

Speaker 1: Bulletproof Radio, a station of high-performance.

Dave: You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is about cookie dough, and it's not a cool fact of the day that you'll probably like because they just found out that eating raw cookie dough can make you pretty sick. It turns out it's not the raw eggs, in fact raw eggs usually won't make you sick especially if you wash them before you crack them. This is a substance called E.coli, it's a bacterium and there's been several outbreaks in the US and Canada over the last couple of years from people eating raw cookie dough, which has uncooked flour in it. It's funny because the CDC could not figure out how this happened until they finally heard a bunch of people say, "Oh yeah, that's right I had some raw cookie dough."

Your best bet is cook your cookies if you're going to eat them, and better yet don't use flour, and then at least not wheat flour because it has all sorts of stuff in it that you don't really want, or you could just eat one of the brand new Bulletproof chocolate cookie dough, Collagen Protein Bars, that are the best bar we've made in all of history, that taste exactly like real cookie dough, but they're good for you and they taste amazing and all that kind of stuff. If you don't know about the new flavor you do now, and sadly no raw cookie dough for you, but there's all sorts of reason you can do better besides the sugar, the flour, and God knows what else.

All right, if you don't know this, you can head on over to bulletproof.com/youtube and catch parts of the show on video, and if you wanted to leave a review you can go to bulletproof.com/itunes, it will take you right to the Apple page so you can say, "Hey, this show is really cool."

Now that I've told you those cool things that you really wanted to know, it's time for today's guest. Today's guest is Dr. Taz Bhatia, just known as Dr. Taz, and she's a nationally recognized physician, who specialize in functional medicine, but she came at it as a former emergency room doctor. She's been on The Today Show, Dr. Oz, The Doctors Live, and is a very well-respected and recognized, I'd say figure in the field of women's health and just health in general. I really want to talk with her today because in addition to traditional Western stuff, she's looked at Chinese medicine and acupuncture and put all these together in a new book called Super Woman RX. Dr. Taz, welcome to the show.

Doctor Taz: Thank you, thrilled to be here and to finally meet you. This is amazing.

Dave: I kind of have a thing for women who are former emergency room doctors turned functional medicine, because, well, I married one.

Doctor Taz: I love it.

Dave: But it does give you a really unique perspective, I find that doctors who've seen what happens after a car accident and have to really get in at these rapid decision-making times have a different perspective than to a general practitioner. When you make that transition from, "How do we save this life right now?" You amass this knowledge and

this kind of visceral sense that then carries over when you start doing more of the functional stuff. The path you've walked I think makes you a really interesting guest, and I wanted to know why did you decide to leave the world of emergency medicine and move into the functional world?

Doctor Taz: I think everything was a fortunate and accidental journey. I didn't plan for any of it. I don't think I really even planned for emergency medicine. I think I just loved action and I love procedures. I kind of have that adrenalin rush and functioned off of it, and I thought the emergency room was a really great fit, but it was actually ... my life veered in different directions. I was going to actually do ICU medicine or intensive care or critical care medicine, because there is so much thought if you think about it, with critical care there is so much physiology that you have to get through. There is so much that you have to think through in terms of detail, but also the big picture, and my mind sort of thrived on that. But what eventually happened was that I came back to Atlanta from residency training, I took an ER job for a year. I got recruited into a higher position within that ER job, and one thing just led to another and I found myself in the ER for almost a decade, and stayed and never went back into the ICU fellowship.

I loved the ER, I thought it was great work, it's great medicine. You see everything, you do everything, you meet everyone. ER is a great equalizer, so to speak, if you ever want to see how a democracy functions, come to the emergency room and you have a quick window in human behavior, and how it equalizes everybody pretty quickly. I loved it. I thought it was amazing work and I enjoyed every moment of it, and really honestly had no intention of leaving except for the fact that I started to get sick. I started to have more health issues that were there probably through med school, and that were there in residency, but started to escalate as I did night shifts and flip-flop my schedules, and worked one to one or 7P to 7A, and then turn around and work 7A to 7P, and play that game for a number of years.

Everything just kind of escalated. It started with subtle things. I was losing hair. I was breaking out. I was gaining weight, and then kind of the bigger things where I was getting super fatigued and I was having achy joints. Then I'm a high-energy person and all of a sudden I can't get out of bed in the morning. I'm like pulling the covers over me and I don't want to go out anymore, and I'm young and I'm single, and all these other stuff. It just was not ... My life was not progressing the way I wanted it to and I was not the person that I knew I needed to be, but again, we're so disconnected from ourselves. It actually took my mom and my husband, and the people around me, I was dating at the time, to be like, "Hey, something's wrong with you." You know like, "You know, I can see your scalp and you don't look the way you used to look. You don't have the energy."

