



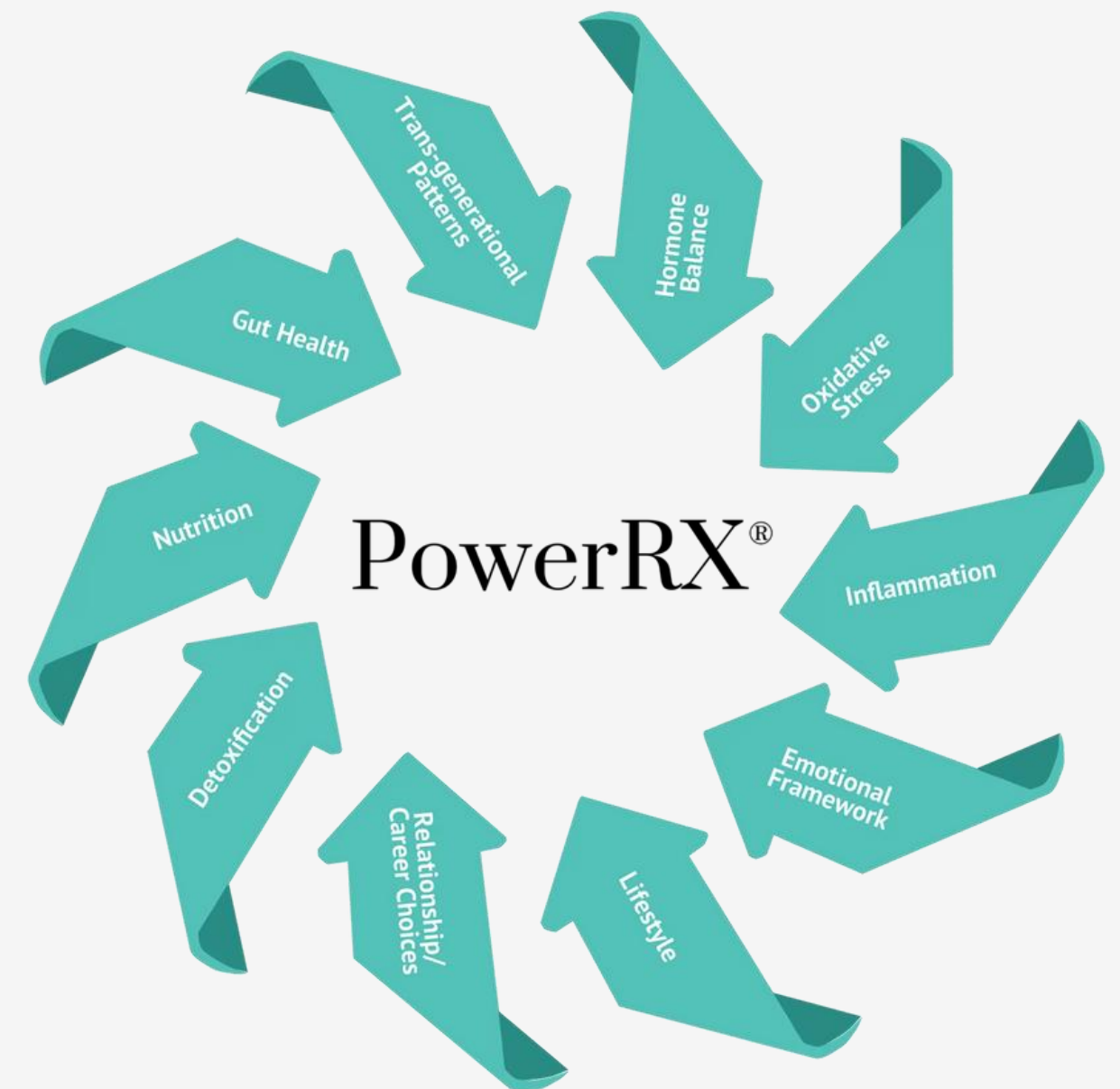
DR. TAZ ^M_D

**POWERTYPE SOLUTION:
UNLOCKING YOUR HEALTH
IDENTITY**

POWER TYPES-PERSONALIZING YOUR CARE

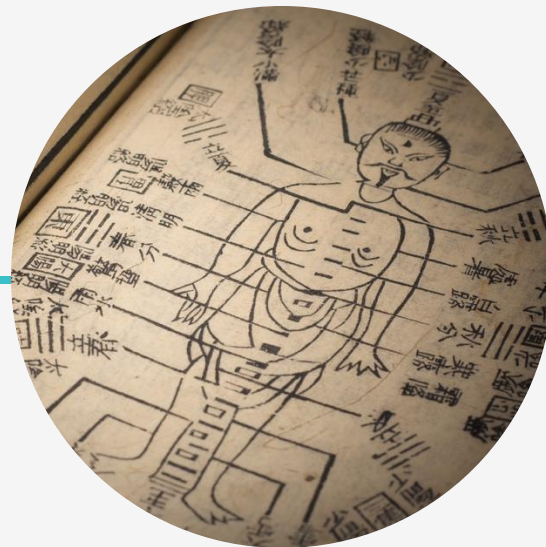
hol+ uses the PowerRX methodology to address the 10 foundational pillars of health.

- Gut Health
- Nutrition
- Detoxification
- Relationship/Career Choices
- Lifestyle
- Emotional Framework
- Inflammation
- Oxidative Stress
- Hormone Balance
- Trans-generational Patterns



POWER TYPES AND EASTWEST MEDICINE

ayurvedic dx + chinese med dx + hormone patterns + gut health +
personality traits + physical signs and symptoms



