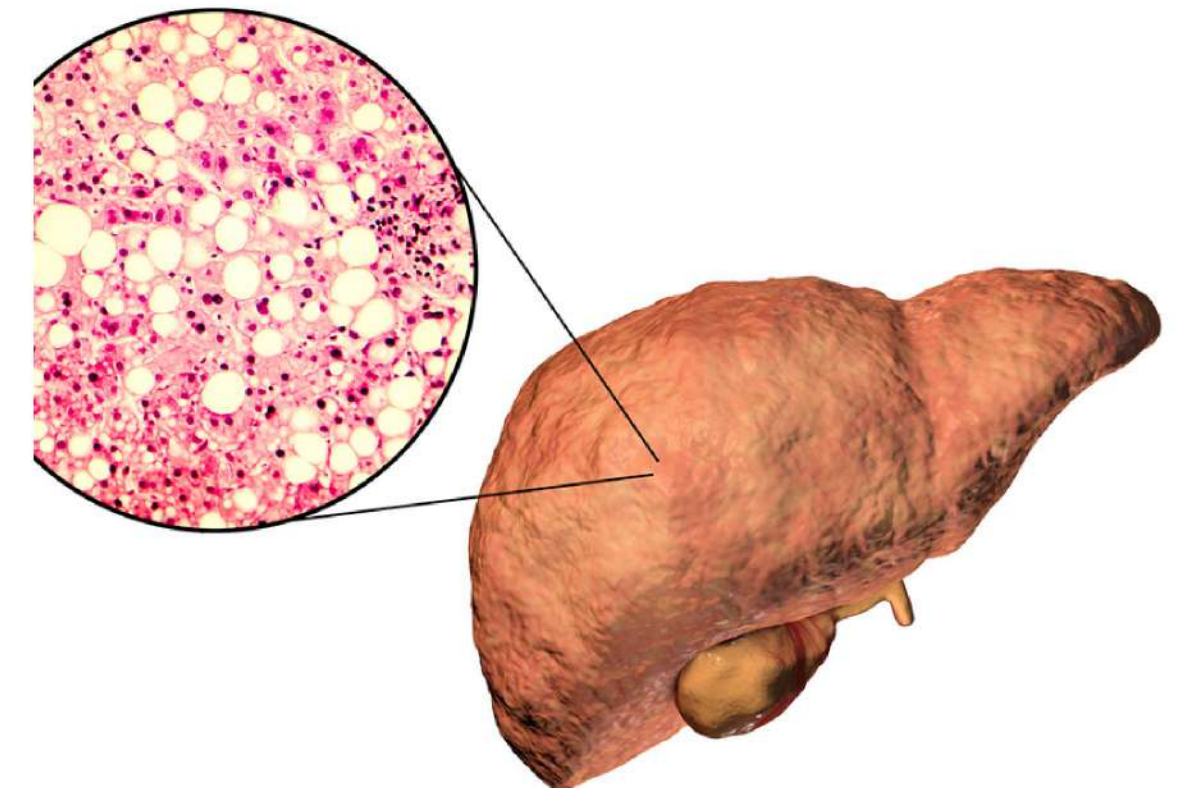
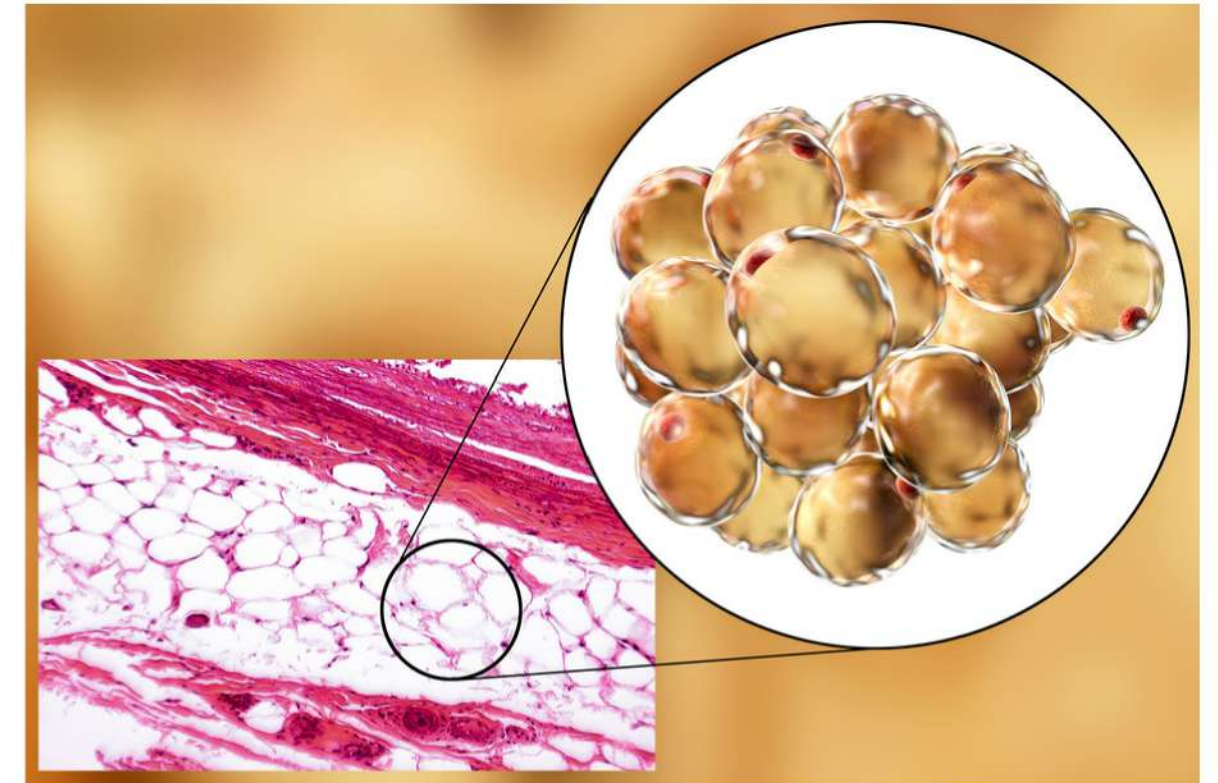
METABOLIC HEALTH - SEPARATE FROM OBESITY