My mom was terrified and was in my ear constantly, she's like, "Something's wrong, go get checked." I did finally and I went on that journey of getting checked, and went to doctor after doctor. Everybody had an opinion and had a medication quite honestly, of something that I needed to take. By the end of, probably a year's worth of doctor visits in the "best doctors in the country" and all that other good stuff, I had a list of seven different prescription medicines I was supposed to take, and with the addition of the eight, which was a diuretic that also drops your blood pressure, and helps with androgens I ended up passing out as I was driving one day, and got into a car wreck.

Really at that moment it was just like I realized how close I was to not being here anymore, and how I needed to take responsibility and really try to figure this thing out on my own, and not hand it over to everybody else around me. I think it was that moment.

I talk to people all the time and they have a wake up moment or an aha moment or something that calls them into action, and I think that was my call to action I've been gifted with a medical education and gifted with the ability to think through all of these stuff, why can't I figure myself out. I spent the next, kind of three or four years quite honestly, studying integrative medicine, functional medicine, holistic medicine, Chinese medicine, nutrition, acupuncture, all of it, and over that time finally healed myself, and of course once you start people are like, "What are you doing? Tell me what you took. Tell me what you ... Why are you eating that?"

I realized there's something here and my husband finally was going, he's like, "If you want to make this anything more than a hobby you need to do it, and it can't be curbside consult all the time. You need to actually practice it and live it and breathe it." With his encouragement we opened in the back of his dental office, because we thought that this was going to be teeny-tiny and small, and I would spend two days a week and I will continue my ER shifts, because I had no intention of leaving the ER, and wow, did we undershoot, because pretty soon I'm doing acupuncture like in his dental chairs. He's walking in and there are patients all over the place. I've taken over the space and he's like ... a year goes by and he's like, "This is not going to work anymore. This has to be a proper medical facility."

That's really where things shifted and it was no longer something I did on the side, and it became a mission and a purpose, and life's work, and a team, and a company, and all the other things in between. It's been this crazy unexpected journey that I didn't ever think or think through or plan for my life. It just sort of organically happened.

Dave: There's a feeling of helplessness that kind of happens when a normal person is like, "What? I used to feel good, now I don't feel good. I don't know what to do," but it must have been worse for you because you're like, "I can pull your ... I could use a chest expander and rip your chest apart and massage your heart to bring you back to life, and look inside your brain," all the ER doctor powers, and you're like, "But I can't get out of bed in the morning and I'm supposed to do this." Was that really a painful thing to face?

Doctor Taz: Yeah, it was horrible, and it was horrible on multiple levels. It was horrible because like you're saying I know how to do everything, I know how to take care of everything from a cough and a cold, all the way to major trauma, but I can't heal myself. Then I think what was the most uncomfortable and telling is that I'm treating patients in the ER, and as my hair loss worsened and as I started to get worse, unfortunately the ER also has regulars as you know, like people that come in over and over again, like they started staring at my scalp. They would no longer make eye contact with me, but they were looking up here at my scalp or a patient would randomly comment, "You've really picked up some weight in the last few months. What's going on?" These little comments and these looks, and these glances that I, as a once pretty, confident woman was now getting, it just completely makes you fall apart essentially.

It's like my self-esteem went downhill, and then you start to question everything. You question your judgment. You question your medical expertise. You start questioning things that are second nature or secondhand to use. It not only affected me intellectually, but it affected me emotionally. It affected my self-esteem. It affected how I performed at work and it affected my social life as well. It had these little, and I see this in my patients today, these little things that become cumulative and they grow and they crescendo, and they escalate, all of a sudden become the storm that you're just trying to fight and you can't see your way out of it, and you're just looking for some sort of guidance and somebody to help you and even me, even now. Honestly, to this day I still need outside guidance. I can't do this thing on my own. I need a team and I need people, and I need guidance, and I need a community, and I need to be connected because none of us are meant to fight this fight alone definitely.

Dave: They sort of say that the doctors are the worst patients.

Doctor Taz: Yeah, right here, that's me, the worst patient, still worst patient.

