

THE HOLISTIC
PERIMENOPAUSE
HORMONE
WORKBOOK

A DR. TAZ GUIDE



Your Hormones Were Made to Give You Super Powers!

Our hormones are a superpower – when they are in balance. But out of balance, hormones can be our undoing – plunging us into Hormone Hell. While the mainstream discourse says there is nothing we can do, the EastWest way offers a better answer- we can balance our hormones holistically, using hormone replacement – only after the groundwork has been laid.

Welcome to your hormone workbook, where we help you work through how your are feeling to help identify your first steps on getting back in balance. Once we have mastered the hormones – a critical part of your physical body, we will move on to aligning your 5 bodies; physical, mental, emotional, spiritual, and social – to help you step into your power and find your purpose.



The Hormone Symptom Checklist

Let's begin by redefining "normal" and digging in a bit to see how you are feeling. Use the hormone symptom checklist to start your journey to get answers.

Do you have these symptoms?

| Symptom | Yes | No | Symptom | Yes | No |
|------------------|-----------------------|-----------------------|-------------------|-----------------------|-----------------------|
| Acne | <input type="radio"/> | <input type="radio"/> | Irregular periods | <input type="radio"/> | <input type="radio"/> |
| ADHD | <input type="radio"/> | <input type="radio"/> | Insomnia | <input type="radio"/> | <input type="radio"/> |
| Anxiety | <input type="radio"/> | <input type="radio"/> | Joint pain | <input type="radio"/> | <input type="radio"/> |
| Belly fat | <input type="radio"/> | <input type="radio"/> | Joint swelling | <input type="radio"/> | <input type="radio"/> |
| Bloating | <input type="radio"/> | <input type="radio"/> | Low libido | <input type="radio"/> | <input type="radio"/> |
| Burning tongue | <input type="radio"/> | <input type="radio"/> | Night sweats | <input type="radio"/> | <input type="radio"/> |
| Brain fog | <input type="radio"/> | <input type="radio"/> | Painful periods | <input type="radio"/> | <input type="radio"/> |
| Cold intolerance | <input type="radio"/> | <input type="radio"/> | Palpitations | <input type="radio"/> | <input type="radio"/> |
| Constipation | <input type="radio"/> | <input type="radio"/> | Reflux | <input type="radio"/> | <input type="radio"/> |
| Depression | <input type="radio"/> | <input type="radio"/> | Sweating | <input type="radio"/> | <input type="radio"/> |
| Diarrhea | <input type="radio"/> | <input type="radio"/> | Weight gain | <input type="radio"/> | <input type="radio"/> |
| Facial hair | <input type="radio"/> | <input type="radio"/> | Weight loss | <input type="radio"/> | <input type="radio"/> |
| Fatigue | <input type="radio"/> | <input type="radio"/> | Vaginal discharge | <input type="radio"/> | <input type="radio"/> |
| Hair loss | <input type="radio"/> | <input type="radio"/> | Vaginal dryness | <input type="radio"/> | <input type="radio"/> |
| Heavy periods | <input type="radio"/> | <input type="radio"/> | Yeast infections | <input type="radio"/> | <input type="radio"/> |
| Hot flashes | <input type="radio"/> | <input type="radio"/> | | | |
| IBS | <input type="radio"/> | <input type="radio"/> | | | |

Note- if you checked more than three of the symptoms, you may have a hormone imbalance.

Writing Prompt

Can you identify your Top Three hormone symptoms?

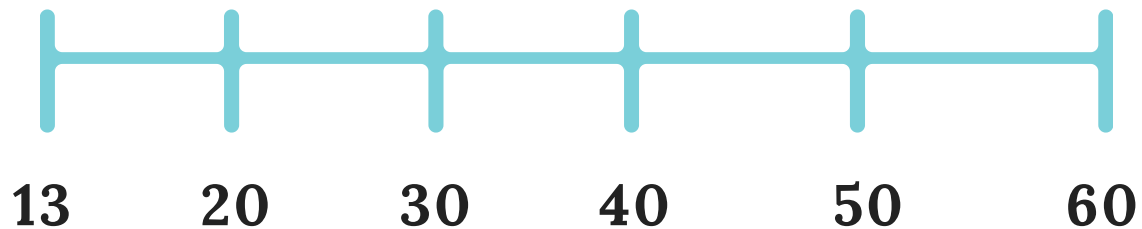
Can you identify when these symptoms began?

Note- if you checked more than three of the symptoms, you may have a hormone imbalance.

Next, we want to work on your hormone history. Often, the root of hormone issues actually began at puberty, where many symptoms first presented themselves but were ignored or dismissed as “normal.”

The Hormone Timeline

On the time line below- take a few moments to reflect and mark the symptoms you had at each point below. If you are not sure what to look for, see if any of the symptoms on the Hormone Symptom Checklist belong on your timeline- and ask yourself when?