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# THE PROBLEM IS ENERGY EXCESS

- FAT STORES ARE HEALTHY AND LET US HAVE NORMAL FUNCTION - THE ISSUE IS WHERE AND HOW MUCH
- THE PROBLEM IS TOO MUCH ENERGY
- SUBCUTANEOUS FAT
- FATTY LIVER DISEASE
- VISCERAL FAT
- TOO LEAN IS A STRESS (LACK OF PERIODS)

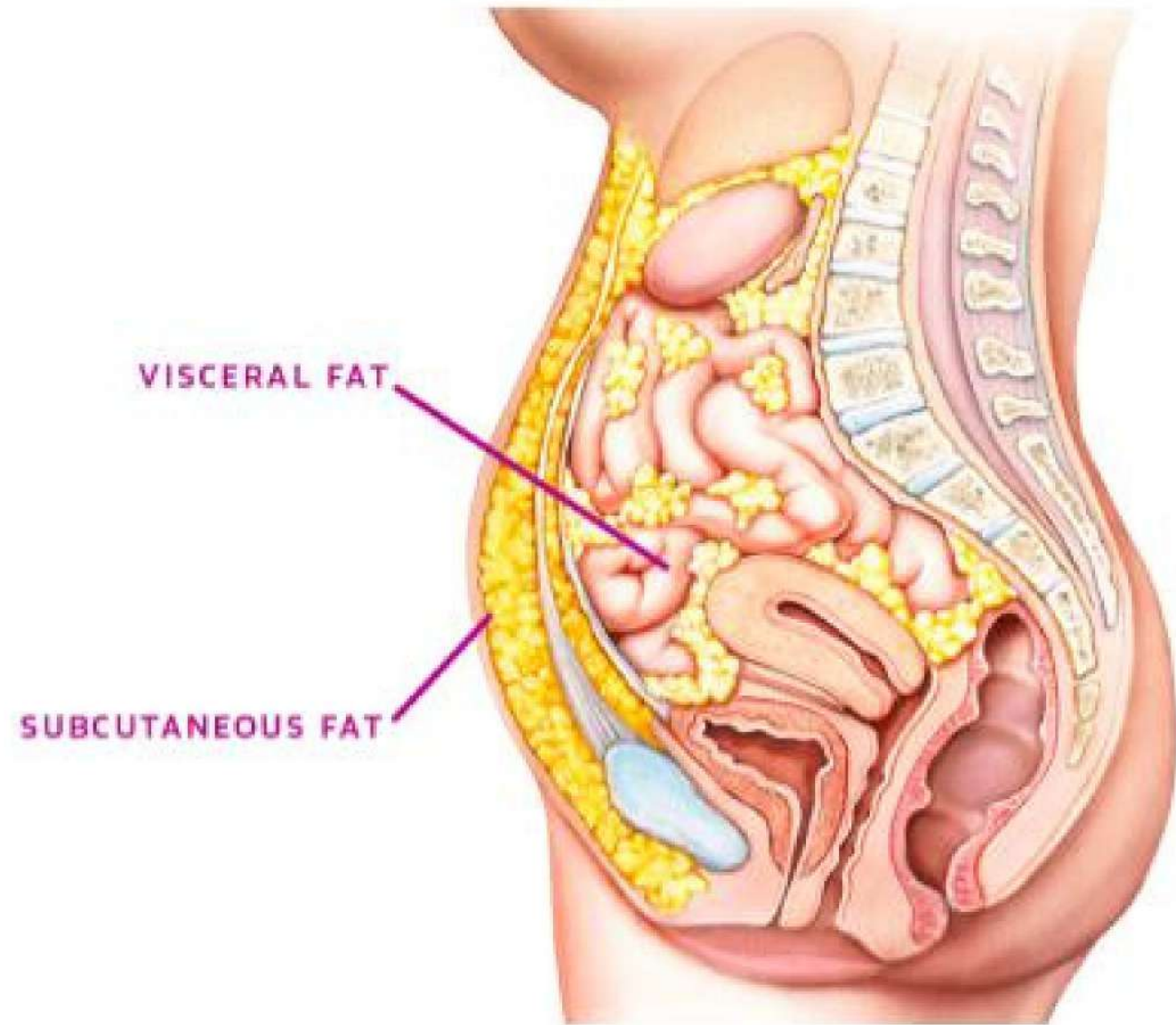


# BEYOND THE BASIC - ADIPOSIITY

- THE INABILITY TO SEE THE SIX-PACK OF ABS IS REALLY AN ISSUE OF EITHER TOO SMALL RECTUS ABDOMINIS MUSCLE GROUP AND/OR TOO MUCH SUBCUTANEOUS FAT SURROUNDING THE RECTUS ABDOMINIS MUSCLES
- SUBCUTANEOUS FAT = FAT BETWEEN THE SKIN AND THE FASCIA
- VISCERAL FAT = FAT BENEATH THE FASCIA NEAR THE VITAL ORGANS
- NOT ALL FAT IS CREATED EQUAL
- FASCIA IS THE CORSET THAT IS HOLDING YOU TOGETHER—IT'S BENEATH YOUR MUSCLES AND INSIDE THE FASCIA IS WHERE YOUR ORGANS EXIST







