

+ THE CIRCLE · MAY 2026

MAY 2026 · MEMBER BUNDLE

The Cortisol Reset Bundle.

A four-piece kit for resetting your stress response, hormones & inflammation.

*"Your body isn't broken.
It's overloaded."*

DR. TASNEEM BHATIA, MD
Founder · hol+ Integrative Medicine

hol+

doctortaz.com · holplus.co

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PIECE ONE · 4-WEEK CHALLENGE

The Cortisol Reset.

One concrete action per week to interrupt the cortisol loop.

*"Stop chasing symptoms.
Start regulating the system."*

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01 · THE CORTISOL RESET

Why you're stuck in the loop.

Cortisol — your primary stress hormone — is the invisible driver behind stubborn weight, exhaustion, anxiety and hormonal imbalance. This 4-week challenge gives you one concrete action per week to interrupt the cycle and reset your stress response from the inside out.

STEP	WHAT HAPPENS	WHAT YOU FEEL
01	Chronic stress → cortisol spikes repeatedly	Wired, anxious, overwhelmed
02	Cortisol raises blood sugar → insulin rises	Cravings, energy crashes
03	Excess insulin → fat storage (especially belly)	Weight gain despite diet changes
04	Poor sleep → cortisol can't reset overnight	Tired but can't sleep
05	Low energy → more stress, more cortisol	The loop continues

YOUR 4-WEEK CHALLENGE

WEEK 01
MAY 1 – 7

01

Track your cortisol triggers.

- » Keep a 7-day Cortisol Trigger Log (template on page 4)
- » Note time of day, trigger, physical symptom, food and prior sleep
- » Look for patterns — morning anxiety? Post-lunch crash? 3pm cravings?
- » Share your #1 pattern inside your Circle feed

WEEK 02
MAY 8 – 14

02

Build one hormone-supportive ritual.

- » Morning cortisol walk: 10 minutes outside, no phone, within 30 min of waking
- » Progesterone wind-down: no screens 60 min before bed + magnesium glycinate 300 mg
- » Seed cycling start: 1 tbsp ground flax + pumpkin seed daily (follicular phase)
- » Evening breath reset: 4-7-8 breathing, 3 rounds before dinner

WEEK 03
MAY 15 – 21

03

Add one longevity habit.

- » Cold exposure: 30–60 seconds cold water at end of shower (builds HPA resilience)
- » Zone 2 cardio: 20 minutes at conversational pace — 3× this week
- » HRV tracking: download a free HRV app, check your score each morning
- » Phone-free morning: no phone for the first 30 minutes after waking

WEEK 04
MAY 22 – 31

04

30 plants challenge — gut reset.

- » Counts: vegetables, fruits, legumes, nuts, seeds, whole grains, herbs, spices
- » Each different plant = 1 point. Same plant twice still = 1 point
- » Use the 30 Plants Tracker (included in your Week 4 Circle drop)
- » Post your count in Circle — most creative plant source wins a Dr. Taz shoutout

DR. TAZ'S CORTISOL STACK

SUPPLEMENT	DOSE	TIMING	WHY
Boost (Methyl-B)	1 capsule	Morning, with food	Methylated B vitamins for adrenal support; depleted by chronic stress
Magnesium Glycinate	300–400 mg	Before bed	Lowers night cortisol, improves sleep, calms nervous system
Ashwagandha (KSM-66)	300–600 mg	Evening	Adaptogen — reduces cortisol, supports HPA-axis regulation
Phosphatidylserine	100–200 mg	Before bed	Blunts cortisol spike — helpful for high-night-cortisol pattern
Vitamin C	1000 mg	Morning	Adrenal cortex requires high vitamin C; depleted rapidly under stress

SHOP NOTE · Boost (Methyl-B) is available at shop.holplus.co. Circle Members receive **20% off** all orders.

WORKSHEET

Cortisol Trigger Log — Week 1.

Print or fill digitally. Track for 7 days. Look for what your body is already telling you.

DAY	TIME	TRIGGER / STRESSOR	PHYSICAL SYMPTOM	FOOD / DRINK	SLEEP PREV NIGHT
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

PATTERN PROMPT · At week's end, circle the day with the lowest sleep — what does your symptom column look like that day?

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PIECE TWO · TRACKING TOOL

Hormone Symptom Tracker.

Map 24 symptoms across four hormone systems, over four weeks.

*"Hormonal imbalance rarely
shows up in your labs.
It shows up in your day."*

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02 · HORMONE SYMPTOM TRACKER

Map 24 symptoms. Four systems. Four weeks.