Dave: My wife, Dr. Lana, after our ... except our first child, she clearly had a thyroid condition. I'm not a doctor, but I kind of know a thing or two, and I told her for a year before she finally consented to get checked and had vanishingly low levels, and magically it came back on, but I think it was the, "I already kind of know everything." Kudos to you for hitting that and putting it like, "You know what? I am going to recruit a team," because now you've become the most powerful patient and you have a chance to learn because you have this huge body of knowledge that you can take when you're doing acupuncture. You have a different lens, which means that you can translate things in a way that might not otherwise be possible, but you chose to write a book that's very specifically aimed at women.

I look to write books that work for both genders, and there's pros and cons to doing both of that, like I want the Bulletproof, say the Resilience, to be something that's applicable to everyone, but women and men are very different psychologically, emotionally, on average anyway, and certainly biologically there's a few differences. When you chose to write your book why did you choose to write it for women?

Doctor Taz: In the Eastern systems of medicine, and in older systems of medicine that revered and held on to this notion that the two genders are indeed equal, but incredibly different, and they're different in terms of anatomy and structure, and function, but they're also very different in terms of emotion and intuition, and sense and sensibility, and all these other things. Having been schooled in that, and sort of ingrained, I can see my Chinese medical professor wagging his hand at me, "You have very bad chi. You have very bad chi," sort of listening to him, "You woman, you need more body fat." You know, all these other stuff and listening to that and even my heritage, which is Indian, and hearing those guys in my head and all the ways they think about and perceive women versus men. They don't want their women going out and doing marathons, they think that's the most ridiculous thing. They think that's so stressful to a female body, and that's going to cause hormone imbalances, and this and that and all that other stuff.

All these voices are in my head and then I opened this practice, and I wanted the practice to focus, partly because of my life and partly because of the way I've been trained, I wanted to really focus on the synergy and the connection between a woman and a child, and how in Ayurvedic and Chinese medicine you don't separate that unit. That unit is so symbiotic and the issues of one relate to the issues of the other and vice versa. It is such a unique story when it comes to women and it can't be the same story as the story of men. I think it's the same thing when it comes to our health, because here is what I noticed over and over again, and now we're eight or nine years in, we're 12,000 women in essentially in the practice, and so I've had this opportunity to engage and dialog with women over and over again over the last eight or nine years.

Here is what motivated me to write this book for them, for all the women that I meet, is that for us a health issue just like everything else in our life, a health issue is never confined to a health issue. Here is what happens to us, when we have a health issue, whatever it is, whether we have a hormone issue or we lose hair or we have cancer or we have an autoimmune disease it reverberates out into multiple people's lives. It usually affects our children, it affects the family, it turns around and it affects the community. More importantly a health issue for women sort of impacts every decision she makes moving forward, because she is typically the caretaker. The woman is typically the caretaker in any situation. No matter what you think about the role of men today in parenthood and everything else, the woman is still the primary caretaker, whether we like it or not, and when she goes down a whole lot of other people go down too.

If you expand that and think about a city or a country or a world stage, when the women go down everyone goes down. Today I'm trying not to be political, but today the whole issue in the Middle East, as I sit back and observe some of that stuff, they've suppressed their women. Let's be clear, those women don't have a voice, and as they continue to not have a voice you continue to see that region of the world disintegrate. Let's bring it back to health, same idea, when a woman and a family has an issue you see that entire family disintegrate. I wanted, as I'm thinking forward and I'm like, "I want to change the world. I want to make an impact. I want to make an impact in relationship to everything forward."

Well, we can't unless we empower our women, and we can't empower women and talk women's empowerment until women understand how to take care of themselves, because typically what happens to them is they're too busy spinning all over the place, but not turning in word and taking care of themselves, and understanding themselves and instead they go down the path of wrong choices, wrong medicines for them, wrong supplements for them, wrong food for them, that in turn impacts their hormones, that in turn impacts their brain and will impact who they choose to marry, what type of work they do. It's almost like a domino, and I can play that domino in any exam room on any given day. I just feel really passionate that it's critical for women to understand themselves and save themselves heartache and misery, and going down the wrong path or a path that's really not meant for them. I hope I answered your question.

Dave: Wow, that was profound and awesome, and I-

Doctor Taz: Like I went on a big circle there, there you go.

Dave: No, that was incredible. My first book was actually about fertility because Lana was infertile when I met her. I've used some of the anti-aging stuff that I know and some of her medical knowledge, we put that together and ended up doing all the shopping and cooking for like four years to make this high-fat and all these things, that did result in us not being able to have a couple of kids at around age 40 without IVF. It became her practice now, which is really cool, but if you look at all the research and the science around how women are different than men, you looked at all the research that's been done in medicine for the past 200 years, the vast majority that ... Well, we tested men and we just assumed women were the same.