Merging these establishes powertypes

THE SUPERWOMAN RX



- Published in 2017
- Identified 5 main female powertypes

1. Gypsy Girl

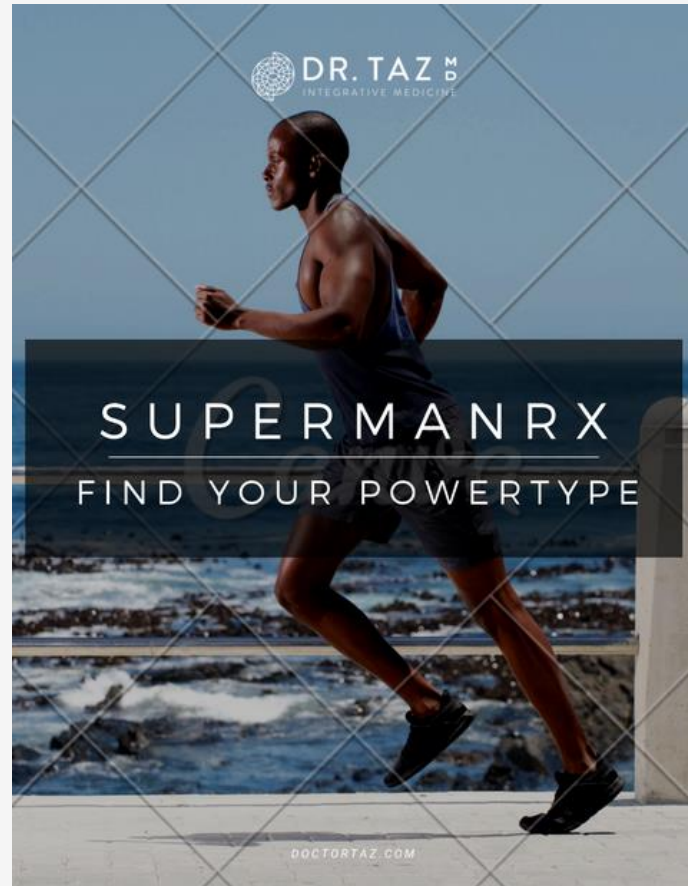
2. Savvy Chick

3. Boss Lady

4. Nightingale

5. Earth Mama

EXPANDED THIS CONCEPT TO MEN AND CHILDREN



1. The Warrior
2. The Trailblazer
3. The Protector
4. The Anchor
5. The Creative



1. The Warrior
2. The Trailblazer
3. The Protector
4. The Anchor
5. The Creative

A diverse group of seven women of various ages and ethnicities are standing in a studio setting. They are dressed in professional and casual attire. The background is a plain white wall with a white curtain. There are two potted plants, one on the left and one on the right. The floor is light-colored wood. A large, bold, white text overlay is centered over the image, reading "READY TO LEARN YOUR POWER TYPE?".

**READY TO LEARN YOUR
POWER TYPE?**



POWERTYPE TEST- WOMEN

Your PowerType

FIND YOUR POWER TYPE

My hair is best described as:	Score:
Thin & sparse	+1
Thin but of average volume	+2
Medium volume	+3
Falling out; I am losing hair	+4
Full and abundant volume	+5
My hair is typically:	Score:
Dry	+1
Dry with areas of oiliness (such as the central scalp)	+2
Slightly oily (I need to wash daily)	+3
Oily on the scalp with dry, brittle ends overall	+4
Luxuriant and shiny (I can wash every 3 or 4 days)	+5
My skin is usually:	Score:
Dry and quick to wrinkle	+1
Oily with areas of dryness	+2
Oily	+3
Dry with patches of oiliness	+4
Moist and firm	+5
When I touch or pull my skin:	Score:
It feels dry and rough	+1
There are areas of roughness	+2
It is moist and oily, with breakouts	+3
It is dry and irritated or inflamed	+4
It is moist and responds to pressure easily	+5

My body build is best described as:	Score:
Slender and/or thin	+1
Thin with some muscle	+2
Medium with good muscle tone	+3
Thin to medium with some muscle loss	+4
Medium to large, with areas of fat deposition	+5
My weight:	Score:
Remains consistently low (I am lean and have trouble gaining weight)	+1
Fluctuates (I gain or lose easily)	+2
Is fairly consistent as long as I work out	+3
Decreases when I'm stressed or overworked	+4
Is stubborn (I gain easily and tend to be overweight)	+5
My energy is:	Score:
Irregular—I alternate between high highs & low lows	+1
Consistent, but I occasionally crash or become overwhelmed	+2
Consistently positive (I feel on top of the world!)	+3
Low—I have trouble getting going	+4
Just okay—I have more days of feeling low energy than high	+5
In terms of sleep patterns:	Score:
I am up all night—I do my best work at night.	+1
I am up super early in the morning, before everyone else—I hear the birds!	+2
I am awake as the day breaks, usually the same time every morning.	+3
I need more sleep than I did in the past and am often in bed before everyone else.	+4
I always oversleep—it's tough getting out of bed, even though I sleep through the night.	+5

I typically go to sleep:	Score:
Past midnight	+1
Between 11 p.m. and midnight	+2
Between 10 p.m. and 11 p.m.	+3
No later than 10 p.m., and sometimes earlier	+4
In bed by 10 p.m. or before.	+5

When I do have trouble with sleep, it is most often because:	Score:
My mind is restless and anxious.	+1
I worry about my to-do list and that my tasks won't get done.	+2
I stay up too late trying to get too much done before bedtime.	+3
I don't feel rested in the morning. I feel drained and can't get caught up because I'm too tired.	+4
I wake up wanting to stay in bed all day. I either procrastinate or lack motivation.	+5

My thinking patterns are:	Score:
Erratic. I have trouble focusing and sustaining thoughts.	+1
Sharply unfocused. I can do many tasks at once but have to train my brain to stay on task.	+2
Razor sharp. I am usually on point and able to finish my to-do list.	+3
Densely hazy. I often feel brain fog or overly burdened.	+4
Periodically foggy. I can forget things occasionally.	+5

