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INTEGRATIVE MEDICINE

UNDERSTANDING THE
MOM/CHILD
CONNECTION
DIGITAL GUIDE

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

Do you know your mom type?

Your child's type?

This is the heart of the mom child connection.

In Eastern systems of medicine, the connection between a mother and a child was sacred and intertwined. So much so- that you did not treat the mom, without treating the child and vice versa- so clear in the Chinese and Ayurvedic Medical Model.

This was my early inspiration in starting my practice and I see this same pattern and trend even today- right down to lab values/ patterns that are the same for the mother and the child.

The Mom/Child connection is real and our energy and health affects our children directly- and can make or break the integrity of our family. Its easy to get mom fatigue but it may help to know your mom type and the type of your child. By finding your type, you can guess the type of your child and understand their emotional strengths and weaknesses, along with their health risks and gifts.

THE 5 TYPES OF MOM / CHILDREN



Warrior



Trailblazer



Protector



Chancellor



Virtuoso

Using the Five element theory of Chinese medicine, your mom type leads to an adjacent child type- meaning if you are a warrior mom, more than likely you will have a trailblazer or virtuoso child- complete with the emotional pull that accompanies this.

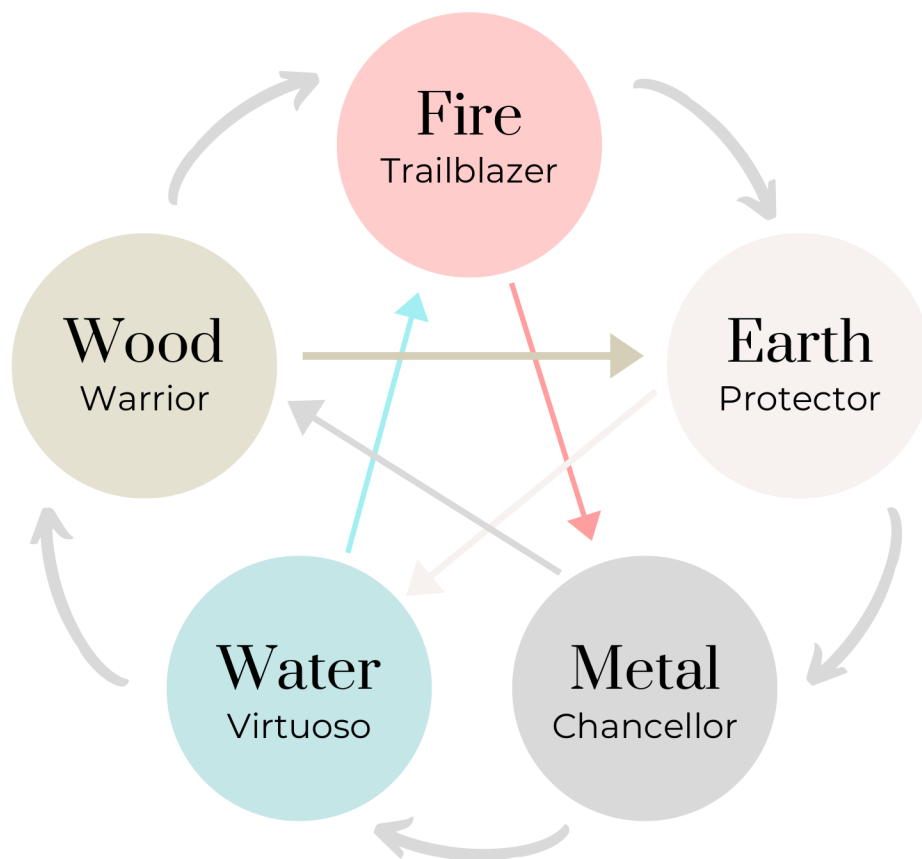
CONFUSED ?

[Start By Taking the Mom Type Quiz](#)

THE 5 ELEMENT THEORY

The Mom types are based on the 5 element theories of Chinese Medicine- I have included additional patterns that I see in practice- nutritional patterns, body types, hormone patterns, Ayurvedic types and emotional tendencies.

Once you know your mom type, check out the types adjacent to yours- these are the ones most likely to be your children- complete with their emotional patterns.



[Learn Your Child's Power Type Here](#)

THE 5 MOM / CHILD TYPES, EXPLAINED . .



- Element - Wood
- Pitta in Ayurveda
- Personality - strong, thinker, commander- gets it done
- Emotional strength - Commitment, passion
- Emotional Weakness - Anger
- Organ Weakness - Liver/ Gallbladder
- Stress Center - Gut
- Color - Green

The Warrior mom is that can-do mom, complete with lists, schedules and plans. She leads her children and her family as she would lead any other team- some may describe her as a commander, boss or just someone who gets it done. The Warrior mom would correspond to the Boss Lady most, in the SuperWoman Rx.

