

A photograph of two women in conversation. The woman on the right, with dark hair, is wearing a white button-down shirt and smiling broadly. The woman on the left has long blonde hair and is wearing an orange top. The background is a blurred green space, possibly outdoors.

The Circle

5 BODY ROADMAP

A HOL+ BY DR. TAZ GUIDE

Do you ever feel like you're on an endless emotional merry-go-round, fueled by unexplained mood swings and energy dips? Millions of women struggle with hormone imbalances that sap their vitality and shadow their days with unpredictability.

And, if you're like many, you've probably found that standard treatments don't quite get to the root of the issue.

As someone who's personally navigated the turbulent waters of hormone imbalance, I've come to realize that traditional medications often act as mere placeholders, temporarily easing symptoms without addressing the underlying causes. I learned this the hard way — being told I would be bald by age 30, alongside a cocktail of prescriptions that left more to be desired.

That's when I decided to switch gears and explore the holistic healing landscape.

This simple shift changed my life, and I developed a new approach blending the best of Eastern & Western medicine. Now, the real challenge lies in sifting through the waterfall of options and pinpointing genuinely effective, sustainable solutions.

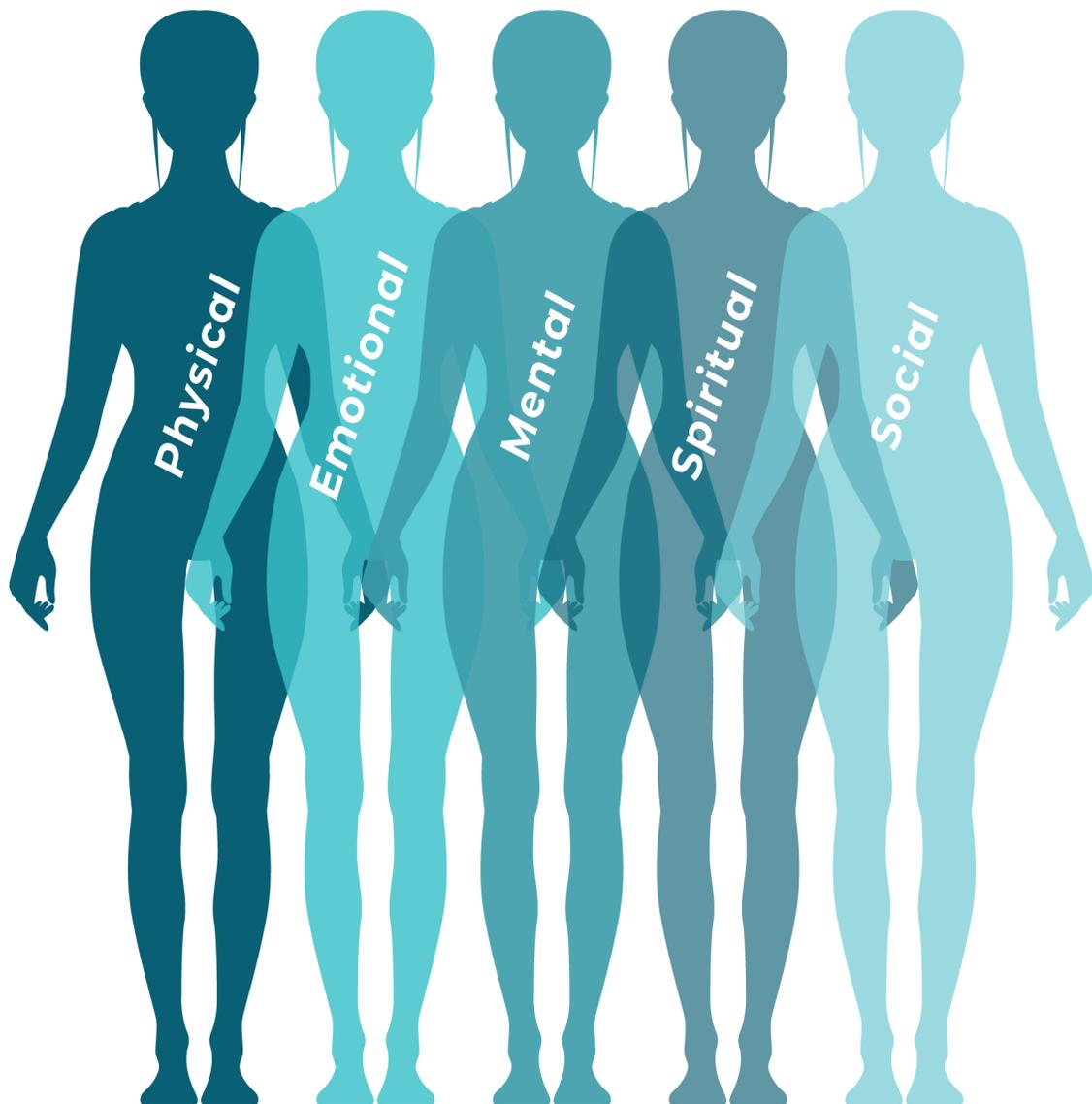
This guide is designed to help you do just that.