Add any additional thoughts & notes here:

The Hormone Lab Guide

The 7 Major Hormones and Lab tests to follow:

Our next goal in this workbook is to help you identify which hormone may be most off balance. Here are the 7 major hormones, the conditions and symptoms that they often cause and lab tests for you to check to confirm your suspicion.



Let's take a look...

Here are the 7 major hormones that all women should know and check 1-2x per year.

#1: Thyroid

The hormone that regulates our skin, hair, metabolism, cold intolerance and more. Sits at the base of your neck.

| Hormone | Goal Range |
|---------|---------------|
| TSH | 1-2 mU/L |
| T3 | 100-200 ng/dL |
| T4 | 5-11.5 ug/dL |

#2: Insulin

The blood sugar hormone, it goes up when we eat and then stabilizes. When too high- it triggers inflammation and belly fat, the root of all disease today.

| Insulin | Goal Range |
|----------------|-------------------|
| Fasting level | 3-5 uIU/mL |
| HbgA1c | 5-5.5 |

#3: Estradiol

(Varying levels based on cycle but these are benchmarks no matter where your cycle may be)-the female hormone- responsible for fertility, hair, skin, mood, mental health and so much more.

Total estradiol should never be over 200 pg/ml (also never under 50 pg/ml unless in menopause- but ideally even then over 50pg/ml)

| Estradiol | |
|------------------|-----------|
| Never less than | 50 pg/mL* |
| Never more than | 200 pg/mL |

*unless in menopause

#4: Estrone

(Storage form of estrogen) never over 150 pg/ml

Estrone is the storage form of estrogen and a sign if you are detoxing and metabolizing estrogen correctly. If too high, you may have a sluggish liver, genetics of poor estrogen metabolism, or you are taking or simply have too much estrogen on board.

| Estrone | |
|-----------------|-----------|
| Never more than | 150 pg/mL |

#5: Progesterone

The sister hormone of estrogen, necessary for a regular cycle, sleep, mood, pregnancy, and so much more, is one of the first hormones to crash when we are in our full out juggling, caretaking mode. My general rule: progesterone should never be:

Never less than .5

#6: Testosterone & The Androgens

(DHT, and free testosterone) regulate muscle mass and energy but in excess, cause acne, oily hair, mood disturbances and inflammatory symptoms consistent with PCOS (polycystic ovarian syndrome) and endometriosis.

| Testosterone | Goal Range |
|--------------|-------------|
| Total T | 20-40 ng/dL |
| Free T | 1-2 ng/dL |
| DHT | <10 ng/ dl |

#7: Adrenals

The adrenal hormones are responsible for how we regulate cortisol and dhea - our stress hormones. Both of these hormones help us adapt to stress, but when we have been stress for too long, this can trigger abnormally low or high levels of these hormones, worsening insulin resistance and androgen sensitivity.

| | |
|------|---------------|
| DHEA | 100-200 ng/dL |
|------|---------------|

Greater than 200- excessive stress and cause of hair loss
Under 200- too low- common cause of fatigue, poor sleep, brain fog and depression.

Our next goal is to help you identify your dominant Hormone pattern.



Hormone Patterns Symptoms & Conditions

Estrogen Dominance

Migraines, bloating, fibroids, endometriosis, weight gain, depression

Low Progesterone

insomnia, anxiety, heart palpitations, thinning hair, shorter periods, heavy periods, infertility, skipped periods, fatigue

Low Estrogen

Dry skin, hair, vaginal dryness, insomnia, light periods, missed periods, weight gain, fatigue

High Cortisol

Anxiety, afternoon fatigue, anger, insomnia, palpitations, brain fog, inattention

Adrenal Fatigue

Fatigue, insomnia, exercise intolerance, blood sugar instability, inflammation, leaky gut

Insulin Resistance

Weight gain, belly fat, sudden blood sugar dips, carbohydrate intolerance, fatigue, infertility

Leptin Dominance

Weight gain, appetite regulation issues, insulin resistance

Hypothyroid

Fatigue, hair loss, cold intolerance, weight gain, slow heart rate, constipation

Hyperthyroid

Fatigue, rapid heart rate, weight loss, hair loss, fast heart rate, looser bowel movements, heat intolerance, anxiety, higher blood pressure

High testosterone

Acne, hair loss, libido overdrive, irritability, anger

Low Testosterone

Depression, difficulty building muscle, hair loss, weigh gain

Holistic Hormone Balancing

At this point, you may be getting some clarity on where your hormone issues lie. Or you may be getting anxious that you know the issue, but where do you begin?

Can you identify your dominant hormone pattern?

What were your most recent levels of the 7 major hormones?