Doctor Taz: Exactly.

Dave: But it's not biologically true, and you also end up with this interesting perspective where some medicines do different things depending on what sex you are, but then the language of a lot of health stuff is not written for women. I kind of laughed because when I read through the book you're like, "Here is your five power types, you got Gypsy Girl, Boss Lady, Savvy Chic, Earth Mama, and Nightingale." I can tell you I had a hard time connecting with your content from that, I'm like, "Am I an Earth Mama?" I don't really know, but I could tell when Lana looks at that she's like, "Oh yeah, I totally get this." There's a whole language there that I'm not even going to pretend to understand, but can you tell me what is a Gypsy Girl in your book? Tell our listeners.

Doctor Taz: Yes. Again, the whole concept of these types, they have fun names and I wanted to make it a little bit lighthearted so women could relate to it. We all want to identify with some type in general, but these types are really taking everything I know, taking everything I know about Ayurvedic medicine, Chinese medicine, hormone types, nutritional types, personality and emotional types, which all of these Eastern systems of medicine match up together, and therefore you have this hormone condition, they see it all as blended. Really what I wanted to do is take all that information, and what I found is that as you match up the lab values people were falling into distinct categories. These types are all a merge of that information.

Let's talk about the Gypsy Girl and who she is and what that means. To me it's that quintessential creative, that's really who I think she is. It's not a person who's in my exam room and they are the night owl, they love to create, they love to either write music or write poetry or write books or they're doing something or they're designers of some kind or the other, but it's that classic line, "Dr. Taz, I do my best work when I'm up at late at night." What I found with those types as I started digging in and learning more about each of these women no matter who they were, is that they have the same medical issues. You know what I mean? They all seem to have problems with anxiety. They all seem to have a tendency to have a little bit of ADHD or inattention issues. They all had chronic insomnia or poor sleep hygiene, and what those have done over time was then affect their adrenals, which then in turn another repercussion.

You could see how the quintessential creative who needs quiet and needs space, and needs sometimes darkness to make whatever great works of art or literature or music

or whatever they're doing, that same gift can be their greatest weapon at the same exact time. How powerful would it be for me to tell you, if you were a Gypsy Girl for example, that, "Hey, here are your gifts. This is what you're really good at, but this is what's going to burn you out. So here is what you need to watch. You need to watch X, Y, and Z. You know you need to make sure you can be creative like three nights out of the week, but the rest of the four nights I need you to sleep consistently. I know that you're going to have adrenal issues, so let's make sure you're on a diet and on a supplement regiment that supports those adrenals, you know, and I know you're going to have a tendency to have a lot of issues with focus so here is what you do for that."

If you train them and practice a preventive approach, once you know what type you are then you could save yourself from all the different diseases that come down the road, where many of the Gypsy Girl will have something like a full-blown nervous breakdown or they'll have things where they have severe brain fog to where they have to quit a job or quit working or things like that. Again, the Gypsy Girl to me is that quintessential creative, that person who is driven by intuitive and artistic energy. I always say and I talked about it in the book that they live somewhere else. They live in a different space sometimes, but the biggest challenge for them is bringing them back, helping them connect to their bodies, and understand how they have to balance that creative energy with their health, and what their particular type needs versus a different type.

Dave: Right, I'm going to tell you a story that will make no sense until I get to the end of it, so you got to bear with me for a second.

Doctor Taz: Okay, got it.

Dave: When I was about 15 or 16 I was pretty much Asperger's, like zero social skills, lots of brain inflammation, and I got a job at an amusement park and it was the most boring job ever. I'm in a little ticket counter thing selling tickets to a water slide, but the only thing to read in here was a copy of Young Ms. Or Young Teen or something like that. I'm like, "This is a magazine no self-respecting teenage boy would ever be caught reading," but I'm so bored, so I opened it to the article that said, "Here's how to tell if a boy is hitting on you." I read this and I'm like, "This is the instruction manual for hitting on girls." I read this and then I would do it to the next girl I sold a ticket to and I'm like, "Oh my God, this totally works."

I accept what you're saying that there's probably an instruction manual for types of women, about how to take care of yourself as well, and as a guy I'm probably not going to connect with it, but that there might be value to me as a husband and as someone who works with women all the time too, at least recognize these types of things. Because if you know this about your partner it means you can do a better job of supporting them and providing the framework that they need, so that they can in turn do a better job of being your other half, the other part of you in your relationship, so that you can better support each other.