The EastWest® approach works with your hormones — not against them — to establish balance in all aspects of your body — mental, physical, emotional, spiritual, and energetic.



The 5 Bodies

I talk a lot about the five bodies; physical, mental, emotional, energetic, and community. How they interact with one another determines our vibration and overall health.



Do you love your life?

Life Inventory Assessment

(One point for every yes)

Work/Career

I enjoy my current job, work situation*	Y	N
I am financially stable	Y	N
I have time and opportunity to grow my career	Y	N
I spend 40 hours or less per week working	Y	N
I take vacations 2-3x per year	Y	N

Moms - this is a full time job - please consider this your work situation

Sleep

I am able to maintain consistent sleep (6-8 hours per night)	Y	N
I prioritize and value my sleep.	Y	N

Relationships

I have close, intimate relationships	Y	N
I have at least 3 close family members that I communicate with	Y	N
I have at least 3 close friends that I can confide in	Y	N
I spend between 20-30 hours per week on my relationships	Y	N
I have boundaries in my relationships to balance my needs	Y	N

Self Care

I budget 6-8 hours per week (400 min weekly average) for exercise	Y	N
I practice some form of daily mindfulness, 15 mins per day	Y	N
I devote 2 hours weekly to a spiritual practice or routine	Y	N
I budget 1-2 additional hours per week to self care (spa, walks, etc)	Y	N

Personal Development

I devote 1-2 hours per week towards personal development	Y	N
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Life Score:

0-7- Time to reassess. I recommend working with a Life coach to prioritize your time so that it works for you. Identify the area above that seems most out of balance and see if you can reallocate hours here.

8-13- Tweaking needed. Overall you are not doing so badly with balance, but consider a few tweaks to help you create a life you love and one that truly optimizes your health.

14- 17- You have got your priorities and timing together. We can all learn from you. Great job!



Your Power Type

FIND YOUR POWER TYPE

My hair is best described as:

Thin & sparse	+1
Thin but of average volume	+2
Medium volume	+3
Falling out; I am losing hair	+4
Full and abundant volume	+5

Score:

My hair is typically:

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

Score:

My skin is usually:

Dry and quick to wrinkle	+1
Oily with areas of dryness	+2
Oily	+3
Dry with patches of oiliness	+4
Moist and firm	+5

Score:

When I touch or pull my skin:

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

Score:

Your Power Type

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

Your Power Type

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:

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

Your Power Type

My belly issue is:

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:

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:

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:

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

Your Power Type

I cry:

Easily

Only when fatigued

Rarely

Hardly ever or never

Often

Score:

+1

+2

+3

+4

+5

In a relationship, I crave:

Romance—bring on the flowers, cards, and passion

Some romance, some intellectual stimulation, and some solitary time to recharge

A mental equivalent

A nurturing partner who sees the world as I do

Warmth and reassurance

Score:

+1

+2

+3

+4

+5

I seek and enjoy:

Creative work

The opportunity to build teams, companies, and projects

The opportunity to lead a team, company, or project

Meaningful work that gives back to society or impacts the world in a lasting way

Service-based work—caring for the sick, elderly, or children, as an example

Score:

+1

+2

+3

+4

+5

I am most prone to having:

A pallid skin tone or complexion

Under-eye circles

A thick, yellow-coated tongue

Swollen joints

A white-coated tongue

Score:

+1

+2

+3

+4

+5

Your Power Type

My favorite comfort foods are:

Salty—potato chips

Both salty and sweet—potato chips and chocolate

Spicy foods

Fried foods

Sweets - ice cream and chocolate

Score:

+1

+2

+3

+4

+5

YOUR SCORE

**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.

MODULE 1

Learning Your Physical Body

To begin our journey through healing the 5 bodies, we'll use a mix of Eastern & Western medicine to evaluate how your energy manifests within your body at a cellular level. Identifying the many forces that play a role in the expression of dis-ease begins with having a solid understanding of your physical body.

In Eastern systems of medicine, there are various words to describe the energy which drives a healthy, balanced life—qi, prana, vitality.

It's this energy that is the quantifiable and most important component of health and medicine — whether we look to Chinese medicine, Ayurvedic medicine, or homeopathy.



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

When it comes to weight loss, each type deals with common issues, including insulin resistance, low energy, or a tendency to store fat around the belly.

But where to start? This quiz will reveal your weight loss type, and your most common patterns.

After learning your type, you can skip ahead to target your situation, or learn a bit about each.

Your Weight Loss Type

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



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 continue discussion on hormones and nutritional patterns later in this guide.