My belly issue is:	Score:
Bloating, gas, and diarrhea	+1
Occasional discomfort	+2
Abdominal pain or constipation	+3
Occasional constipation or diarrhea	+4
Abdominal weight gain, indigestion, bloating	+5

I am:	Score:
Frequently cold or easily chilled	+1
Occasionally cold or chilled	+2
Usually comfortable, but sometimes warm	+3
Someone who fluctuates between being cold and hot	+4
Easily overheated	+5

My cycles are:	Score:
Irregular or non-existent	+1
Regular but light	+2
Regular	+3
Irregular but heavy	+4
Very heavy - I sometimes see clots	+5

I can best describe my overall mood as the following:	Score:
I am usually anxious and nervous.	
I am prone to anxiety, but only when stressed.	+1
I can be irritable and very angry when stressed—yes, that is me yelling.	+2
I can have waves of depression and anxiety.	+3
I do get depressed often.	+4
	+5

I cry:	Score:
Easily	+1
Only when fatigued	+2
Rarely	+3
Hardly ever or never	+4
Often	+5

In a relationship, I crave:	Score:
Romance—bring on the flowers, cards, and passion	+1
Some romance, some intellectual stimulation, and some solitary time to recharge	+2
A mental equivalent	+3
A nurturing partner who sees the world as I do	+4
Warmth and reassurance	+5

I seek and enjoy:	Score:
Creative work	+1
The opportunity to build teams, companies, and projects	+2
The opportunity to lead a team, company, or project	+3
Meaningful work that gives back to society or impacts the world in a lasting way	+4
Service-based work—caring for the sick, elderly, or children, as an example	+5

I am most prone to having:	Score:
A pallid skin tone or complexion	+1
Under-eye circles	+2
A thick, yellow-coated tongue	+3
Swollen joints	+4
A white-coated tongue	+5

Your PowerType

My favorite comfort foods are:	Score:
Salty—potato chips	+1
Both salty and sweet—potato chips and chocolate	+2
Spicy foods	+3
Fried foods	+4
Sweets - ice cream and chocolate	+5



ADD UP EACH ANSWER SCORE TO
CALCULATE YOUR OVERALL SCORE.

Results



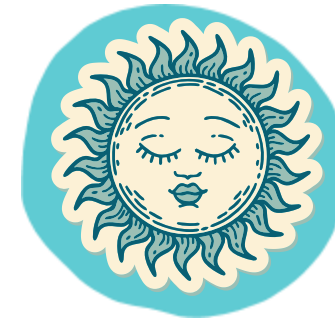
0 - 35: You're a gypsy girl!

As a Gypsy Girl, you may be prone to anxiety, inconsistent sleep, up and down energy, eating/diet challenges, ADHD (or concentration issues in general), thinning hair, dry skin and achy joints.



36 - 51: You're a savvy chick!

As a Savvy Chick, you're especially harmed by the one-size-fits-all perspective that permeates mainstream health advice. That's because your constitution can go back and forth between power types, requiring extra attention on your body's needs, on a day-to-day basis.



52 - 67: You're a boss lady!

As a Boss Lady, your health challenges tend to revolve around digestive issues. Irritable bowel, acid reflux/heartburn, constipation and more can negatively impact your energy, sleep, weight and hair quality.



68 - 83: You're a nightingale!

As a Nightingale, your selfless nature can lead to depleted energy levels, a weakened immune system and chronic inflammation. This can result in many other long-term health conditions that Nightingales must watch for.



84 - 100: You're an earth mama!

As an Earth Mama, you may ignore your own body's own needs, while taking care of everyone else. This can lead to stubborn weight, low energy, heart issues and even depression.

A photograph of three men standing in a city street, dressed in winter clothing. The man on the left wears glasses, a dark jacket, a white sweater, and a grey scarf. The man in the center wears a grey blazer over a dark turtleneck and light-colored trousers. The man on the right wears a flat cap, glasses, a dark scarf, and a light-colored jacket. The background shows a multi-story building with many windows. The text 'POWERTYPE TEST - MEN' is overlaid in the center in a white, bold, sans-serif font.