While I am a huge believer that everyone needs their own Roadmap, my 4 Hour Hormone System, is a great place to begin. Now this is a more comprehensive program that we cover in the circle, but here is a watered down version to help you begin.

The Gut Liver Reset



PERFORMING A 3-DAY BELLY FIX



YOUR EATING WINDOW

- Create a 12-hour eating window. *Example:* Eat from 6 am-6 pm or 8 am-8 pm.
- Wait 3-4 hours between every meal.
- Stop eating by 9 pm every night.

ADDITIONAL TIPS FOR SUCCESS

- Drink room-temperature water only
- No eating or drinking after 8-9 pm

DAYS 1 - 3 OVERVIEW

MORNING (6 AM-7 AM)

- Drink one apple cider vinegar cocktail upon waking
- Sip a cup of warm ginger tea
- Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

MID-MORNING (10 AM)

- Add a protein shake or smoothie (See recipes for ideas)

LUNCHTIME (1 PM)

- Enjoy a fresh green juice blend
If you like, you can have a second Green Juice Blend mid-afternoon.

DINNER (5 PM-6 PM)

- Enjoy a dinner of protein and vegetables (See page 12 for examples)

POST-DINNER SNACK (7 PM)

- Have another protein shake or smoothie if your work out more than 30 minutes per day

DAYS 1 - 3

SHOPPING LIST

PANTRY STAPLES

- Apple cider vinegar (unfiltered, organic such as Bragg Organic, Dynamic Health, or Spectrum Naturals)
- Ginger tea (100% ginger such as Alvita or Triple Leaf Tea) or dried/fresh ginger root
- Brown rice cakes (Lundberg Family Farms or Quaker)

FATS

- Coconut oil (virgin or unrefined such as Spectrum, Dr. Bronner's, or Nutiva)
- Olive oil (extra virgin, first cold-pressed such as Olave, Colavita, or Spectrum)

FRUITS

(AMOUNTS WILL VARY)

- Frozen unsweetened blueberries
- Frozen mango chunks
- Bananas
- Avocado
- Dates
- Pineapple
- Apples
- Lemon
- Pear

VEGETABLES

(AMOUNTS WILL VARY)

- Kale
- Spinach
- Watercress
- Cucumber
- Celery
- Broccoli
- Red bell pepper
- Frozen Asian stir fry mix
- Frozen butternut squash

PROTEIN POWDER (CHOOSE ONE)

- Vega One
- Metagenics UltraClear Sustain
- Alive Ultra-Shake Pea Protein

HERBS AND SPICES

- Fresh ginger
- Fresh spearmint

DAYS 1 - 3

RECIPES

MORNING TONICS



Apple Cider Vinegar Cocktail

Dilute 1 tablespoon of unfiltered apple cider vinegar in 3 tablespoons of water. Straight vinegar can damage tooth enamel or hurt the tissues in your throat and mouth.



Ginger Tea

Steep one teabag of ginger tea in a 6 oz. mug of boiling water for 3 minutes. Drink your tea immediately following the apple cider vinegar beverage.

DAYS 1-3

RECIPES

SMOOTHIE RECIPES



Blueberry Pie

Makes one serving

Ingredients:

- ½ cup frozen unsweetened wild blueberries
- Juice of ½ lemon
- 1.1 scoop vanilla protein powder
- ½ cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Per serving: 180 calories, 15.41 g protein, 3.56 g fat (.31 saturated), 22.09 g carbohydrates, 9.15 g sugars, 8.2 g fiber, 131 mg sodium



Banana Chocolate

Makes one serving

Ingredients:

- 1 medium banana, frozen
- 1 scoop chocolate protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Per serving: 256 calories, 17.37 g protein, 5.35 g fat (.44 saturated), 39.61 g carbohydrates, 16.43 g sugars, 9.2 g fiber, 141 mg sodium

DAYS 1-3

RECIPES

SMOOTHIE RECIPES



Berry Blast

Makes one serving

Ingredients:

- 1 cup unsweetened frozen strawberries
- ½ medium avocado
- 1 scoop plain protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Per serving: 289 calories, 16.97 g protein, 13.64 g fat (1.76 saturated), 15.45 g carbohydrates, 15.45 g sugars, 13.7 g fiber, 138 mg sodium



Vanilla Date

Makes one serving

Ingredients:

- 1 Medjool date, pits removed
- 1/2 medium banana, frozen
- 1 scoop vanilla protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Per serving: 254 calories, 16.07 g protein, 3.23 g fat (.37 saturated), 42.47 g carbohydrates, 25.17 g sugars, 9.10 g fiber, 131 mg sodium

DAYS 1-3

RECIPES

SMOOTHIE RECIPES



Tropical Colada

Makes one serving

Ingredients:

- ½ cup frozen mango chunks
- ½ cup cubed pineapple
- 1 scoop tropical or plain flavored protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Per serving: 214 calories, 16.13 g protein, 3.41 g fat (.38 saturated), 31.78 g carbohydrates, 21.40 g sugars, 8.5 g fiber, 132 mg sodium

DAYS 1-3

RECIPES

GREEN JUICE BLENDS



Dr. Taz's Green Juice

Makes one serving

Ingredients:

- 1/2 medium apple
- 1/2 medium pear
- 1 medium cucumber
- 3/4 cup chopped kale
- 1/2 lemon

Instructions:

1. Chop apple, pear, and cucumber
2. Add all ingredients to blender and pulse, adding water to thin as needed

Per serving: 173 calories, 4.71 g protein, 1.08 g fat (.45 saturated), 43.11 g carbohydrates, 25.07 g sugars, 8.4 g fiber, 27 mg sodium



Green Juice #2

Makes one serving

Ingredients:

- 3 leaves romaine lettuce
- 1 celery stalk
- 2 kale leaves
- 1/2 medium apple
- Juice of 1/2 lemon
- 1/2 tsp grated ginger
- 1/2 cup of water

Instructions:

1. Chop lettuce, celery, kale, and apple
2. Add ingredients to blender and pulse until combined

Per serving: 89 calories, 3.08 g protein, .85 g fat (.17 saturated), 21.29 g carbohydrates, 19.63 g sugars, 5.4 g fiber, 53 mg sodium

DAYS 1-3

RECIPES

GREEN JUICE BLENDS



Green Juice #3

Makes one serving

Ingredients:

- 1 apple
- 2 stalks celery
- 1 cup chopped watercress
- 1 cup of water
- Juice of ½ lemon

Instructions:

1. Chop apple, celery, and watercress
2. Add ingredients to blender and pulse until combined

Per serving: 117 calories, 1.88 g protein, .54 g fat (.1 saturated), 29.61 g carbohydrates, 21.04 g sugars, 6 g fiber, 80 mg sodium



Green Juice #4

Makes one serving

Ingredients:

- ½ medium pear
- ¼ medium cucumber
- ½ cup chopped kale
- ½ cup chopped spinach
- Juice of ½ lemon
- 5 peppermint leaves
- 1 cup of ice cubes

Instructions:

1. Chop pear and cucumber
2. Add kale, spinach, lemon, and mint leaves to a blender and increase speed until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

Per serving: 81 calories, 2.35 g protein, .54 g fat (.14 saturated), 19.83 g carbohydrates, 10.3 g sugars, 3.9 g fiber, 27 mg sodium

DAYS 1 - 3

RECIPES

GREEN JUICE BLENDS



Green Juice #5

Makes one serving

Ingredients:

- 1/2 medium banana, peeled
- 1 small orange, peeled
- 1 cup chopped kale
- ½ cup of water
- 1 cup of ice cubes

Instructions:

1. Chop banana and orange half, and add to blender along with kale and water
2. Blend until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

Per serving: 155 calories, 4.78 g protein, 1.02 g fat (.15 saturated), 36.90 g carbohydrates, 20.63 g sugars, 7 g fiber, 27 mg sodium

DAYS 1 - 3

RECIPES

DINNER COMBINATIONS

1 cup each broccoli, snow peas, sliced red pepper, steamed and sprinkled with the juice of ½ lemon

1 cup frozen butternut squash and 1 cup chopped kale sautéed in 2 teaspoons coconut oil with a pinch each nutmeg and cinnamon

1 cup cauliflower and 1 cup chopped rainbow chard sautéed in 2 teaspoons olive oil with a pinch of red pepper flakes and a pinch of cumin

3 cups frozen Asian stir-fry mix, sautéed in 2 teaspoons coconut oil with 1 crushed clove of garlic and ½ teaspoon grated fresh ginger

** You can also use unlimited herbs like dried or fresh oregano, basil, parsley, rosemary, thyme, sage as well as spices like cumin, ginger, cinnamon, nutmeg, and cloves.*

Supplement Facts/ Resources

Once you have completed the 3 day Belly Fix and 7 day Liver detox, and you are on my Belly Fix and Hormone Helper Powders (available in the **Hormone Box**) – you may already be seeing a bit or hormone shifting – in the right direction! This means more energy, better sleep and a more stable mood for some of you, while some may notice less brain fog, depression and decreased bloating.



Hormone Helper

Supports healthy hormone balance by lowering androgens, balancing estrogen, and promoting liver detoxification, preventing a buildup of “dirty” hormones.



Belly Fix

The gut kitchen sink – every ingredient in this unique formula targets healthy gut function. This formula helps with bloating, regulating weight gain/loss.

But you may still have some lingering symptoms. Listed below are my favorite herbs for specific hormone conditions. We will review these together in our next session- as well as discuss individual dosing recommendations.