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

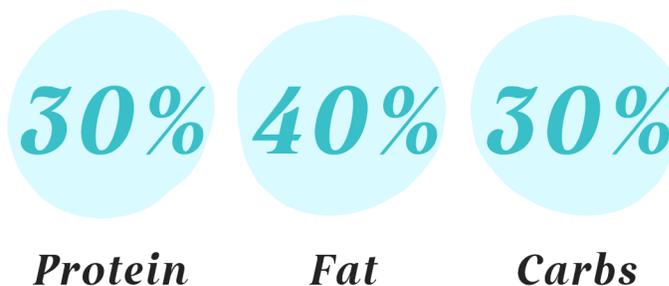


Because this type often has insulin resistance, the diet for weight loss here needs to focus on blood sugar balance and reduction of candida.

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.

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.

The Hormone Quiz

1. I break out with acne on my chin, jaw, or neck. Y N. If yes to one or more, check column A
2. I often get palpitations or feel anxious at random times throughout the month. Y N. If yes, check column B.
3. I tend to store weight around my midsection, on my arms, or on my back. Y N. If yes, check column C
4. I get migraine headaches, have breast tenderness, or feel bloated. Y N. If yes, check column A.
5. My cycles are getting shorter and more frequent, or heavier, or I just don't get a cycle. Y N. if yes, check column B.
6. I feel fatigued after eating carbohydrates and/or have high cholesterol and blood sugar levels. Y N. If yes, check column C.
7. I have fibroids, ovarian cysts, or endometriosis, or I am post-hysterectomy for these issues. Y N. If yes, check column A
8. I have cravings for sugar and salt, feel cold frequently, and/or have thinning eyebrows or eyelashes. Y N. If yes, check column B.
9. Regardless of how much I exercise or out my carbs and sugar, it's hard for me to lose inches or pounds. Y N. if yes, check column C
10. I have thinning hair at the top of my scalp or at the temples, with the texture of my hair changing as well. Y N. if yes, check column A.

A B C

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Find your score:

Count the number of times you checked columns A, B, or C

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Mostly A column:

Type 1: Estrogen/Androgen Dominance

Mostly B column:

Type 2: Low Progesterone/Thyroid Imbalance

Mostly C column:

Type 3: Insulin Resistance

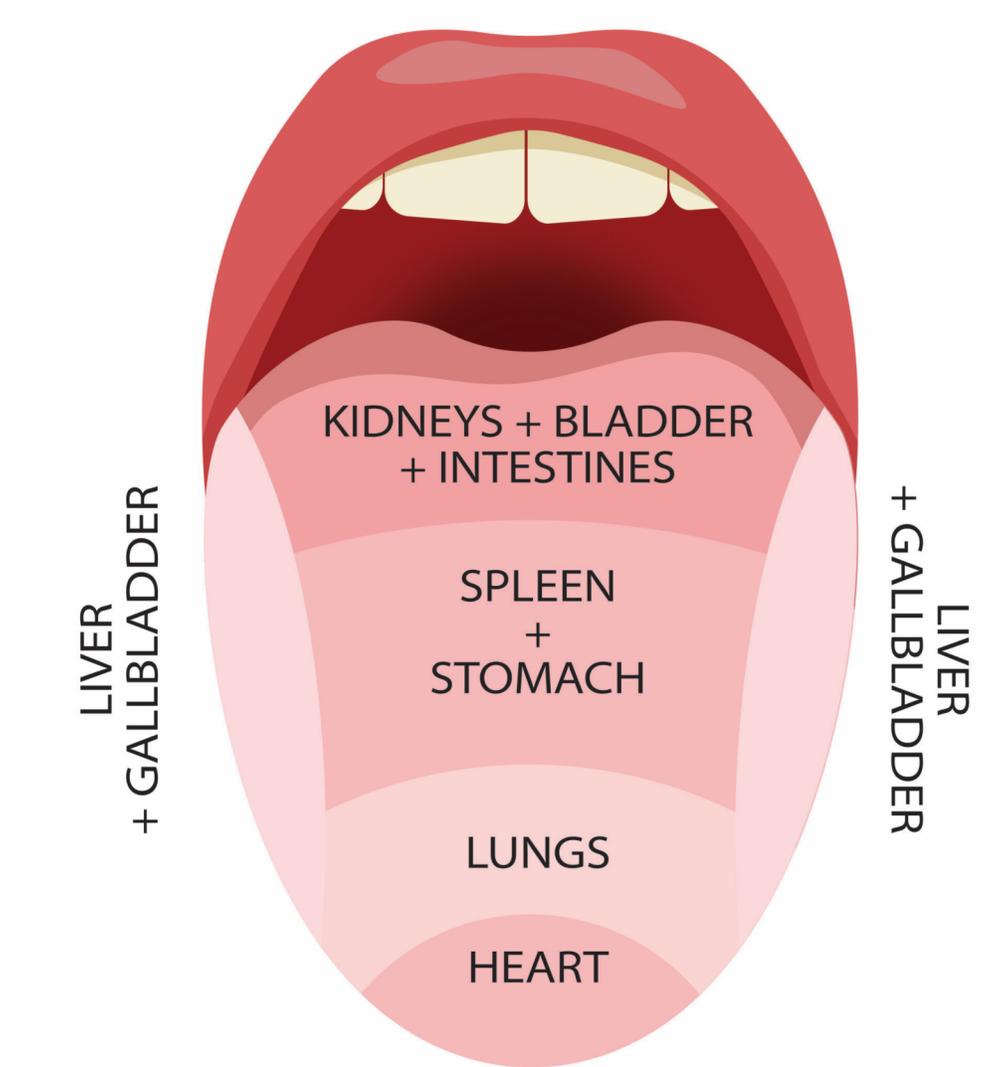
Did you find there's a dominant pattern for you? I hope so!