**POWERTYPE TEST -
MEN**

I can best describe my stressed emotional response as:

- A. Anger
- B. Anxiety
- C. Worry or slightly depressed
- D. Flat or even, I don't have strong emotional responses
- E. Fearful

I love most:

- A. Leading and directing programs, people, or my family
- B. Creating new programs, products and activities
- C. Staying home, relaxing with my loved ones
- D. Quiet time to think and keep everything in order
- E. Doing something different daily, I have a lot of projects and sometimes don't finish them but that's ok.

In my happy place, I feel:

- A. Energetic
- B. Passionate and joyful
- C. Calm and serene
- D. Strong, brave, and resilient
- E. Adaptable and excited, searching for new adventures

I would best describe my build as:

- A. Medium, athletic
- B. Medium, lean
- C. Medium, slightly or moderately heavy
- D. Thin - but can gain weight easily
- E. Thin

In looking at my tongue, I see most clearly:

- A. A slight purple tint, maybe yellow towards the back
- B. Pale with a purple tint
- C. A white coating with bite marks on the side
- D. Pale tongue, thicker coating
- E. Pale tongue

In mapping my face, I most prominently have:

- A. Tendency to furrow or frown lines
- B. Frown lines, with undereye circles
- C. Swelling or puffiness, redness to cheeks
- D. Irritation or redness to my cheeks, nasolabial lines
- E. Under eye circles

I usually crave most:

- A. Spicy foods
- B. Bitter foods
- C. Sweets and sugar
- D. Food with a strong taste - blue cheese, kombucha
- E. Salty foods

I feel stress most in my:

- A. Head
- B. Chest/ heart- I can get palpitations
- C. Stomach
- D. Breath or chest- it can be difficult to breathe
- E. Everywhere, I get jittery, or have trouble sleeping

My skin is:

- A. More oily overall
- B. Firm and moist
- C. Combination - oily and dry
- D. Thinner- easy to wrinkle or tends to be dry
- E. Prone to breakouts, and combination

My hair is:

- A. Overall thick, the texture can vary from fine to thick
- B. Medium, may have hair loss at crown, temples
- C. Abundant and thick
- D. Thick but with areas of hair loss
- E. Thin with some breakage and damage

Results

Mostly A - 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



Mostly B - The TrailBlazer

- Ayurvedic Type- Pitta/ Vata
- Chinese Medicine- Liver- kidney meridian imbalance
- Organ Weakness- Thyroid- Adrenal
- Hormones to Watch- Thyroid, Cortisol, testosterone
- Body Type- Small to Medium
- Best diet- Paleo/ Anti inflammatory



Mostly C - The Protector

- Ayurvedic type- Kapha
- Chinese Medicine- Spleen Meridian deficiency
- Organ Weakness- Large Intestine, stomach
- Hormones to Watch- Testosterone, Insulin
- Body type- Larger frame, easy to gain weight
- Best Diet- Vegan, Intermittent Fasting, keto



Mostly D - The Anchor

- Ayurvedic Type- Pitta/ Kapha
- Chinese Medicine -Spleen- liver Gallbladder Meridian deficiency
- Organ Weakness- Gallbladder , Large intestine, liver
- Hormones to Watch- Cortisol, Estrogen, Testosterone, Insulin
- Body type- Medium to Large Frame
- Best Diet- Intermittent Fasting, Anti inflammatory, Keto



Mostly E - The Creative

- Ayurvedic Type- Vata
- Chinese Medicine - Kidney Meridian deficiency
- Organ Weakness- Thyroid, kidneys
- Hormones to Watch- thyroid, cortisol
- Body Type- Smaller, thin- hard to gain weight
- Best Diet- Paleo





POWERTYPE TEST - CHILDREN

I can best describe my child's stressed emotional response as:

- A. Anger
- B. Anxiety
- C. Worry or slightly depressed
- D. Cold, distant
- E. Fearful