- NOT PROBLEMATIC AT A NORMAL LEVEL, NORMAL STORAGE OF LONG TERM ENERGY, ALLOWED US TO GO DAYS WITHOUT FOOD

- LIPOSUCTION /REMOVING SUBCUTANEOUS FAT DOESNT IMPROVE METABOLIC HEALTH

## SUBCUTANEOUS FAT



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# TWO MAIN APPROACHES TO LOSING FAT

1. REDUCE THE TOTAL NUMBER OF FAT CELLS
2. SHRINK THE FAT CELLS

- THE FORMER (REDUCE THE TOTAL NUMBER OF FAT CELLS) IS MOST TYPICALLY SOMETHING THIS IS DONE WITH LIPOSUCTION
- NOTE: AN NEJM STUDY SUGGESTS THAT THERE IS A PROFOUND DIFFERENCE BETWEEN LOSING FAT VIA LIPOSUCTION VS. THROUGH DIETARY & LIFESTYLE

FAT LOSS



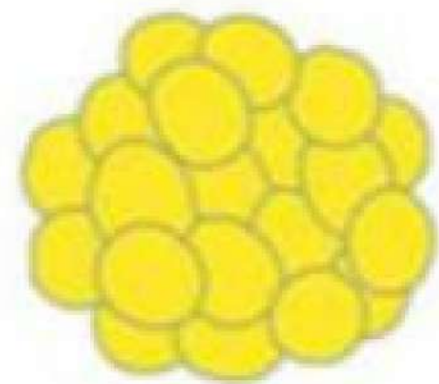
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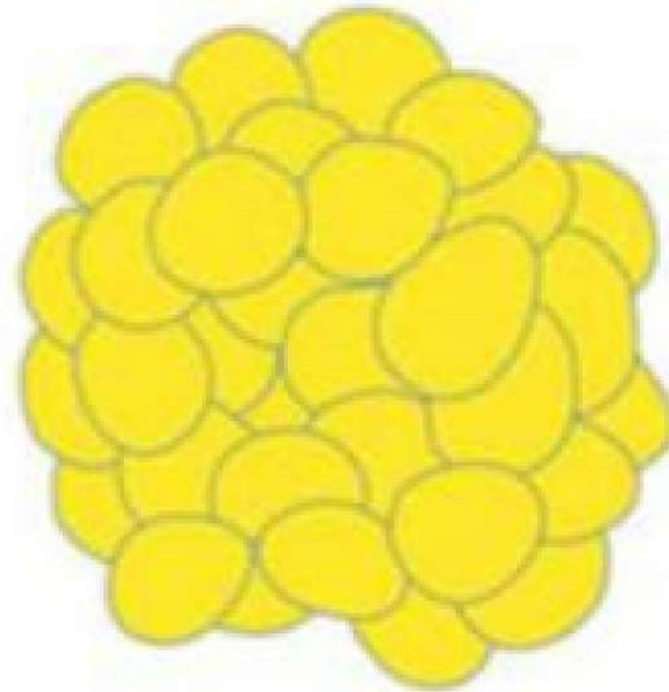
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# SHRINKING THE FAT CELLS