If you need a backup for your conclusion, use the following list of hormone tests to check your levels and confirm your suspicions.

Hormone	Goal Range
DHEA	100-200 µg/dL
Estrogen— estrone (E1)	Never over 150 pg/mL
Estrogen— estradiol (E2)	Never over 200 pg/mL <small>(never under 50 pg/mL unless in menopause and this is goal replacement level)</small>
Insulin, fasting	3-5 µIU/mL
Hgb A1C	5-5.5%
Progesterone	Never less than 0.5 ng/mL (or µg) <small>(replacement goal)</small>
Testosterone— total	20-40 ng/dL <small>(will be low in menopause but these are hormone replacement goals)</small>
Testosterone— free	1-2 ng/dL
Thyroid TSH	1-2 mIU/L
Thyroid total T3	100-20 ng/dL
Thyroid total T4	5-11.5 µg/dL

Chinese Medicine

We will work through a quick lesson on tongue and pulse to help you identify where you may be living, emotionally.

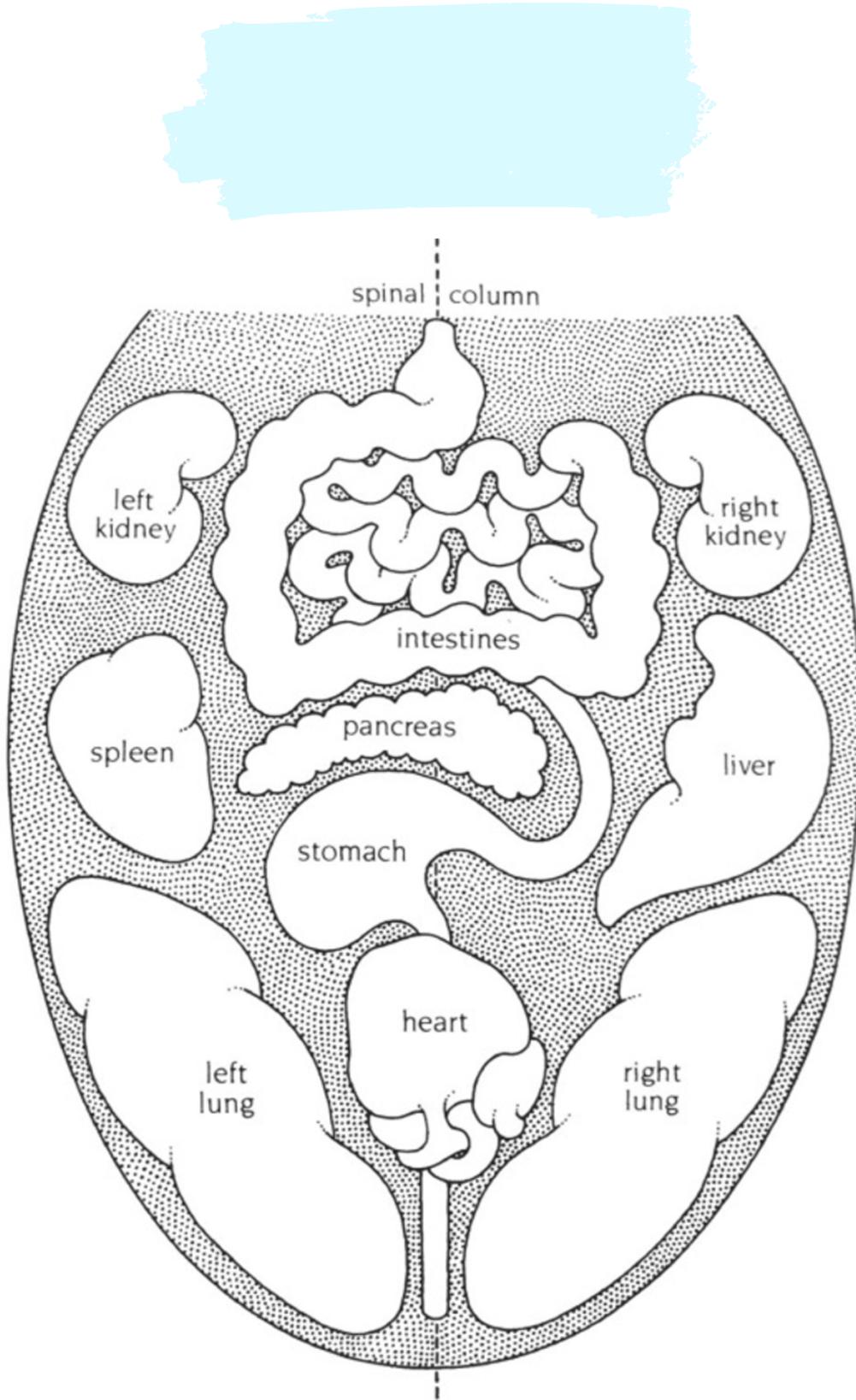


What does my tongue say about my health? My emotions?