When a women reads through the book and finds out now she's a Gypsy Girl or a Boss Lady or any of these other cool names, you sort of talk about their weaknesses, but is there a way our weakness and strengths, we'll say, "How to support yourself? How to

prevent what's likely to happen if you don't know about it? Is there a way to build that into their life, so that they can get what they need from their job, from their partners, from their friends? Is that level of advice, is that even written anywhere?"

Doctor Taz: We didn't go into relationships that we want to, there's just a lot already in the book and I thought it was little bit too much, but I'll tell you a quick story and then I'll answer that question. This book was written for women, and it's my daughter who actually came up with the title, Super Woman RX. She usually say, "Mom, people call you a Super Woman, why don't you give them a handbook as to how to do the same?" I'm like, "Wait a minute, she might be on to something." She's brilliant and wonderful, but we have our issues, she's 10. The book comes in and we get the first copy and she's going through it, and she starts to do the test and I stopped her. I'm like, "No, no, don't do the test. This is for women. This is not for little girls." She's like, "But I want to do the test." I stopped her again and so I took it from her and I'm like, "Well, you've answered the majority of the questions that you could, so let me just see where you score."

She scored as a Gypsy Girl, and the reason that, that's significant is because she is somebody who is in that space all the time, and I'm having to constantly pull her out of it. She loves design. She has that eye, all that other good stuff, and me as her mother, I have a little of that Gypsy in me, but I'm not all that. It was an instant aha moment, it's like, "Oh my gosh, this is who she is. This is how I then need to communicate with her."

A sequel to this book could be, if you have a friend, a daughter, a son or whoever who falls into one of these types, how does that work in the workplace or in the family or things like that? It is interesting because now that we've all, in our company everyone's read the book and done the test and all that stuff it's like, "Oh, total Gypsy, that's why you didn't make your deadlines. So I get it." You know what I mean? The other one was like, "Oh, okay, look at your Boss Lady self coming through." Again, it's all tongue in cheek a little bit, but there are patterns, and it can help you understand the people around you, and also help you to understand their motivations, and who may thrive in different situations.

Going back to my daughter, she does music, she does a lot of other creative ... She has a lot of different creative outlets to balance the academic stuffs that she has signed up for, but guess where she finds the most happiness and the most peace? It's horseback riding, because it's calming, it's soothing, she's got anxiety and it's the only place where everything just comes to a complete quiet and stand still, and she and the horse are focused on each other. Again, these are ways that we can be better parents. I just think it's a great way to understand who you're around and understand their motivations and behaviors, and it helps you to interact with them so much better.

I joked here in the book, one more story, a personal story. My husband I call the Earth Mama, he's the male version of the Earth Mama, total nurture, all about me and the kids, and our success and what we want, and all that other good stuff, but what do Earth Mama's do? They never observe their boundaries. They never observe how they need to take care of themselves. They're too busy taking care of and nurturing everybody else. There are male equivalents to some of these types, and sure enough, the medical conditions that go with Earth Mamas match what's going on with him. It's interesting.

Knowing that about him and knowing the way I am, I'm like, "Okay, this is where I need to be like no, no, no, you need to go do this for yourself," or I need to schedule it for him so that he checks out, and takes care of himself, because he's not naturally inclined to do those things for himself.

Again, even within our own family, even me having written the book, there's so much that I learned just by taking the same methodology and applying it to the people around me.

Dave: Which one are you?

Doctor Taz: I'm a Savvy Chic, I am the intermediate type, I'm part-Gypsy, part-Boss Lady. I flex between the two depending on the project or the bench or whatever else is going on. Most Savvy Chics, it's a lot of entrepreneurs, it's a lot of visionaries, because we spent part of the time dreaming and imagining, and concocting and all that other stuff, but then we spend the other part of our time trying to implement and trying to make things happen. I find myself ... I find it's true to me and it's true in terms of how I'm running my business as well, that I'm constantly dancing between those two worlds of innovation and then operations, and innovations and operations, at any given moment one maybe stronger than the other.

Dave: It seems like you might have offended a few people with what you're doing. Let's see, you've taken some Ayurveda, some Chinese medicine, like many different, but distinct traditions and you've, I'd say melded them together in a new lens, which is really cool, but then you've also ascribed that to medical condition. You kind of pissed off your MD colleagues, and you might have pissed off some of the different schools of Eastern stuff as well, but you've come up with something new and really interesting. How has the response been?