Rescue Remedies

Hormone Pattern

Supplements/Herbs

**Estrogen
Dominance**

Dim/ I3C
Calcium Glucarate

**Low
Progesterone**

Chasteberry
Shatvari

Low Estrogen

Dong quai
Fo Ti

High Cortisol

Magnesium
GABA
Holy Basil
Magnolia Bark

Adrenal Fatigue

Ashwaghanda
Methyl B vitamins
Vitamin C

**Insulin
Resistance**

Probiotics
Digestive Enzymes
Berberine

**Leptin
Dominance**

Phyto laka Berry
Probiotics
MCT oil

Hormone Pattern

Supplements/Herbs

Hypothyroid

Iron
Iodine
Selenium

Hyperthyroid

Lemon balm

**High
testosterone**

Saw Palmetto
Inositol
Milk thistle
Choline

**Low
Testosterone**

Zinc
Arginine



Additional

Many symptoms of hormone imbalance are the result of hormone fluctuations; ie swinging from high to low and back again. The following herbs and supplements are my favorite picks for fluctuating hormone levels that cause the symptoms below.

Acne

Saw Palmetto
Zinc
S. Boularidi
Choline
Inositol

Anxiety

Magnesium
Holy Basil
GABA

Brain Fog

Pregnenalone
B vitamins
NAD (peptide therapy)
Lions mane
Gingko Biloba

Depression

S-ame
Methyl B vitamins
Omega 3 fats
St Johns Wort
Vitamin D

Fatigue

[Methyl b vitamins](#)
Ashwaghndha

Hair Loss

[Lush Locks®](#)
Iron
Amla
Fo ti

**Hot Flashes/
Night sweats**

Maca
Red Clover
Evening Primrose Oil

**Hunger/Binge
Eating**

Phytolaka Berry
[Belly Fix](#)

Insomnia

Magnesium
[Sleep Savior](#)

Joint Pain

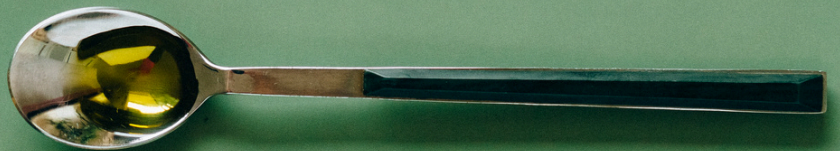
Boswellia
Curcumin
Omega 3

Low Libido

Zinc
Arginine
Maca

**Menstrual
Cramps**

Magnesium
Evening primrose oil
Omega 3 fat



Essential Oils for Hormone Balance

As we continue to try to build the Hormone tool box, essential oils can be helpful as well. Here are my favorite essential oils for the major hormone patterns I see in practice.

**Estrogen
Dominance**

Clary sage

**Low
Progesterone**

Vitex
Thyme

Low Estrogen

Geranium
Lavender

**Insulin
Resistance**

Lemon
Ginger
Cinnamon

**Leptin
Resistance**

Grapefruit
Peppermint

High Cortisol

Bergamot
Ylang ylang

Adrenal Fatigue

Rosemary
Lemongrass

Hypothyroid

Spearmint
Cedarwood

Hyperthyroid

Lemongrass
Frankincense

**High
testosterone**

Spearmint
Sandalwood
Tea tree oil

**Low
Testosterone**

Jamine
Neroli



Writing Prompt

In addition to Belly Fix and Hormone Helper, what two additional supplements/ herbs or oils make sense to try as you aim for hormone balance?

Can you stay consistent with Belly Fix, Hormone Helper and two additional products for 30 days?

Reassessment

Now its time to reassess- go back to the Hormone Symptom Checklist and let's see where you are. Hopefully there is improvement?

Writing Prompt

What symptoms are better?

Which Symptoms have not resolved?

We will look at where you may be stuck and the next steps to take in your hormone journey.

Healthy Eating and the 4 Hour Hormone System

As we are rebuilding and aligning our hormone bodies, you should be seeing some shifting in your energy, your emotional and mental health- that may be improving and impacting your relationships. (At least I hope so)

It's time to move into consistent eating. We will begin by transitioning to the 4H Eating Plan — eating at clear intervals, every 4 hours, and keeping a 12 hour overnight fast. Your goals:

**Set a 12 our window: ie 8a- 8p OR 7a- 7p
(You get to choose!)**

Time yourself- Every 4 hours:

- 20 grams of protein
- 20 oz of water
- 10 grams of fiber

**Keep a 12 hour overnight fast for gut
and liver rest.**

3 Day Food Journal

| | Meal | Protein Grams | Water | Fiber Sources |
|--------------|-------------|--------------------------|--------------|--------------------------|
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |

(Need help- check out the protein guide in the appendix).