Ayurvedic DX

What does my tongue say about my health? (Ayurvedic perspective)



K N O W Y O U R N U M B E R S

I know a lot of us have shame around numbers. The fear of getting on the scale, taking measurements – we dread it. But think of this instead as an opportunity to really dive into an inventory of you – not a judgement session.

YOUR CURRENT WEIGHT

HEIGHT

BMI: If you don't have access to a machine that tracks BMI or body fat you can calculate these numbers roughly using the equations below:

BMI

$WT (LBS) / HT (INCHES)^2 \times 703$

BODY FAT %

$(1.20 \times BMI) + (0.23 \times AGE) - 5.4$

**WAIST
CIRCUMFERENCE**

**ARM
CIRCUMFERENCE**

**HIPS
CIRCUMFERENCE**

PS – You don't have to share this with anyone...

it's for you.

HOLPLUS.CO

DAY 1 DAILY LOG

DATE _____ CURRENT WEIGHT _____

HOURS OF SLEEP NIGHT PREVIOUS _____ ENERGY LEVEL (1-10) _____

BREAKFAST

LUNCH

DINNER

SNACKS

TOTAL CALORIE INTAKE: _____

WATER INTAKE



EXERCISE

CALORIES BURNED

FOCUS

THE GOOD

DAY 2 DAILY LOG

DATE _____ CURRENT WEIGHT _____

HOURS OF SLEEP NIGHT PREVIOUS _____ ENERGY LEVEL (1-10) _____

BREAKFAST

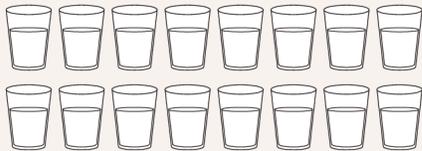
LUNCH

DINNER

SNACKS

TOTAL CALORIE INTAKE: _____

WATER INTAKE



EXERCISE

CALORIES BURNED

FOCUS

THE GOOD

DAY 3 DAILY LOG

DATE _____ CURRENT WEIGHT _____

HOURS OF SLEEP NIGHT PREVIOUS _____ ENERGY LEVEL (1-10) _____

BREAKFAST

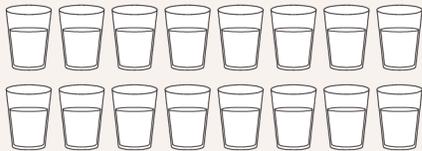
LUNCH

DINNER

SNACKS

TOTAL CALORIE INTAKE: _____

WATER INTAKE



EXERCISE

CALORIES BURNED

FOCUS

THE GOOD

Your Current Movement Routine:

DAILY

WEEKLY

Your Sleep Patterns:

SLEEP CYCLE/ # HOURS PER NIGHT

SLEEP QUALITY

SUNLIGHT EXPOSURE PER DAY

MODULE 2

The Emotional Body

It's all connected—your thoughts, feelings, hormones, and emotions. An often overlooked component of optimal health and healing, your emotions are actually at the center of your well-being.