My child loves to:

- A. Move, run, play-sports can be his/her happy place
- B. Design, build or create- new games, toys, projects
- C. Bake, cook, stay in groups
- D. Balance more quiet time, needs time alone
- E. Doing something different daily, art, music pr dance- you name it

In his/her happy place, my child is:

- A. Energetic
- B. Passionate and joyful
- C. Calm and serene
- D. Strong, brave, and resilient
- E. Adaptable and excited, searching for new adventures

I would best describe my child's build as:

- A. Medium, athletic
- B. Medium, lean
- C. Medium, slightly or moderately heavy
- D. Thin - but with an athletic build
- E. Thin

In looking at my child's tongue, I see most clearly:

- A. A slight purple tint
- B. A lot of red, deeper pink
- C. A white coating with bite marks on the side
- D. Pale tongue
- E. Pale tongue with thin coating

In mapping my child's face, he/she most prominently has:

- A. Tendency to furrow
- B. Overall flushing of their face, or redness to his/her nose
- C. Swelling or puffiness
- D. Irritation or redness to their cheeks, often open mouth breathers
- E. Under eye circles

My child mostly craves:

- A. Spicy foods, flavored foods
- B. Bitter foods, vegetables
- C. Sweets and sugar
- D. Food with a strong taste - blue cheese, kombucha
- E. Salty foods

My child feels stress mostly in their:

- A. Head
- B. Chest/ heart- palpitations
- C. Stomach
- D. Breath or chest- it can be difficult to breathe
- E. Everywhere

My child approaches learning by:

- A. Assessing information and then breaking it down and organizing it
- B. Taking concepts and creating innovative ways to learn them, memorize or apply them
- C. Having consistent and steady structure and schedules
- D. Absorbing information, asking questions, but not reactive in class
- E. Having creative ways to learn, needs frequent change, and may have trouble sitting in a classroom or online for long hours

When faced with a new challenge, my child reacts by:

- A. Diving in and getting it done
- B. Trying to problem solve and innovate
- C. Taking time to think it through
- D. Weighing all the possibilities and making a firm decision
- E. Withdrawing for a bit before addressing

Results

Mostly A - 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



Mostly B - The TrailBlazer

- Ayurvedic Type- Pitta/ Vata
- Chinese Medicine- Liver- kidney meridian imbalance
- Organ Weakness- Thyroid- Adrenal
- Hormones to Watch- Thyroid, Cortisol, testosterone
- Body Type- Small to Medium
- Best diet- Paleo/ Anti inflammatory



Mostly C - The Protector

- Ayurvedic type- Kapha
- Chinese Medicine- Spleen Meridian deficiency
- Organ Weakness- Large Intestine, stomach
- Hormones to Watch- Testosterone, Insulin
- Body type- Larger frame, easy to gain weight
- Best Diet- Vegan, Intermittent Fasting, keto



Mostly D - The Anchor

- Ayurvedic Type- Pitta/ Kapha
- Chinese Medicine -Spleen- liver Gallbladder Meridian deficiency
- Organ Weakness- Gallbladder , Large intestine, liver
- Hormones to Watch- Cortisol, Estrogen, Testosterone, Insulin
- Body type- Medium to Large Frame
- Best Diet- Intermittent Fasting, Anti inflammatory, Keto