Hormonal imbalances rarely show up in standard labs — they show up in your daily life. Rate each symptom 0–3. Patterns across weeks reveal where to focus your protocol.

0	1	2	3
Not present	Mild · occasional	Moderate · most days	Severe · daily

ESTROGEN · PROGESTERONE

SYMPTOM	W1	W2	W3	W4	NOTES
Bloating or breast tenderness	—	—	—	—	
Mood swings or irritability (premenstrual)	—	—	—	—	
Irregular or heavy periods	—	—	—	—	
Weight gain in hips, thighs or belly	—	—	—	—	
Brain fog or poor memory	—	—	—	—	
Anxiety or low-grade depression	—	—	—	—	
Fibroids, cysts or endometriosis history	—	—	—	—	

CORTISOL · ADRENAL

SYMPTOM	W1	W2	W3	W4	NOTES
Fatigue — morning or mid-afternoon	—	—	—	—	
Wired but tired at night	—	—	—	—	
Difficulty falling or staying asleep	—	—	—	—	
Anxiety, overwhelm or racing thoughts	—	—	—	—	
Sugar or salt cravings	—	—	—	—	
Belly weight gain despite diet	—	—	—	—	

Slow recovery from stress or illness

— — — —

THYROID

SYMPTOM	W1	W2	W3	W4	NOTES
Cold hands / feet or low body temperature	—	—	—	—	
Hair loss or thinning (including eyebrows)	—	—	—	—	
Constipation or slow digestion	—	—	—	—	
Dry skin, brittle nails	—	—	—	—	
Fatigue even with adequate sleep	—	—	—	—	
Difficulty losing weight	—	—	—	—	
Depression or flat mood	—	—	—	—	

INSULIN · BLOOD SUGAR

SYMPTOM	W1	W2	W3	W4	NOTES
Energy crashes 1–2 hours after eating	—	—	—	—	
Intense hunger or irritability if meals delayed	—	—	—	—	
Cravings for sweets or refined carbs	—	—	—	—	
Difficulty losing belly fat	—	—	—	—	
Skin tags or darkened skin at neck / armpits	—	—	—	—	
Frequent urination or thirst	—	—	—	—	
Fatigue after meals	—	—	—	—	

INTERPRETATION

How to read your scores.

Add each system's column total. Patterns matter as much as numbers — direction over time is the real signal.

SCORE RANGE	WHAT IT MAY INDICATE	NEXT STEP
0 – 7	Minimal imbalance in this hormone system	Maintain current lifestyle; retest in 3 months
8 – 14	Moderate dysregulation — symptoms impacting daily life	Book a functional medicine visit at hol+
15 +	Significant imbalance — needs clinical attention	Request full panel testing at hol+ (DUTCH, ZRT or serum)
↑ Rising	Worsening — likely a trigger in your environment	Review stress, sleep and dietary changes; book consult
↓ Improving	Your protocol is working	Continue current approach; note what's changed

TESTING AT HOL+

PANEL	WHAT IT REVEALS
DUTCH Complete	Sex hormones + cortisol metabolites — comprehensive hormonal map
ZRT Saliva / Dried Urine	Cortisol curve, sex hormones, adrenal function
Thyroid Full Panel	TSH, Free T3, Free T4, Reverse T3, TPO antibodies
Mosaic IgG Food MAP	190+ food reactions — identifies hidden inflammatory triggers

Bring this tracker to your next hol+ appointment. Ask about functional lab packages.

Longevity Lab Panel.

The functional labs Dr. Taz orders for cellular age & disease prevention.

*"Chronological age is a number.
Biological age is what your
cells are living."*

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03 · LONGEVITY LAB CHEAT SHEET

Standard labs tell you if you're sick.

Functional longevity labs tell you how fast you're aging — and what to do about it. These are the panels Dr. Taz orders at hol+ for patients focused on cellular health and disease prevention. Print this and bring it to your next visit.

BIOLOGICAL AGE MARKERS

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
HRV	Varies by device	>50 ms; trending up	Reflects autonomic resilience; predicts longevity
VO ₂ Max	By age / sex chart	Top 25th percentile	Single strongest predictor of all-cause mortality
Grip Strength	Age / sex norms	Above average for age	Proxy for muscle mass; predicts falls, disability
Fasting Glucose	70–99 mg/dL	70–85 mg/dL	Even normal-range 90s accelerates AGEs (glycation)
Fasting Insulin	<25 µIU/mL	<8 µIU/mL	Drives inflammation, fat storage, cellular aging
HOMA-IR	<2.5	<1.5	Insulin resistance index — precedes diabetes 10–15 yrs

INFLAMMATION PANEL

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
hs-CRP	<3.0 mg/L	<0.5 mg/L	Even low-level elevation predicts heart disease, cancer
Homocysteine	<15 µmol/L	<7 µmol/L	Methylation problem + vascular damage; linked to dementia
Fibrinogen	200–400 mg/dL	200–300 mg/dL	Clotting + inflammation; cardiovascular and stroke risk

INFLAMMATION (CONT.)