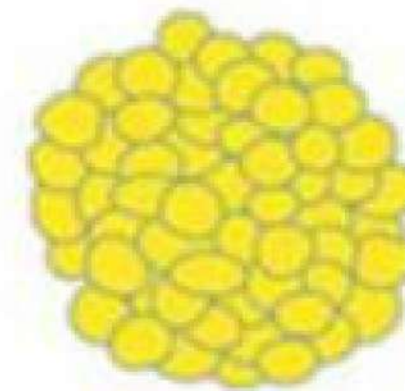
## ADIPOSE CELLULARITY



**Never  
obese**



**Obese**



**Reduced  
obese**

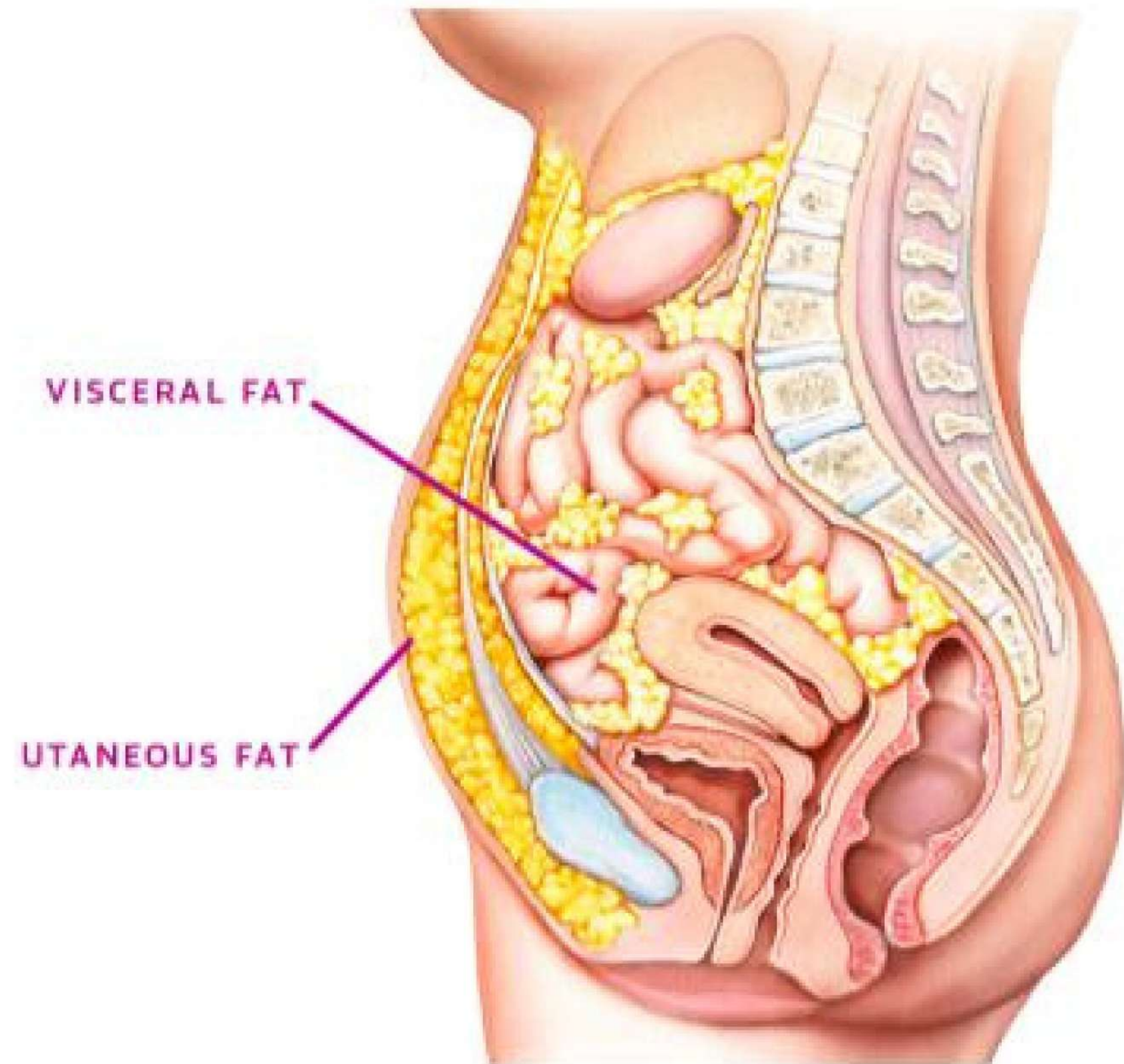
# LIPOSUCTION

- ABSCENCE OF AN EFFECT OF LIPOSUCTION ON INSULIN ACTION AND RISK FACTORS FOR CORONARY HEART DISEASE - NEJM 2004; 350:2549-2557
- ABDOMINAL LIPOSUCTION DOESNT SIGNIFICANTLY IMPROVE OBESITY - ASSOCIATED METABOLIC ABNORMALITIES. DECREASING ADIPOSE TISSUE MASS ALONE WILL NOT ACHIEVE THE METABOLIC BENEFITS OF WEIGHT LOSS



# VISCERAL & FATTY LIVER

- NO STANDARD REFERENCE RANGES FOR VISCERAL FAT, IN HEALTHY INDIVIDUALS, VALUES ARE GENERALLY LESS THAN 1KG FOR YOUNGER INDIVIDUALS & BETWEEN 1-2KG FOR OLDER INDIVIDUALS
- DISEASE, SIGNS OF MAJOR DYSFUNCTION
- #1 CAUSE OF LIVER FAILURE NOW, OVER ALCOHOL
- REVERSIBLE





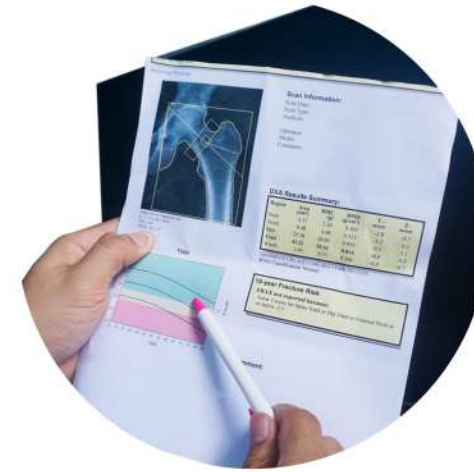
# HOW TO MEASURE



SCALE:  
MEASURES  
BODY  
WEIGHT



IN-BODY:  
MEASURES BODY  
COMPOSITION



DEXA:  
MEASURES BODY  
COMPOSITION



LIVER  
ULTRASOUND  
/MRI

ERRORS OCCUR AROUND VARIABILITY IN TESTING (DIFFERENT MACHINES,  
HYDRATION STATUS)

TEST UNDER SAME CONDITIONS FOR RELIABLE COMPARISON





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# H O L I S T I C   A P P R O A C H   T O   W E I G H T   L O S S



DETOX



HORMONE BALANCE



GUT HEALTH



NIUTRIENT LOAD



INFLAMMATION



SLEEP



STRESS



GENETICS

- NONPHARMCOLOGIC
- PHARMACOLOGIC



MANAGEMENT



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# HOW TO MINIMIZE YOUR TOXIC LOAD