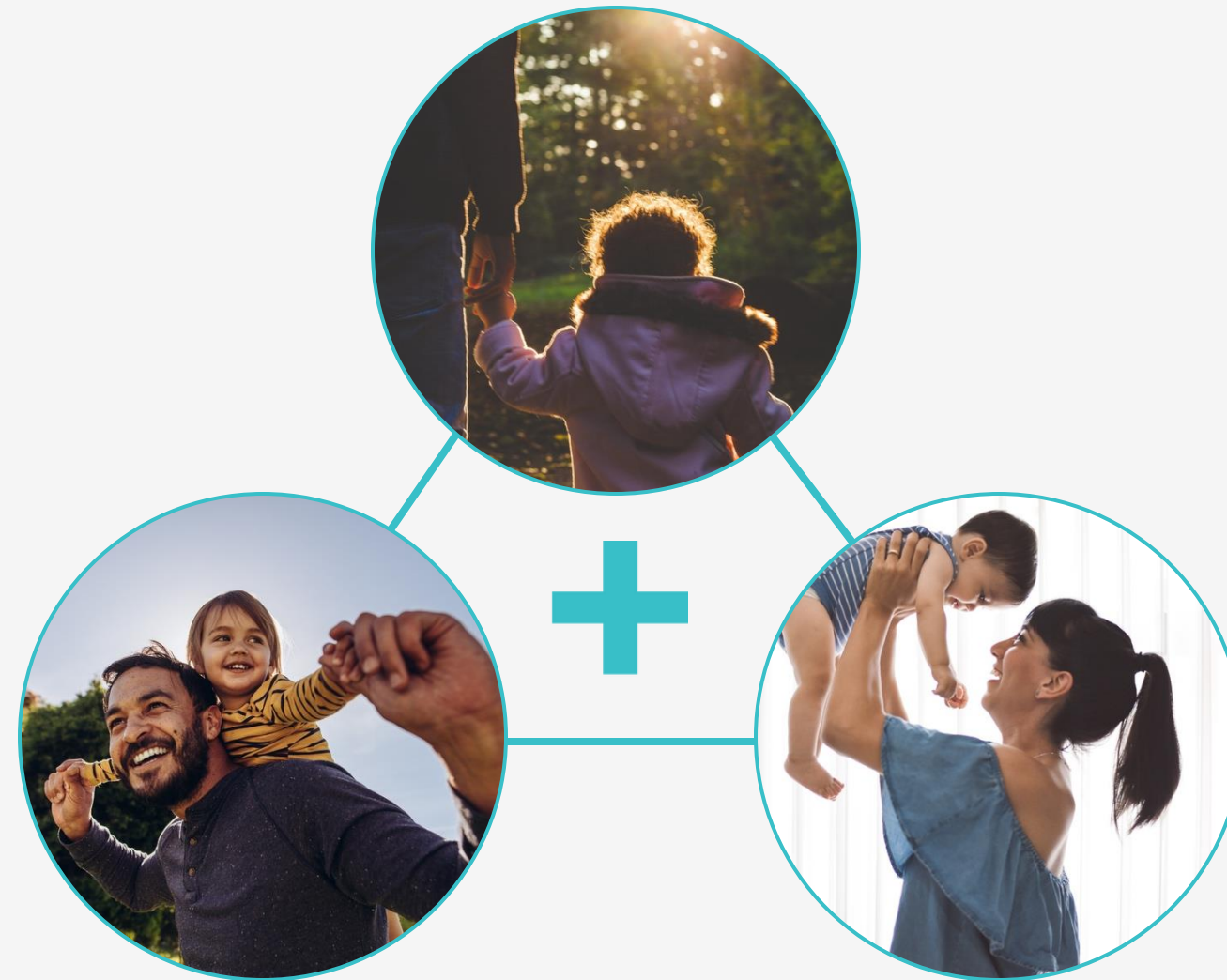


Mostly E - The Creative

- Ayurvedic Type- Vata
- Chinese Medicine - Kidney Meridian deficiency
- Organ Weakness- Thyroid, kidneys
- Hormones to Watch- thyroid, cortisol
- Body Type- Smaller, thin- hard to gain weight
- Best Diet- Paleo



FAMILY POWERTYPES



female + male + child powertype = family

POWERTYPES AND YOUR HEALTH

- Starting point for a holistic health journey
- Understand others in your life



HOL+ AND OUR CIRCLE COMMUNITY

Upcoming changes...





DR. TAZ ^M_D

LET'S CONNECT!

Visit:

- <https://doctortaz.com/circle/>
- holplus.co



SCAN ME