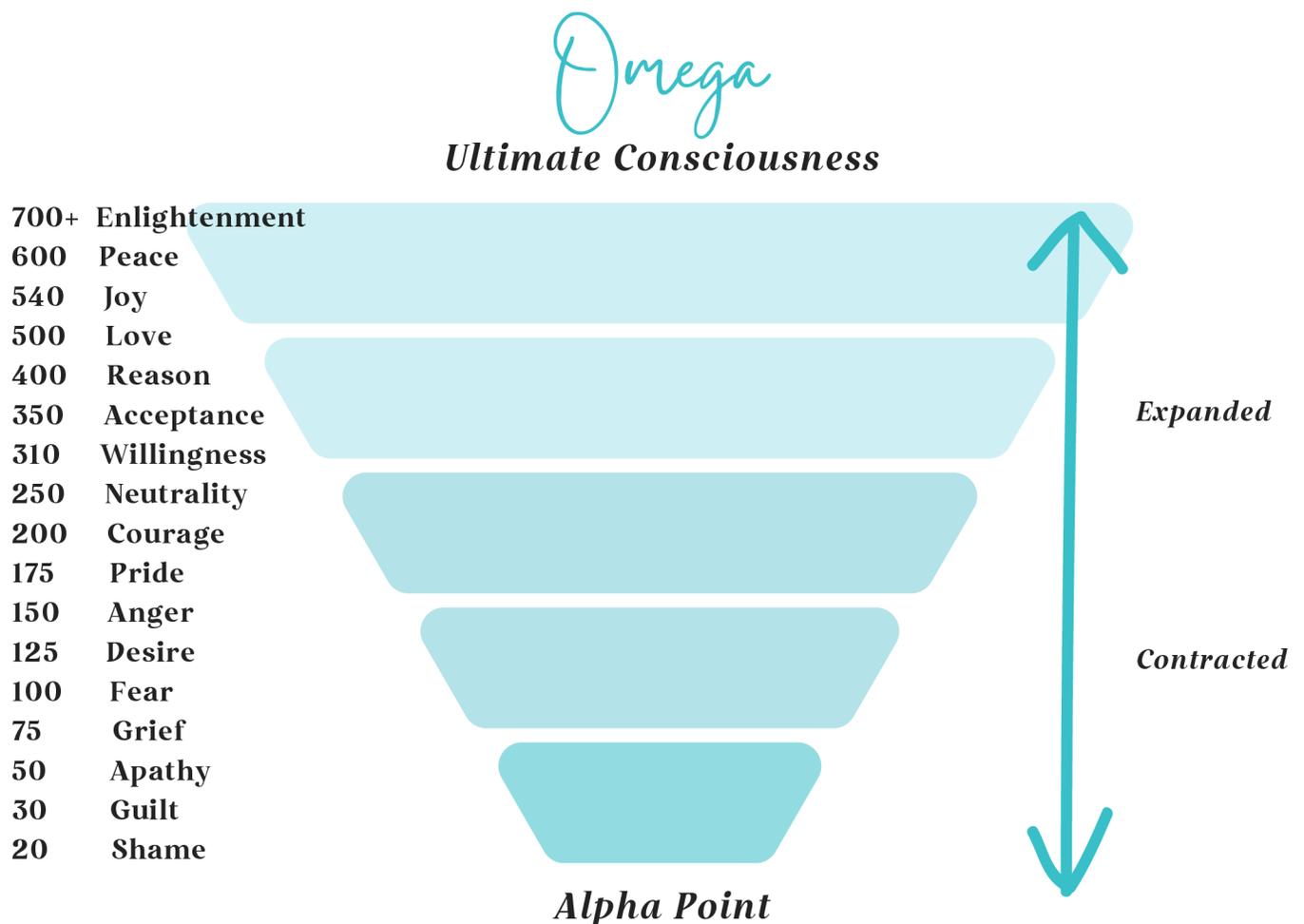
Emotions dictate how you think and feel, and how you make nearly every decision throughout the day.

When negative, low-vibration emotions keep you stuck in a cycle of fear & discontent, your thoughts and actions will reflect that, only serving to perpetuate the cycle.

The Emotional Vibration Scale

There's an emotional spectrum, as you can see, between negative emotions and positive emotions. The goal is to always raise your emotions (and your vibration) to the next level. This is the journey UP, to the highest levels of emotion: love, peace, and happiness. The lowest levels, as you can see, are hate, anger, and fear. If you live in this lower space, it's time to move on up!

It's our job to take ownership of the movement on this emotional spectrum, to consciously build and develop the tools to move up, to not let the voices of generations and present culture shift us downwards, spiraling into where we have been forced in the past — expired, cast away, and dismissed.



Self Reflection Exercise

Where is your current emotional vibration?

And if we can't do it, our bodies will react, starving our cells of oxygen and vitality and crashing our hormones; all leading to disease. Don't believe me? Take a look.

<i>Emotion</i>	<i>Meridian + Chakra</i>	<i>Hormone Pattern</i>
Joy/Happiness	Triple Energizer + Crown	Overall Balance / HPA Stability
Love	Heart + Heart	Improved Stability of all Hormones
Hope	Pericardium + Heart	Lowered Cortisol, Insulin, High Oxytocin
Peace	Blood + Triple Energizer	Cortisol, Insulin Balance
Acceptance	Throat + Throat	Thyroid Balance
Worry	Spleen/Small Intestine + Solar	Low Testosterone, Thyroid Imbalance
Fear	Kidney/Bladder + Sacral	Low Testosterone, Thyroid Imbalance
Grief	Lungs + Heart	Estrogen Depletion, Insulin Imbalance
Anger	Liver/Gallbladder + Solar/Sacral	Estrogen Dominance, Progesterone
Hate	Pelvis + Root	High Cortisol, High Insulin, Testosterone Imbalance

MODULE 3

Your Cognitive Health – The 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?

DEPRESSION / ANXIETY SCREENING

Over the past 2 weeks, how often have you been bothered by the following problems?

0 - not at all 1 - several days 2 - more than half the days 3 - nearly every day

1.) Over the past 2 weeks, how often have you felt little or no pleasure in doing things?