CHECK EWG WEBSITE  
FOR TIPS



DRINK FILTERED WATER



EAT ORGANIC/  
LESS PROCESSED



WASH YOUR  
VEGETABLES



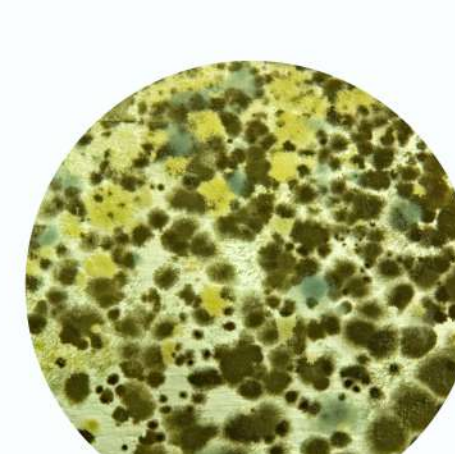
DECORATE WITH  
HOUSE PLANTS



REMOVE ALLERGIES  
FROM DIET



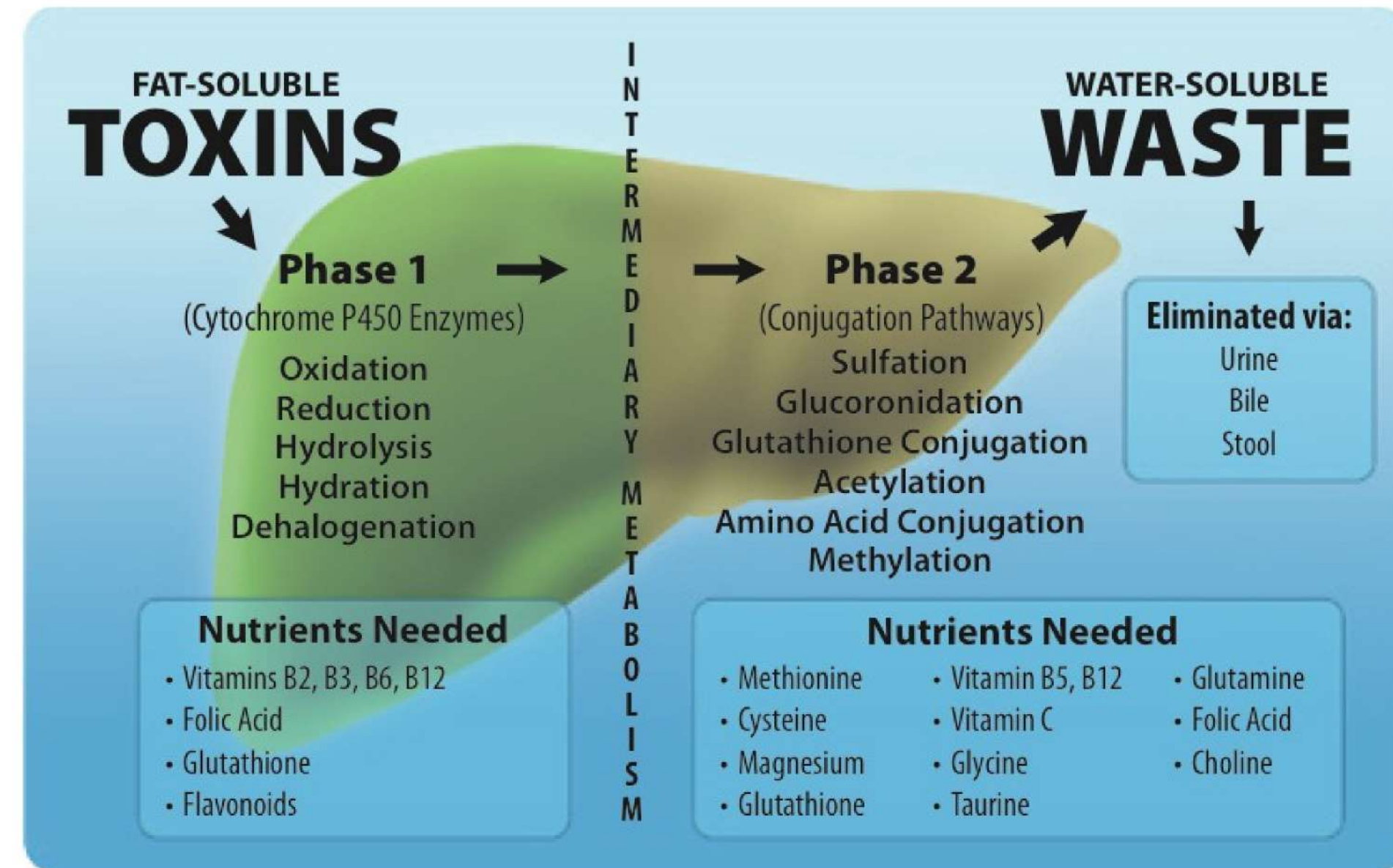
LIMIT ALCOHOL,  
ACETAMINOPHEN



MOLD  
REMEDATION

# DETOXING TIPS

- KNOW YOUR GENES
- MINIMIZE LOAD
- DIGESTIVE HEALTH
- DIETARY SUPPORT
- SUPPLEMENTS
- LIFESTYLE





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# HORMONE PATTERNS THAT IMPACT WEIGHT LOSS