Building Energy: Sleep, Movement, Stress

Energy and symptom relief are important. We have provided some helpful remedies but lets take a good look at what's working for you- and where you may need to shift moving forward. We want these holistic remedies to target sleep, so that you are maintaining a healthy sleep cycle, stress reduction and making sure you have the energy to move.

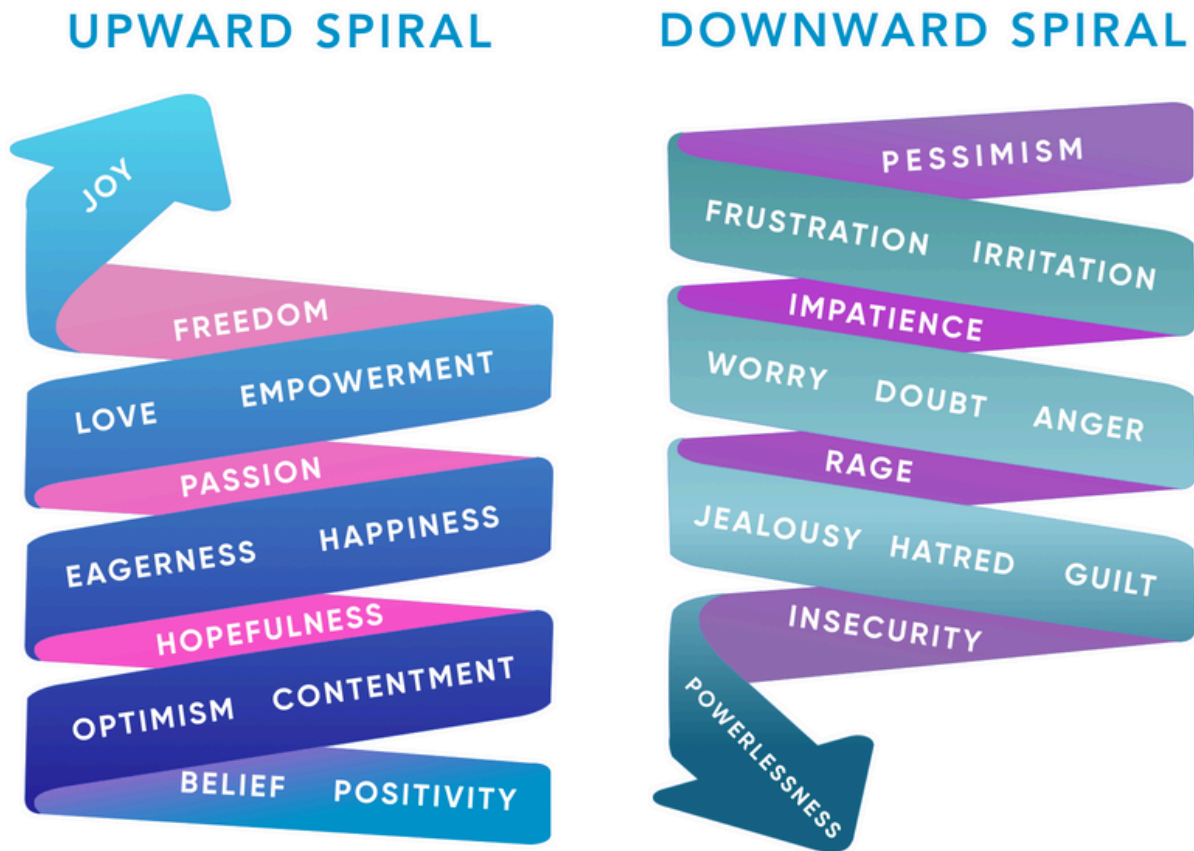
Let's record your patterns below.

| | Day | Sleep Hours | Movement min/type Record heart rate | Stress Perception Scale of 1-10 |
|--------------|------------|--------------------|---|---|
| Mon | | | | |
| Tues | | | | |
| Wed | | | | |
| Thurs | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

Your Emotional Body

It's all connected – your emotions, your hormones, your choices. We are going to look at your emotional blocks and strengths by using the Abraham Hicks emotional scale.

Take a look below:



Where do you live on this emotional scale? Could you move up a level?

Your Mental Body

Understanding how you think and how you are wired is key to revealing the motivation behind your choices and the link between how you feel and how you think.

Follow the links below to take both the enneagram test and the myers brigg.

Myers Brigg Test

Does this resonate? What does this tell you about yourself?

Enneagram Test

Does this resonate? What does this tell you about yourself?

Your Spiritual/Energetic Body

Now we are going into the you we cannot see — your energetic body. Eastern systems of medicine believe we have an energy body that stores memories, trauma, pleasure and so much more. The chakra system, for example, is a way to understand the energy body as is the meridian system.

Follow the link below to find the strengths and weaknesses of your energy body — take a few moments to write down what you learn.