2.) Over the past 2 weeks, how often have you been feeling down, depressed, or hopeless?



3.) Over the past 2 weeks, how often have you been feeling nervous, anxious, or on edge?



4.) Over the past 2 weeks, how often have you been unable to stop or control worrying?



5.) Over the past 2 weeks, how often have you had difficulty relaxing or felt easily annoyed/irritable?



*IF SCORE IS GREATER THAN 2, SPEAK TO
A HEALTHCARE PROFESSIONAL*

Testing for these patterns includes:

Food sensitivities and gluten intolerance

MTFHR/COMT genetic mutations

PGXone testing — personalized medication recommendations based on genetics and chemistry

Inflammation — predisposes the brain to imbalances in mood and cognition

Stealth gut infection including candida and clostridia which further worsen inflammation

Vitamin deficiencies — A, D, E, B6, B12, zinc, copper, omega-3s and folate (to name a few)

MODULE 4

Your Spiritual 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.

Your Spiritual/Energetic Body

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



Self Reflection Exercise

Where is your weakest Chakra?



Your Spiritual Home

Where or what does your spiritual home look like?



How often do you "invest" in your spiritual health?



Who are your spiritual advisors or mentors?



MODULE 5

The Community Body

Most importantly, continue to build community and connection through your faith, hobbies, neighborhood or family. Foster relationships with people who sustain and support you, not just need something from you. Make a commitment to you and connecting with your community at least twice a week on nonconsecutive days (Mondays and Wednesdays, or Thursdays and Saturdays). Why?

Because belonging to a group is as essential as food and shelter. We are social animals and feeling that you belong with a small group of friends, a church, or another support group improves your health, happiness, and motivation.

Your community is made up of the people in your life who sustain, support and inspire you.

Your family can be a great beginning, but we women need each other. If you don't have a solid group of women friends in your life who you can laugh, cry, and play with, it is time to make a change. Thankfully the age of the internet offers limitless possibilities for finding others who enjoy the same activities you do. Love to hike? Find the local chapter of your Sierra Club. Is knitting your jam? Check a local yarn shop for knitting groups. Want to learn something new? Look into adult classes for anything you can dream of including pottery, cooking, poetry writing, and yoga. Many of us come home after long days at work only to be faced with long nights of work with kids and partners. The majority of women I know and see don't carve out time to hang with friends. I encourage you to find your own spiritual home and community.

You need to play and create connections for better health. Have a game night at your house with your friends, have a potluck brunch on a Sunday, or start a book club. Or look for one in your area. Check out some local spiritual communities that interest you. If you are having issues with overeating, relationship woes, or alcohol issues you might want to check out a 12-step anonymous group. Or maybe your community is at a church, a mosque, a community center, a meditation group, or in the living room of a lovely friend—we all need connection with others and a sense of belonging to be our best selves.