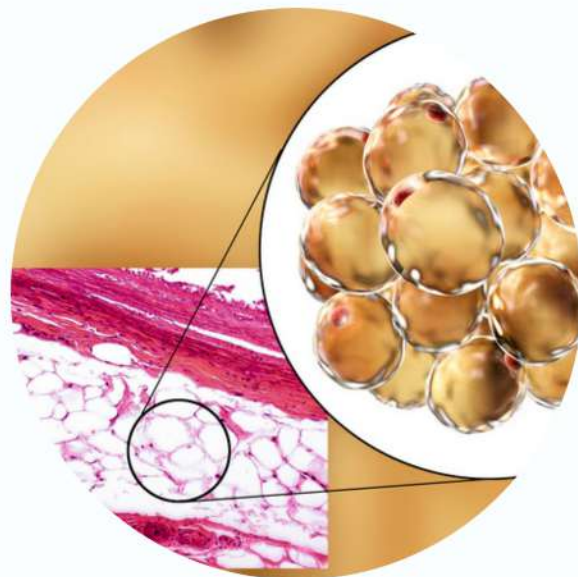
ESTROGEN  
DOMINANCE



LOW  
PROGESTERONE



HYPOTHYROIDISM



HIGH LEPTIN



HIGH CORTISOL

# INSULIN & IMPACT ON LIPOLYSIS

- INSULIN REGULATION OF LIPOLYSIS IN NONDIABETIC & IDDM SUBJECTS



# ELEVATED STRESS

- RAISES CORTISOL AND IMPAIRS INSULIN RESPONSE

TECHNIQUES TO  
REDUCE STRESS:

SUPPLEMENTS:

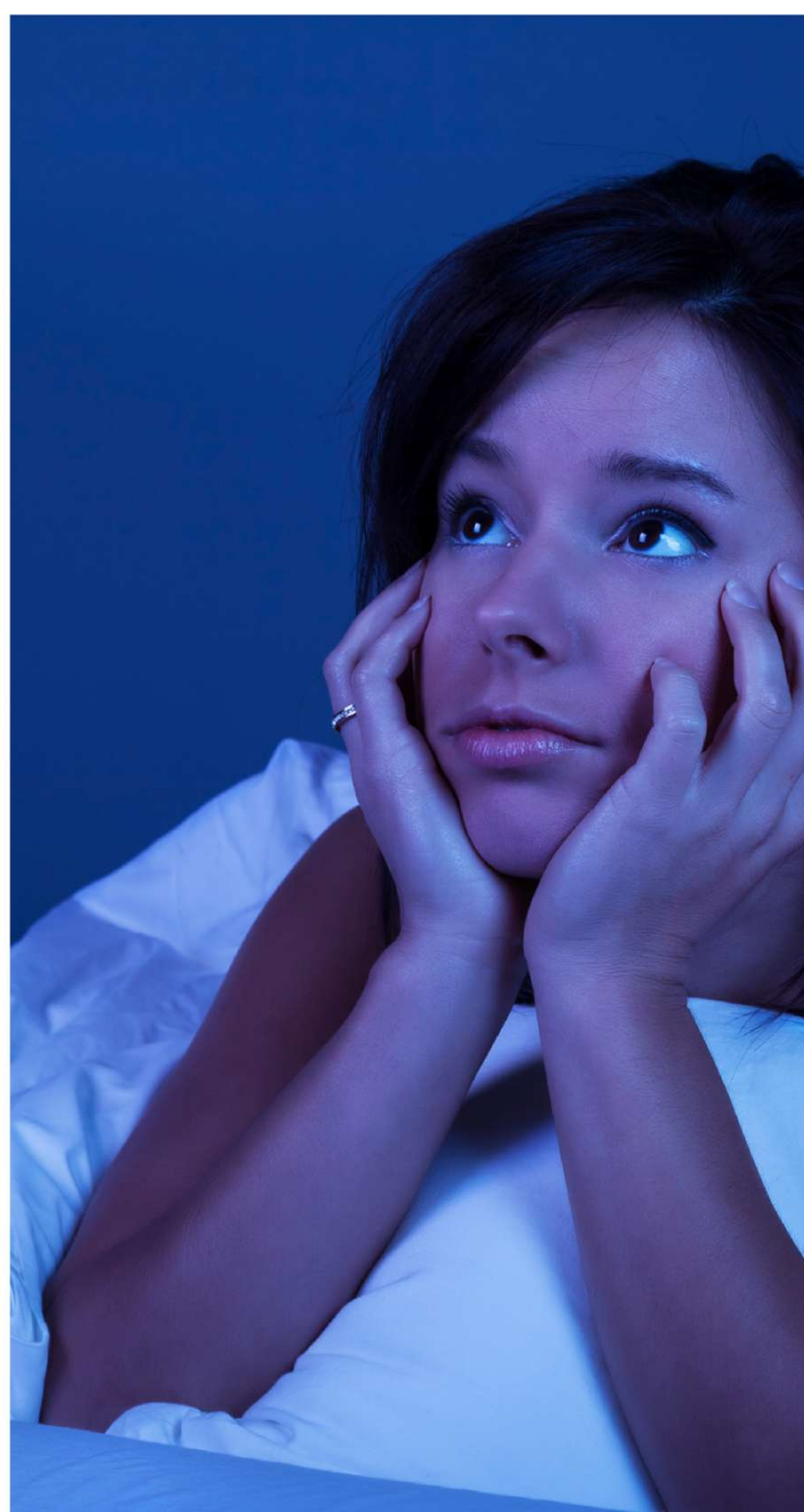
- ASHWAGANDHA
- PHOSPHATIDYL  
SERINE
- RHODIOLA



- ONE NIGHT OF POOR SLEEP CAN IMPAIR INSULIN RESPONSE THE NEXT DAY
- PRIORITIZE SLEEP
- MELATONIN TO SET NIGHT-TIME ROUTINE 1 HOUR BEFORE BED
- DAYLIGHT BEFORE 9AM TO HELP SET CIRCADIAN RHYTHM