The strength of the Warrior mom is action and commitment, her weakness, a tendency to overthink and get easily angered or frustrated.

She holds this stress in her gut, which in turn, stresses the liver-gallbladder system, putting her at risk for hormone imbalances, sensitivity to environmental chemicals, and trouble breaking down fats- many of these moms will have digestive or inflammatory issues in practice.

Strong and athletic, a Warrior mom manages stress through exercise and movement but would also benefit from cooling activities like yoga, meditation, journaling or prayer. Her challenge is to manage stress and anger- as she may seem commanding, overbearing and pushy when stressed or challenged.

The Warrior mom may have a trailblazer child, wanting to go off on a different path, innovating and full of fire- this is tough since the warrior mom just wants the list done- and has trouble relating sometimes to this out of box thinker. Or she may have a virtuoso child, creative, fluid, adaptable- but not great with schedules and organization- which will then stress her, and cause more anger.

By identifying your type and the corresponding type of your child, you can work to balance the mom- child relationship and reduce some of the tension you may be experiencing in your home.

THE 5 MOM / CHILD TYPES, EXPLAINED...



- Element - Fire
- Pitta/Vata in Ayurveda
- Personality- Innovator, creativity in action, pioneer
- Emotional Strength - Joy
- Emotional Weakness- Anxiety
- Organ Weakness- Heart
- Stress Center- Gut- Heart
- Color- Red

The Trailblazer mom is your fire starter- literally. She is a change agent, disruptor, and innovator. She is always challenging the status quo and has an idea a minute. She would correspond most to the Savvy Chick in the SuperWoman Rx.

Her emotionally stressed state is anxiety, her strength is joy- when in the right place emotionally, she is typically joyful and excited for the day ahead or project at hand. But she can also be prone to anxiety, which her children may feel and react to. Her children may be protectors or warriors, tapping into her energy to move forward in the world.

She holds her stress in her chest or heart- feeling most pain there. This then worsens anxiety, causing her to lose energy, sleep and her drive.

The trailblazer mom needs a variety of activities to keep her balanced- movement, self reflection and opportunities to express her artistry and creativity- dance, music, or singing for example; or she will get bored and frustrated- and then withdraw.

Her protector child may absorb her anxiety or her joy while her warrior child will work to help her stay on track- but may frustrate her by being too schedule and list oriented- and less adaptable.

THE 5 MOM / CHILD TYPES, EXPLAINED..



Protector

- Element: Earth
- Kapha in Ayurveda
- Personality- Nurturing, protective, conciliatory
- Emotional Strength- Serenity, Calm
- Emotional Weakness- Worry, depression
- Organ Weakness- Spleen, Small Intestine
- Stress Center- Heart, throat
- Color- Yellow

The Protector mom is the nurturer, it's always about everyone else- she is the center of the family and often makes sacrifices for everyone else- she is last on the list. Her powertype is Earth mama, in the Super Woman RX.

Serene, calm and even, the protector mom is steady and strong but when stressed or at her weakest, prone to worry and depression. She may withdraw, easily gain weight and isolate.

Gut issues are an issue for the Protector mom as well, as they are prone to disruptions in their microbiome that then affect metabolism and overall health.

Protector moms should build self care time into their schedules, and not allow disruptions to this time. They should also create a community for themselves separate from the family, so they have a place to rebuild their energy. Group fitness, walking, constant movement through the day are critical for them.

THE 5 MOM / CHILD TYPES, EXPLAINED..



- Element: Metal
- Emotional Strength- non judgmental, even, trust, belief
- Emotional weakness - cold, indifferent
- Organ Weakness - Lungs
- Stress center- breath, lungs, chest
- Color- White

The Chancellor mom is impartial, level headed and does not get riled up to easily. At times, she may appear cold and indifferent but actually holds most emotion in her chest- when stressed she may find it difficult to breathe or or have trouble getting enough air.

Yoga, breath work and staying connected are essential for the Chancellor mom. Expanding the lungs, resisting the temptation to withdraw and retreat are key goals.

The Chancellor mom is most likely to have a virtuoso child that is the opposite of her- outwardly emotional, shifting and changing easily and not as likely to follow a routine or schedule. She may also have a more emotional protector child who needs more nurturing and outward signs of affection, which may be counterintuitive to the chancellor mom.

Understanding the pull of this dynamic between mom and child can help to balance this relationship more.

THE 5 MOM / CHILD TYPES, EXPLAINED..