How is your energy body impacting your decision, emotions or physical health?

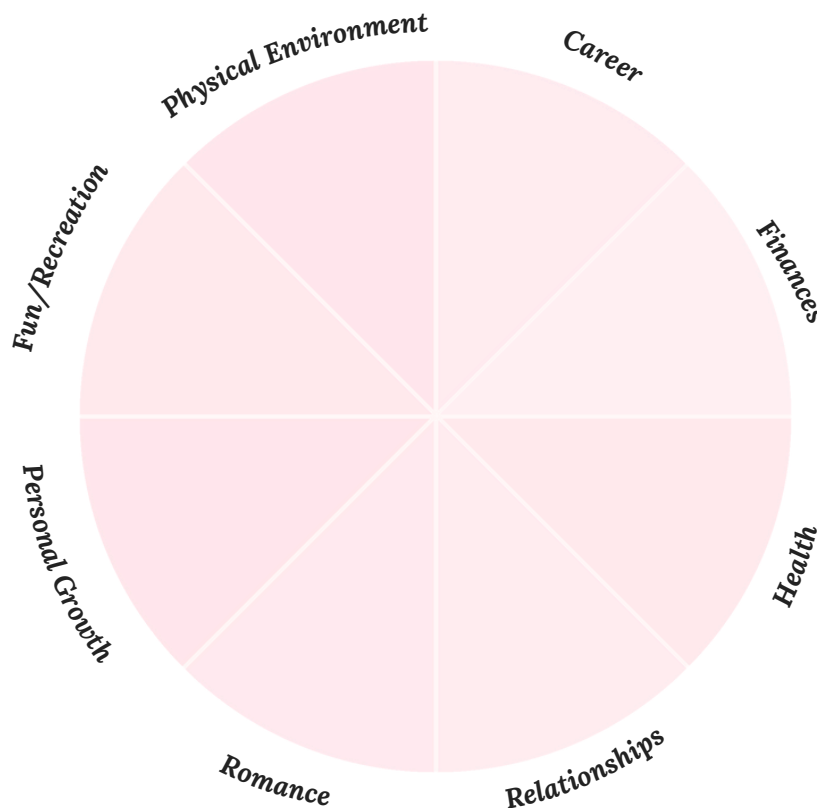


Your Social Body

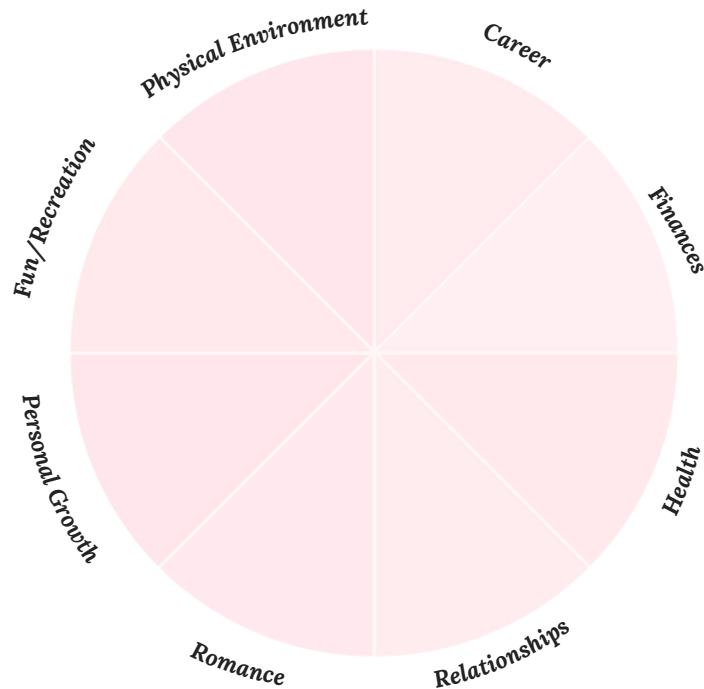
Determine the number of hours per week you spend on below:

- Self care/ Alone time
- Partner time
- Family time
- Friendships
- Work
- Familial/ Caretaking Obligations
- Volunteer/ community work
- Spiritual practices/ traditions

Now fill out the Life Wheel below – you can use different colors but shade in by percentage of time that you spend on each.



Lets do the same exercise, but now write out the number of hours you would like to spend:



What can you change or shift that is easy and tangible?

What have you learned?

Are there patterns you are displaying from either generational trauma, personality or emotional and energy patterns that you can change?

