



DR. TAZ ^{MD}
INTEGRATIVE MEDICINE



Understanding

YOUR WEIGHT LOSS TYPE

Building a customized, holistic weight loss plan is what actually leads to long term weight loss. In the age of ozempic, wegovy, mounjero and the like, weight loss seems to be as easy as a weekly shot- for life. But this long term medication with a short term fix, can actually cause more harm than good - the side effects, impact on gut and mental health are warning signs that this approach is truly short lived.

This is what inspired me to start this weight loss and detox workshop. Finding the right formula for you, and a community to support when you just feel like you cant do it anymore, leads to success- success with the micro-habits or little things that ultimately add up to big changes.

Some of these microhabits are universal for all types; drinking water, moving through the day, building muscle- but the starting point for each of us is often the key to success.

Blending together the best of Eastern and Western medicine allows us to personalize so much of this information, even before we look at labs.

Let's get started.



Now, moving on...

*If you have taken the quiz, you know your weight loss type.
Go ahead and write it below:*



For those of you that have not, here is the quiz again:

I sleep:

- A. Erratically, I am often up between 2-4 am and restless
- B. I have trouble falling asleep- my mind is racing constantly, but 6 hours is enough
- C. I sleep soundly but still feel tired-I often need more than 7 hours of sleep nightly

I crave most strongly:

- A. Salt
- B. Sugar
- C. Carbs

I gain weight first on:

- A. Hips, thighs
- B. Belly, breasts
- C. Arms, back, and belly

When stressed, I often get mostly:

- A. Anxious
- B. Angry – I'm flying off the handle
- C. Depressed

When stressed, I am likely to:

- A. Under eat – I lose my appetite
- B. Snack all day – I forget about meals
- C. Overeat – I'm so hungry

When it comes to temperature regulation, I am often:

- A. Cold
- B. Warm
- C. Hot, I sweat a ton when others are not.

I am more likely to have the following symptoms of digestive disruption:

- A. Constipation, bloating
- B. Diarrhea, reflux
- C. Bloating, reflux, abdominal heaviness

I have one of the following symptoms:

- A. Dry hair and skin, brittle bones, heart palpitations, brittle nails , scalp hair loss from the center
- B. Acne, thinning more brittle hair (all over), feeling hot and cold at times, chemical sensitivity
- C. Oily or moist skin/ hair joint pain, chronic congestion, blackheads or breakouts on cheek

My tongue is:

- A. Pale, thin, dry
- B. Slight purple tint, coated
- C. Thick white coating, thick

I have most prominently or tend to get:

- A. Forehead or smile lines
- B. The “11” or lines between the eyes
- C. Nasiolabial lines (Smile lines)

Find your score:

- 0 for A answers
- 1 for B answers
- 2 for C answers



Air

0 – 6 Type 1



Fire

7 – 13 Type 2



Earth

14 – 20 Type 3



Are you Type 1 (Air), Type 2 (Fire) or Type 3 (Earth)?

When it comes to weight loss, each type may deal with common issues, all of which we will deal with in this workshop- including, insulin resistance, higher blood sugars, high visceral fat for example.

But where to start?

Here we go! You can skip ahead to your type or learn a bit about each but we are digging in...



Air

WEIGHT LOSS TYPE 1

- **Core Concept:** Depletion
- **Dosha:** Vata
- **Meridian Imbalance:** Kidney
- **Tongue:** Pale / Thin
- **Hormone Patterns:** Low Cortisol, Thyroid, Progesterone (Adrenal Fatigue)
- **Emotional Pattern:** Anxiety, Irritability, Crying
- **Common Symptoms:** Insomnia, ADHD, Osteoporosis, Fatigue, Cold Intolerance
- **Enneagram:** 1, 4, 9
- **MyersBrigg:** ENTP, ENFP, INFP, INTP

Typically creative and expressive, type 1 or Air types struggle most and first with depletion. This means low levels of key nutrients, especially amino and fatty acids, B vitamins and iron. It also means feeling incredibly disconnected from your physical body. This works well when trying to be imaginative and creative, but poorly when trying to take care of the body you live in.