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SLEEP/INSOMNIA

- QUALITY, SUFFICIENT SLEEP
- A SINGLE NIGHT OF PARTIAL SLEEP DEPRIVATION INDUCES INSULIN RESISTANCE IN MULTIPLE METABOLIC PATHWAYS IN HEALTHY SUBJECTS
- J CLINICAL ENDOCRINOLOGY MET 2010
- 9 PATIENTS 5 MEN/4 WOMEN
- NORMAL NIGHT
- 4 HOUR OF SLEEP NIGHT

NON-  
PHARMACOLOGIC:  
LIFESTYLE



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# SLEEP MONITORING

WEARABLES/DEVICES FOR  
OBJECTIVE QUANTIFICATION







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TOO MUCH ENERGY - HOW TO LOSE  
WEIGHT

NO SUCH THING  
AS TARGETED  
FAT LOSS  
COMPARED TO  
BUILDING  
MUSCLE IN  
SPECIFIC AREAS



# MOVEMENT

- GOAL TO BUILD MITOCHONDRIAL FUNCTION AND USE GLUCOSE WITH ZONE 2 CARDIO
- 50-200 MINUTES EACH WEEK AT 180-AGE HEART RATE OR JUST STARTING TO FEEL SHORT OF BREATH
- SESSIONS 30+ MINUTES EACH
- GOAL TO BUILD MUSCLE VOLUME WITH STRENGTH TRAINING AND HIIT
- MUSCLES TAKE IN GLUCOSE AND GIVE IT A PLACE TO GO



NON-  
PHARMACOLOGIC:  
LIFESTYLE

## EXERCISE

- HAS MULTIPLE MECHANISMS TO IMPROVE INSULIN SENSITIVITY
- INCREASED GLUCOSE UTILIZATION
- UPREGULATED GLUCOSE INTAKE IN SKELETAL MUSCLE
- INCREASED MUSCULAR STORAGE SPACE FOR GLYCOGEN

A SINGLE BOUT OF EXERCISE INCREASES SKELETAL MUSCLE GLUCOSE UPTAKE VIA AN INSULIN-INDEPENDENT MECHANISM THAT BYPASSES THE TYPICAL INSULIN SIGNALING DEFECTS

REVIEW: EXERCISE TRAINING-INDUCED IMPROVEMENTS IN INSULIN ACTION 2008

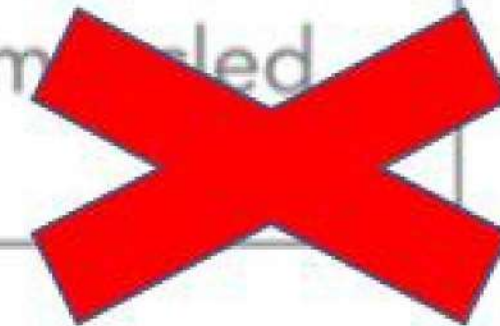




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# EXERCISE - WHERE TO START?

Over-nourished —— Under-muscled	Over-nourished —— Adequately muscled
Under-nourished —— Under-muscled	Under-nourished —— Adequately muscled



- **CARDIO - ZONE 2**  
THRESHOLD OF AEROBIC/ANEROBIC  
SERUM LACTATE LESS THAN 2  
FEELING JUST SOB, CAN STILL BREATH  
THROUGH NOSE  
70-80% MAX HEART RATE  
GOAL 2HRS/WEEK, OPTIMAL 3HR



OVER-  
NOURISHED



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- SARCOPENIC  
RECOMMEND WEIGHT TRAINING  
EXERCISES

- ZONE 5 EXERCISES/HIIT  
(ANAEROBIC)
- GOAL 3-5 SESSIONS/WEEK



UNDER  
MUSCLED



# DIET

- REGARDLESS OF DIET TYPE/STRATEGY GOAL IS TO REDUCE INSULIN
- TYPICALLY WITH LOWER CARBOHYDRATES/AVOIDING SUGARS AND INTERMITTENT FASTING
- REPLACING SUGAR/CARBS WITH A FOCUS ON FIBER AND PROTEIN

## TOOLS:

- BIOFEEDBACK/GLUCOSE MONITORS CAN HELP IDENTIFY MEALS THAT ARE SPIKING BLOOD SUGAR
- NUTRITION AND HEALTH COACHES



## NON- PHARMACOLOGIC: LIFESTYLE

- DIET – EMPHASIS ON LOW CARBOHYDRATE, NON-PROCESSED FOODS
- VIRTA HEALTH (LOW CARBOHYDRATE/KETO FOR DIABETIC REVERSAL)
- LONG-TERM EFFECTS OF A NOVEL CONTINUOUS REMOTE CARE INTERVENTION INCLUDING NUTRITIONAL KETOSIS FOR THE MANAGEMENT OF TYPE 2 DIABETES: A 2-YEAR NON-RANDOMIZED CLINICAL TRIAL



The Virta Treatment: Clinically-proven  
Type 2 Diabetes Reversal Results After 1 Year