- Element: Water
- Vata in Ayurveda
- Personality - Fluid, adaptable, unscheduled, creative
- Emotional Strength - flexibility, enthusiasm, optimism
- Emotional Weakness - Fear
- Organ weakness - Kidney
- Stress Center - Head
- Color - black

The Virtuoso mom is the artist, the creative, and often lives in that creative space- she is the fun mom- in her best place, optimistic, enthusiastic and flexible but when stressed more fear based- which in turn can generate anxiety. This mom holds her stress in her head and can complain of headaches, neck pain and migraines while her hormones are often affected by her emotions.

These moms may have irregular periods or early menopause. Her children may be the opposite- the seemingly steady Chancellor or the Warrior- leading, commanding and sticking to a plan or a schedule and sometimes- even leading the mom.

Meditation, a diet high in protein and healthy fats, consistent sleep and trying to create structure and routines are all important to the Virtuoso mom

BALANCING THE MOM / CHILD TYPES

Here are a few quick hacks to balance the mom- child types and strengthen that mom- child connection, so ingrained in Chinese medicine. Try adopting some of these at home to see if you notice more peace and harmony in the whole family.

The Warrior Mom/ Child

Food

Low Dairy, High need for greens, and liver supporting foods

Activities

The warrior mom or child needs cooling activities to balance their abundant energy; consistent sleep, walks in nature, yoga, meditation and alternative modalities like acupuncture or craniosacral can help balance the Warrior mom or child that just wants to do.

Herbs

Triphala – an Ayurvedic Herb that helps the immune system and gut health
Amla – also known as Indian gooseberry- a cooling fruit with high vitamin c
(supports the immune system)
Ginger – to promote healthy digestion

Possible Supplement Needs

Probiotics to balance gut health, glutathione, b vitamins

Essential Oils

Lemon, Mandarin, Vetiver or Rose

Education style

Even mix of classroom and movement- walking lectures, outside play balanced with short classroom stints

BALANCING THE MOM / CHILD TYPES

The Trailblazer Mom/ Child

Food

Low Dairy, low gluten, lots of healthy fats and protein

Activities

The Trailblazer mom/ child needs activities that promote thinking and learning – exploring, analyzing and strategizing are fun for these types. Field trips, project based learning, design thinking, building and creating are all great activities to balance the trailblazer mom or child.

Herbs

Ginger to promote good digestive health

Fennel

Chamomile

Possible Supplement Needs

Probiotics, collagen, omega 3 fats

Essential Oils

Lemon, sandalwood, rose, jasmine

Education style

Project based learning and design thinking help this type of child (or mom) to thrive.

BALANCING THE MOM / CHILD TYPES

The Protector Mom/ Child

Food

Warm, cooked foods, high fiber diet with more plant based foods – meat and dairy which are often difficult to digest, should be lowered in overall consumption.

Activities

These kids and moms need movement, since that is not their natural tendency- frequent physical activity brings this child or mom into balance. Examples include 20 min walks, runs, playing outside vs more staying indoors, sitting or thinking.

Herbs

Fenugreek
Turmeric
Ginger

Possible Supplement Needs

Digestive enzymes, probiotics, vitamin d

Essential Oils

Lavender, lemon, grapefruit

Education style

These moms/children do best in a group setting – the dynamic of the group is more important than the individual goals and this type does best with a schedule and structure.

BALANCING THE MOM / CHILD TYPES

The Chancellor Mom/ Child

Food

Increase Healthy fats, nuts, seeds- lean protein important as well, low dairy

Activities

More group activities and social interaction key for this type that may want to be alone – caring for pets, siblings or the elderly are also great activities to help with more emotional – social engagement as this type often finds emotional encounters stressful.

Herbs

Cinnamon

Clove

Black pepper

Possible Supplement Needs

Essential fatty acids- omega 3-6-9, vitamin d, probiotics

Essential Oils

Peppermint, eucalyptus, rosemary

Education style

Needs more individual learning, smaller classrooms

BALANCING THE MOM / CHILD TYPES

The Virtuoso Mom/ Child

Food

gluten free, high protein and healthy fats- watch the sugar and food additives, warm foods

Activities

grounding activities- meditation, tai chi, qi gong, journaling, Progressive muscle relaxations, oiling, warming blankets, weighted blankets

Herbs

Ginger
Fennel
Chamomile
Ashwagandha

Possible Supplement Needs

B vitamins, magnesium, fatty acids

Essential Oils

Lavender, vetiver, clary sage, Palo santo

Education style

Needs opportunities to be creative- dance, art, music, scheduled between standard didactic sessions.