Starting Point: Build Qi/ Energy

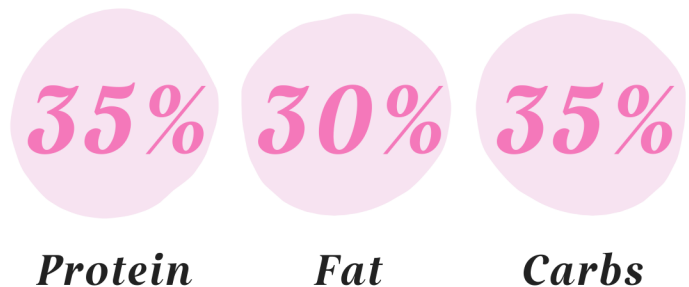


The starting point for the air type is to build the body back — with nutrients, gut repair and proper sleep.

Diet Rules

1. Focus on a *balanced carb/protein diet* with healthy fats. (Complex carbs)
2. Eat at regular intervals — every 4 hours (no longer)
3. Keep *no more than a 12 hour overnight fast*; example (8p-8a)
4. Lower caffeine to under 6 oz per day
5. Eliminate nighttime alcohol (worsens adrenal fatigue)

Macros



Sugar: Under 25 grams

Example: 1200 kcal
Protein: 420 kcal | Fat: 360 kcal | Carbs: 420

Movement

As an air type, movement should not be high intensity until the body is rebuilt — or if you move after a period of time from an air dominant type to one that is more fire.

Track:

HRV
Resting Heart Rate
Blood Pressure

Sleep

Air types usually like to stay up all night. This worsens cortisol dysfunction and insulin. Instead, aim to be in bed at the same time every and up at the same time (ideally five nights per week). Before bedtime need cortisol lowering activities, including meditation, massage, and tapping for example.

Supplements



The supplements for the air type correspond to this idea of depletion. Building the body back — now you can get testing to get more specific — and we offer this at our clinic.

CentrespringMD.com/shop/nutrient-testing

But here is what has played out in practice as the most significant needs.

1. B vitamins
2. Adaptogens (ahswagandha, magnolia bark, tulsi)
3. Omega 3 fatty acids
4. Magnesium
5. Collagen or Glutamine to repair the gut

We will discuss these more in our workshop sessions. We will also move more into the hormones, emotions and personality implications of this type.



Fire

WEIGHT LOSS TYPE 2

- **Core Concept:** Inflammation
- **Dosha:** Pitta
- **Meridian Imbalance:** Liver Meridian
- **Tongue:** Purple Tint
- **Hormone Patterns:** Estrogen / Androgen Dominance / High Cortisol
- **Emotional Pattern:** Anger
- **Common Symptoms:** Acne, Hair Loss, Joint Pain, Other Rashes, IBS
- **Enneagram:** 3, 8, 5
- **MyersBrigg:** ENTJ, INTJ, ESTJ, INTJ

It's all about the gut, to bring both inflammation and cortisol down.

1. Start an anti inflammatory diet; gluten/ dairy free.
2. Focus on protein- 20-30 grams every 4 hours.
3. Use digestive enzymes with 1-2 meals per day/
4. Add in 1 green smoothie per day to clean the liver.
5. Add in probiotic rich foods- bone broth, kimchi, sauerkraut for example.

Starting Point:

Bring down inflammation and cortisol



Movement

The fire types need movement to get out of their head and build muscle. To balance cortisol but to also lower inflammation, once the diet is managed then:

1. Can alternate between fasted workouts (burn sugar and fat) and non fasted workouts (build muscle).
2. Fasted workouts include- yoga, Pilates, walking, swimming.
3. Non fasted workouts- weight training (heavier load, 8-10 reps, min 3 sets) , HIIT or interval training, running.

Macros



Protein

Fat

Carbs

Sugar: Under 25 grams

Example: 1200 kcal

Protein: 480 kcal | Fat: 360 kcal | Carbs: 360

Track:

HRV

**Resting Heart Rate
Blood Pressure**

Sleep

The issue with fire types is usually needing more sleep – not getting into bed in time or waking up too early. Commit to 7 hours of consistent sleep for the next 4 weeks. As you do so, track some of the numbers we have discussed.