**60%**

of patients reversed  
their type 2 diabetes



**94%**

of insulin users reduced  
or eliminated usage



**-1.3%**

Average HbA1c  
reduction at one year

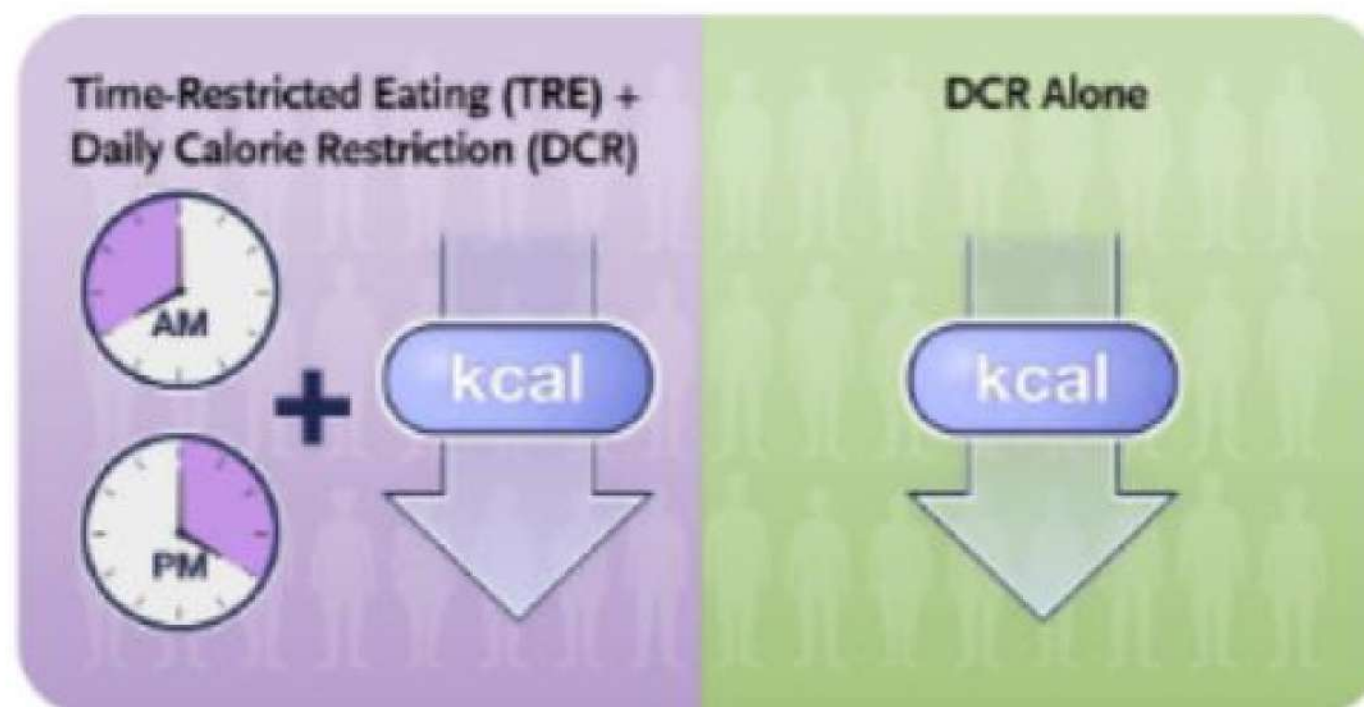


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## NON-PHARMACOLOGIC: LIFESTYLE

- DIET – FASTING/INTERMITTENT FASTING AND CALORIC RESTRICTION
- CALORIE RESTRICTION WITH OR WITHOUT TIME-RESTRICTED EATING IN WEIGHT LOSS
- NEJM 2022



- MICROBIOME DRIVES OUR BODY'S GLP1 - THE SAME MOLECULE OZEMPIC MIMICS
- HEALTH MICROBIOME HAS AKKERMANSIA
- FIBER INTAKE FEEDS MICROBIOME
- PROCESSED FOODS/HIGH FRUCTOSE DEPLETES OUR MICROBIOME AND CAN LEAD TO



DIET DRIVES  
THE  
MICROBIOME



- GOAL OF 0.5-1 POUND WEIGHT LOSS WEEKLY IS SAFE/HEALTHY
- ORIGINALLY MAY NOT LOSE WEIGHT ON THE SCALE, BUT NOTICE CHANGE IN BODY COMPOSITION - REPLACING FAT WITH MUSCLE

#### WHAT TO WATCH FOR:

- CLOTHES FITTING BETTER
- STRENGTH IMPROVING
- SAME WORKOUTS FEELING EASIER



WEIGHT LOSS  
CAN TAKE  
TIME





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THE WEIGHTLOSS TOOLBOX AT  
CENTRE SPRING

**PERSONALIZED  
DIETS**

**PEPTIDES**

**METABOLISM TESTING**

**HORMONE BALANCING**

**DETOX SUPPORT**

**WEIGHT LOSS IV**

**BODY COMPOSITION IV**

**GENETIC TESTING**

**SUPPLEMENTS/MEDS**



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# SUPPLEMENTS

- BERBERINE
- METABOLIC ADVANTAGE
- BELLY FIX
- DIGESTIVE ENZYMES
- NAC
- PROBIOTICS



- PHYTOLACCA

BERRY

- NATRUM MAUR

- CALCAREA

CARBONICA



HOMEOPATHY



- CJC1295-  
IPAMORELIN

- SEMORELIN

- MOT'S

- AOD



PEPTIDES









LET'S CONNECT!



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