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
LPS	Not standard	Lowest tertile	Marker of gut barrier breach; drives systemic inflammation
Oxidized LDL	Not standard	Lowest quartile	More predictive of cardiovascular risk than total LDL

HORMONE + CELLULAR PANEL

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
DHEA-S	By age / sex	Mid-upper range	Anti-inflammatory, immune-supportive adrenal hormone
IGF-1	By age / sex	Mid-upper range	Growth hormone proxy; low = aging; high = cancer risk
Free Testosterone (♀)	Lab-dependent	Symptom-driven	Energy, libido, muscle, mood — often missed in women
Estradiol (E2)	Lab-dependent	Phase-optimal	Bone, brain and cardiovascular protection at all ages
Progesterone	Lab-dependent	Functional luteal	Often first hormone to decline; affects sleep, mood
Cortisol Curve	Single serum value	4-point diurnal	DUTCH or ZRT maps full curve — flat = fatigue, disease

NUTRIENT + METHYLATION

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
Vitamin D (25-OH)	30–100 ng/mL	60–80 ng/mL	Linked to 200+ conditions; most are functionally low
Magnesium (RBC)	1.5–2.5 mEq/L	>2.0 mEq/L	Serum is unreliable; RBC reflects true tissue status
Ferritin	12–150 ng/mL (♀)	50–100 ng/mL (♀)	Causes fatigue even without anemia; often missed
B12 (MMA preferred)	>200 pg/mL	>600 (or MMA <0.4)	Standard range allows functional deficiency
Zinc (RBC / plasma)	Lab-dependent	Upper half of range	Immune, hormones, gut repair — depleted by stress
Omega-3 Index	Not standard	>8%	Predicts cardiovascular + brain longevity

CARDIOVASCULAR + METABOLIC

MARKER	STANDARD	FUNCTIONAL OPTIMAL	WHY IT MATTERS
ApoB	Not standard	<80 mg/dL	Counts all atherogenic particles; better than LDL-C alone
Lp(a)	Not standard	<30 mg/dL	Genetically elevated in ~20%; major CVD risk factor
Triglycerides	<150 mg/dL	<80 mg/dL	Reflects carb + alcohol load; HDL ratio = insulin signal
HDL	>40 ♂ >50 ♀	>60 mg/dL	Functional HDL quality matters as much as quantity
NMR Lipoprotein	Not standard	Pattern A	Particle size + number — small dense LDL = higher risk

HOW TO ORDER THESE LABS

CHANNEL	HOW IT WORKS
At hol+	Request a Longevity Lab Panel at your next visit. Telehealth available nationwide.
Direct-to-Consumer	Marek Health, Ultra Lab Tests and Quest allow many tests without a provider order.

CHANNEL	HOW IT WORKS
Insurance Note	Many functional labs are not covered. Ask about cash-pay packages at hol+.
Timing	Best drawn fasting (10–12 hours). Cortisol and hormone labs require specific timing — ask at booking.

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PIECE FOUR · CLINICAL FRAMEWORK

Microinflammation Action Plan.

An exclusive Circle preview of The Invisible Load framework.

*"You can't see it. Your labs
won't catch it. But it's driving
most of what you feel."*

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04 · MICROINFLAMMATION ACTION PLAN

The invisible load behind everything.

*Microinflammation is subclinical, chronic, systemic inflammation that doesn't show up on standard bloodwork — but shows up in fatigue, brain fog, weight that won't move, mood and skin. The foundational concept of Dr. Taz's upcoming book, *The Invisible Load*.*

THE 5 DRIVERS

1

Gut Permeability · Leaky Gut

Tight junctions break down. Bacterial fragments (LPS), undigested food, and toxins enter the bloodstream — triggering constant low-level immune activation.

PRESENTS AS · Bloating, food reactions, brain fog, skin issues, autoimmune flares

2

Blood Sugar Dysregulation · The Glucose Ride

Repeated glucose spikes activate inflammatory pathways (NF-kB), produce AGEs, and drive oxidative stress — even without diabetes.