Supplements



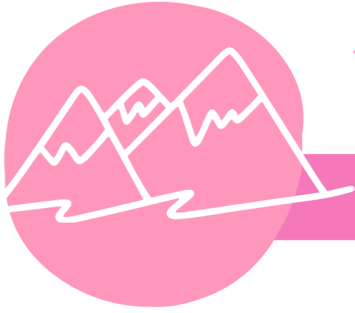
The supplements for this type focus on healing the gut, reducing inflammation and improving liver health. Now you can get testing to get more specific — and we offer this at our clinic.

CentrespringMD.com/shop/nutrient-testing

But here is what has played out in practice as the most significant needs.

1. Glutamine/ collagen 1 gram per day
2. Probiotics — ideally with Akkermansia or one with 100 billion cfu per day
3. Milk thistle - 200 mg per day
4. B vitamins
5. Magnesium

We will pick up the discussion on hormones and nutritional patterns later in the program.



Earth

WEIGHT LOSS TYPE 3

- **Core Concept:** Insulin Resistance / Leptin Resistance, Estrogen Dominance
- **Dosha:** Kapha
- **Meridian Imbalance:** Spleen Meridian
- **Tongue:** White coated, thick
- **Hormone Patterns:** Insulin Resistance
- **Emotional Pattern:** Worry, Sadness, Depression
- **Common Symptoms:** Fatigue, Heart Disease, Diabetes
- **Enneagram:** 2, 6, 7
- **MyersBrigg:** INFJ, ISFJ, ESFJ, ENFK

Described in so many different ways, the earth types are our nurturers, empaths and givers. Of course there are gifts, but it comes with a price.

Starting Point:

Blood sugar balance

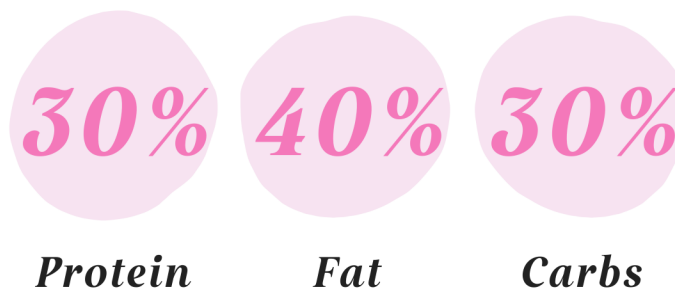


Because this type often has insulin resistance, the diet for weight loss here needs to focus on blood sugar balance and reduction of candida.

Diet Rules

1. Begin *dairy free, sugar free*
2. Add in *fiber* – 7 servings of fruits and vegetables per day – should take up 75% of portions
3. Use *digestive enzymes* with 1-2 meals per day to help break fats down
4. *Cycle fast* – 1-2 days per week, fast for 14 hours, 16 hours (if sleeping through the night)
5. *Eliminate* alcohol

Macros



Sugar: Under 25 grams

Example: 1200 kcal

Protein: 360 kcal | Fat: 480 kcal | Carbs: 360

Movement

Movement for the earth type needs to be repetitive through the day - this means working out sometimes 2x per day, especially a 10 min post dinner walk, or 20 min workout in the evening and in the morning.

If sleeping through the night, higher intensity activities preferred – efficiency and effectiveness over time length.

Examples include:

1. Weighted walking
2. Resistance training – heavier weights as tolerated – reps of 8, 3 sets
3. Interval training with bursts of cardio
4. Fasted workouts with walking, but not with resistance and interval training

Yoga and pilates are bonus exercise forms for this type or may need an additional walk later in the day.

Track:

HRV
Resting Heart Rate
Blood Pressure

Sleep

This type typically needs more sleep - so aim for 8 hours of sleep nightly – and be careful to not oversleep. Long afternoon naps will also disrupt the nightly sleep cycle as will falling asleep on the couch – which disrupts the overall sleep quality.

Supplements



Most of the supplements for the earth type center around insulin and insulin resistance. Now you can get testing to get more specific — and we offer this at our clinic.

CentrespringMD.com/shop/nutrient-testing

But here is what has played out in practice as the most significant needs.

1. Berberine — 500 mg 2x per day
2. Omega 3 — 2-3 grams per day
3. Probiotic — 100 billion cfu per day to lower yeast
4. Digestive enzymes with ox bile — 1 tab 2x per day
5. Magnesium — 400 mg nightly

Lots to still dig into — including hormones, emotions and more — but at least you now have your starting point.