The Magic of YOU

Dominant Hormone Pattern/ Rescue Remedies

Diet Shifts/ Rules:

Stress/ Sleep/ Fitness Shifts:

Emotional Scale Vibration:

Enneagram

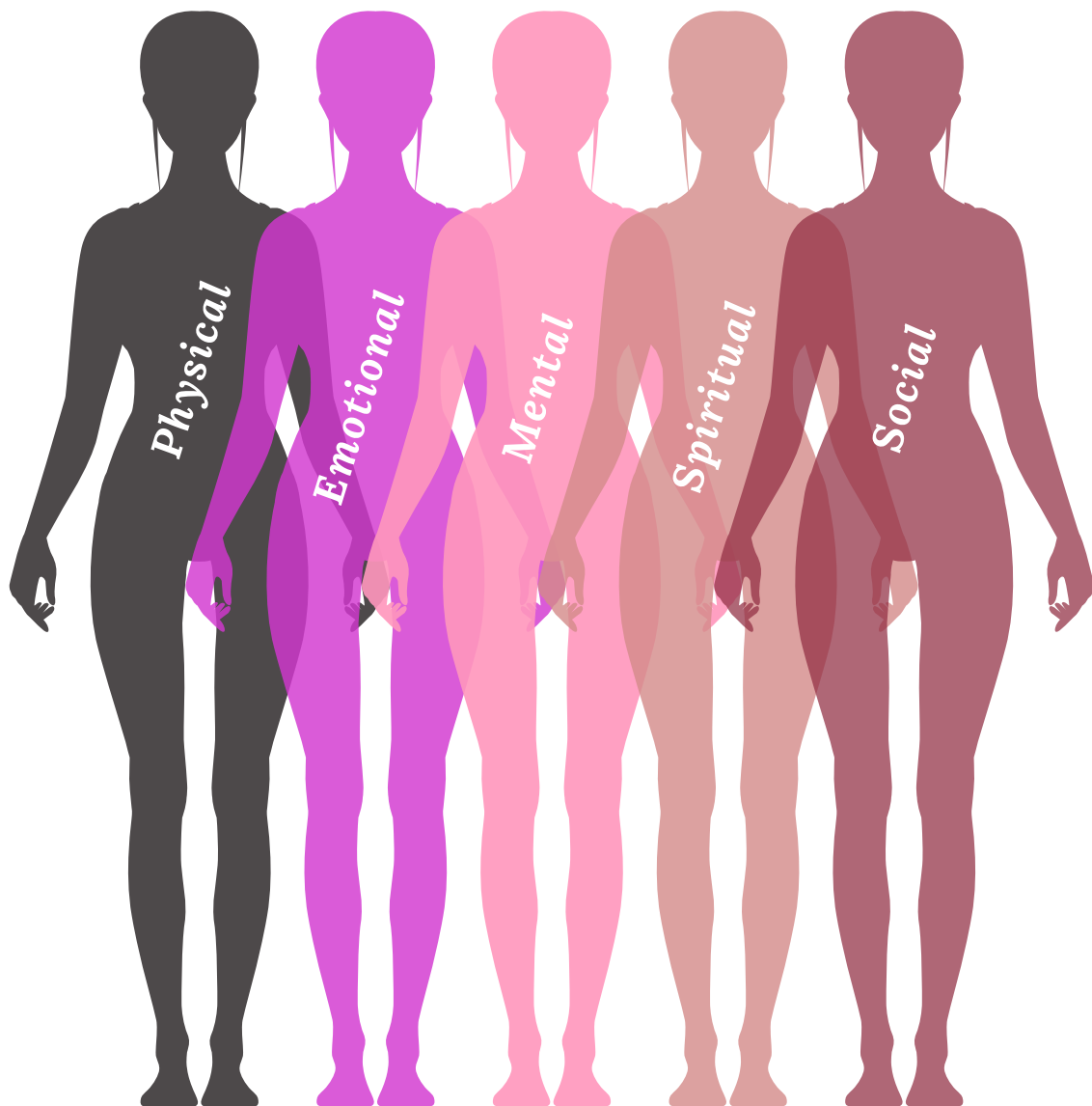
Myers Briggs

Life wheel goals

Patterns to Release?

Trauma to release?

The 5 Bodies Working Together



To learn more about 5 body alignment and building a comprehensive holistic plan that elevates and supports your mission and purpose – [Join The Circle](#)

90 day Manifestation plan

| Month 1 | Goals | Action Items |
|----------------|--------------|---------------------|
| | | |

| Month 2 | Goals | Action Items |
|----------------|--------------|---------------------|
| | | |

| Month 3 | Goals | Action Items |
|----------------|--------------|---------------------|
| | | |

Join my community to dig in and learn more about approaching your health holistically.

Join here: doctortaz.com/superwoman

For even more personalized care, become

a patient: centrespringmd.com/contact

Take a look at my other

upcoming workshops:

doctortaz.com/dr-taz-events/

Dr. Taz



Additional Resources

Dr. Taz Wellness Boxes

EastWest® Way Products

Dr. Taz's Favorite Things