PRESENTS AS · Energy crashes, cravings, belly fat, poor concentration, accelerated aging

3

Toxic Load · Detox Overwhelm

Heavy metals, pesticides, plastics / BPA, mold and air pollutants overwhelm detox pathways, impair mitochondria, and sustain immune activation.

PRESENTS AS · Fatigue, chemical sensitivities, hormonal disruption, neurological symptoms

4

Chronic Psychological Stress · The Cortisol Loop

Sustained cortisol and catecholamine elevations activate IL-6 and TNF- α , impair immune regulation, and compromise gut barrier integrity.

PRESENTS AS · Anxiety, poor sleep, immune suppression — every other symptom worsens

5

Sleep Deprivation · Circadian Disruption

Sleep is the window for microglial clearance and cellular repair. Chronic short sleep raises CRP, IL-6 and activates NF-kB — the master inflammatory switch.

PRESENTS AS · Brain fog, mood instability, weight gain, accelerated cellular aging

HOW TO TEST FOR MICROINFLAMMATION

TEST	WHAT IT MEASURES	ORDER AT
hs-CRP	Systemic inflammation — even low-level elevation is significant	hol+ / standard lab
Homocysteine	Methylation status + vascular inflammation	hol+ / standard lab
Zonulin (plasma)	Gut barrier integrity — elevated = leaky gut confirmed	hol+ / Vibrant
LPS-binding protein	Gut-derived endotoxin entering bloodstream	hol+ / specialty
ZRT Hormone Panel	Saliva / dried urine — cortisol curve, sex hormones, adrenals	hol+ / ZRT
Organic Acids Test	Mitochondrial function, yeast, bacteria, nutrient deficiencies	hol+ / Genova
Cytokine Panel (IL-6, TNF- α)	Direct inflammatory cytokine measurement	Specialty / hol+
Mosaic IgG Food MAP	Delayed IgG reactions to 190+ foods — hidden food triggers	hol+ / Mosaic

30-DAY PROTOCOL

Remove. Repair. Reinforce.

Three overlapping phases. Each builds on the last. Consistency over intensity.

PHASE 01
DAYS 1 – 10

Remove.

Eliminate the primary drivers of gut-derived inflammation.

Diet · Remove gluten, dairy, refined sugar, alcohol, seed oils (canola, soybean, sunflower) and processed foods for 10 days minimum.

Gut disruptors · Minimize NSAIDs (ibuprofen / naproxen) where possible — discuss with your provider.

Toxic load · Switch to glass food storage. Choose organic for the Dirty Dozen. Filter tap water. Use fragrance-free personal care.

Screens · No phone for 30 minutes after waking and 60 minutes before bed.

PHASE 02
DAYS 7 – 21

Repair.

Rebuild gut barrier integrity and reduce systemic immune activation.

BellyFix Protocol · L-Glutamine (5 g daily), Collagen peptides (10 g), Zinc carnosine (75 mg).

BellyFix contains · Pre / probiotics, *S. boulardii*, digestive enzymes — use as directed.

Anti-inflammatory foods · Wild salmon or sardines (2x/wk), turmeric + black pepper, ginger, olive oil, dark leafy greens, berries.

Sleep protocol · 7.5–8 hours. Magnesium glycinate 300 mg at bedtime. Room 65–67 °F. No food 2 hours before bed.

PHASE 03
DAYS 14 – 30

Reinforce.

Build resilience so microinflammation cannot return as easily.

Omega-3 · Fish oil 2–3 g EPA / DHA daily. Test your Omega-3 Index (target >8%).

Methylation support · Boost (Methyl-B) normalizes homocysteine and supports cellular detox.

Movement · Zone 2 cardio 3×/wk + resistance training 2×/wk. Avoid chronic high-intensity — it raises inflammation.

Stress toolkit · Daily nervous-system reset: box breathing, cold exposure, nature walk or meditation. 10 minutes minimum.

WORKSHEET

Weekly symptom check-in.

Choose your top symptoms. Rate 0–10 at the start of each week (0 = not present, 10 = debilitating).

YOUR SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Brain fog / mental clarity	—	—	—	—
Energy level (overall)	—	—	—	—
Bloating or digestive discomfort	—	—	—	—
Mood stability	—	—	—	—
Sleep quality	—	—	—	—
Joint or muscle aches	—	—	—	—
Skin (clarity, inflammation, rashes)	—	—	—	—
Weight / bloat changes	—	—	—	—
Add your own...	—	—	—	—
Add your own...	—	—	—	—

*"The Microinflammation framework is the foundation of Dr. Taz's upcoming book **The Invisible Load** (Fall 2027). Circle Members get exclusive early access to chapters, frameworks and clinical tools as they're developed."*