Your Spiritual Community

Family

Friends

Career/Work

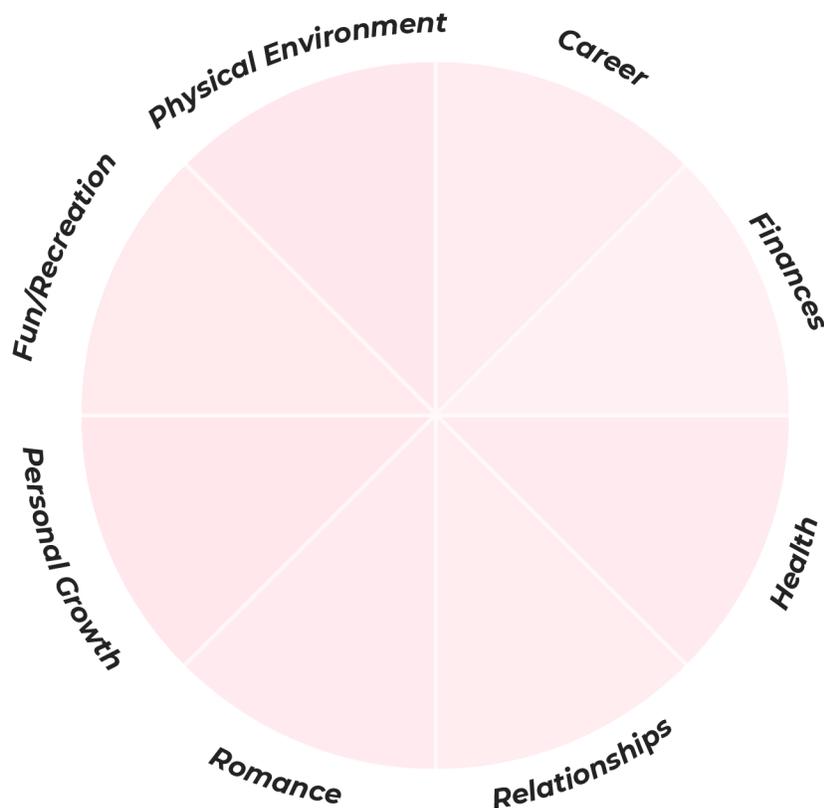
Civic Involvement

Your Social Body

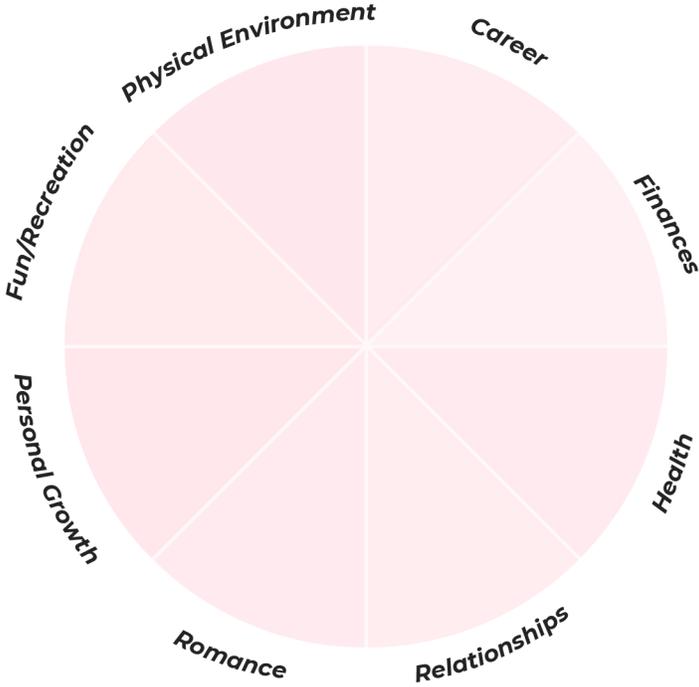
Determine the number of hours per week you spend on below:

- 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?

FAMILY SCREENING

I suggest checking in weekly with your loved ones and screening for the following and using the scoring method to document in the chart below. Maybe scale or rate them from 1-5, with 5 being the most optimal, 1 being struggling daily.

5- optimal, consistent, stable

4- variable depending on the month or life issues

3- average- weeks are split between good day and bad days

2- low- struggling more often than not

1- daily challenges, severely impacting quality of life

ENERGY

Energy is so hard to quantify but in Chinese medicine, the concept of Qi or overall energy was critical and determined your life force. This life force was how you planned and lived your life- some had more qi than others, some needed to build their qi- regardless, energy came first.

Questions to ask include:

Where is your loved ones energy- are they ready to conquer the world or does it just feel like too much?

What brings them energy and what depletes it?

What is one way you can call their attention to this?

MOOD

Our current mental health crisis means that one of us is always dealing with at least one family member with a mental health issue. But staying on top of their moods is key to averting a mental health crisis. Are they sad? Withdrawn? Angry? Or constantly isolating themselves?

Look for the telltale signs, hiding in the bedroom, not wanting to participate in activities, and just an overall negative mindset- these are all early mental health issues I see frequently.

I am hoping this journal will help to stay on top of this escalating issue for family members of all ages.

SLEEP

Changes in sleep patterns are an easy way to pick up on energy and mood shifts as well- sleeping too much or too little, wanting naps, or shifting sleeping patterns to staying up all day and sleeping all night are all tell tale signs. Tracking sleep patterns is one way to quickly identify other health challenges as well.

APPETITE

This is a big one- especially for our teens. Meal avoidance, overeating, binge eating- all of these are signs- quiet ways of talking to us about the overall health and wellness of our loved ones. With everyone on a perpetual diet, not eating, or getting super picky about what to eat can be easily dismissed as trying to be “healthy” when in actuality, its a sign of depression or anxiety.

Overeating is a sign too – of excessive stress, depression, anxiety or not getting fulfilled in some other aspect of life. We have to intervene, as I have learned. If we stay too quiet for too long there are significant health repercussions. Approaching this topic is so hard, but I think it starts with understanding who you are dealing with it, their motivations and triggers and then devising a plan to get help.

WEIGHT

If you are looking for a tangible way to understand health and wellness in your family, weight is a marker for sure – underweight or overweight, both are issues that tie back to mental health, energy and mood - but become physical and medical issues ultimately. Either side of the weight spectrum results in hormone imbalances, gut issues, nutrient profiles and cardio metabolic health- and so much more.

Gently tracking weight – by maybe observing (not asking) every 3-4 weeks may help gauge a loved one’s overall wellness.

THE FAMILY JOURNAL

Take a few days to observe and track below.
Do you see any patterns?

<i>DATE</i>	<i>FAMILY MEMBER</i>	ENERGY	MOOD	SLEEP	APPETITE	WEIGHT

FAMILY FOOD JOURNAL

NAME	MEAL/TIME	DAY 1	DAY 2	DAY 3
	BREAKFAST			
	SNACK			
	LUNCH			
	DINNER			
	OTHER			
	WATER			