Doctor Taz: The response has actually been overwhelmingly positive. I'm surprised actually, I was waiting for more eggs thrown at me, so to speak. I mean, why would you not put everything together?

Dave: Sure.

Doctor Taz: I have such a unique vantage point. I've spent time in all of these worlds, and as you learn the language, it's just like learning five languages and you realize the root of all them is Latin. It's the same thing, as you learn the systems and you learn the languages essentially everyone's trying to get to the same point and to the same message. You could get amazing results when you put it all together. We should all be open and we should be integrating everything together, and putting it all and mixing it up like in a big blender, and then spitting out the most effective pieces of each of them. Because to be a 100% honest, and here I go again, I'm going to tick people off, but each one as a stand-alone has weaknesses, right?

I mean, if you just did Chinese medicine there are limitations to that. If you just did Ayurveda, I know for a fact there are limitations to that. I have 20 stories to go with

each of those. If you just did conventional medicine there are absolutely limitations to that, but the beauty is when you take the best of each of those, and you put them all together, and you marry the nutritional knowledge and the energetic knowledge, and the hormone knowledge from all of them you have a really powerful, inexpensive tool in your hand to effect change and to revamp the entire medical model.

Now, it's going to take me long time to convince my conventional medicine colleagues that this is the way to go, but I do think it's the future. I think the future of medicine is to embrace it all and to put it all together, and use everything we've got to give patients results and to help people see their full potential.

Dave: That's how evolution, and sometimes revolution happen, you mix and meld and see what comes out of it. It's a pretty revolutionary thought to say, "Look, these personality characteristics drive biology," and that just knowing that, that you know sort of your potential weaknesses and sort of your areas of strength, and that you can then help to fill in the areas where you're likely to have a hard time. I think that's really creative and it's not something I've come across before, and just congratulations on having the wisdom and courage to go out there and put it together that way. Have you run this past, say someone from a traditional Chinese medicine perspective and sort of shown this to them? Do they get sort of the, "Aha, oh, this is interesting," or is it sort of like, "Well, hold on, I don't know about that," what's the response you got?

Doctor Taz: Well, I get two responses. First of all, there's a lot of joy that there is awareness to their respective fields, and when you have a doctor coming in and talking about this there's a certain amount of legitimizing of those fields too. I think there's a lot of excitement about that, but then as with all things, there starts to be the ego and the territorial piece of, "Well, this is how we would do this and this is what we were saying about that." I get a mixed response over all. Overall it's been positive quite honestly. I think everyone wants to be at the table, especially in our world, the integrative functional medicine world, I think everyone wants to be at the same table, and to move this whole thing forward.

Now my conventional colleagues, we're still working on them, they still ask what is integrative medicine. They have a little bit more of a journey to go on, which is okay, but at the end of the day people are getting results, people are getting better, they're getting answers, they are having such amazing stories. Even the feedback from the book and all the e-mails, and the social media notifications that I get after people have read the book, I have no regrets. I want to push the envelope. I want you to be thinking about this stuff. I do think that for everyone, we need to be understanding how our actions and our behavior is driven by our biology and our chemistry, and when that is off we are going to go down the same path that we would have chosen otherwise.

I mean, that movie Sliding Doors with Gwyneth Paltrow, I don't know if you remember that movie, but it showed how she miss one subway train her life turned out this way, if she had gotten on the other train her life turned out this way. I almost equate this book to that, like you need to understand how the pieces of your life is put together. You need to understand the puzzle that is you, for your life to play out for your purpose, because we're all here for a purpose. We're all here for a unique purpose, and either

we're going to take a really windy road to get to that purpose or we'll need a wake up call to get to that purpose or we can get it and accept it, and have acceptance of who we are, and then put the things in motion to make us the best version of ourselves.

That to me is ultimately the most powerful tool, and it's more powerful than any supplement by itself or any diet by itself or any retreat that you go out and do for three weeks. I mean that is the most powerful information, is to understand you and the puzzle of you, and to be able to put together. That's what I get asked day in and day out, it's like, "I need a map. I need a roadmap. I need someone to put the puzzle together. I don't get this. You know, I've been to 20 places, I don't understand this." That's what people are hungering for quite honestly.

Dave: It can be a real challenge. I have visited just about every obscure type of healer that I can find, partly because I'm just interested and partly because I used to have a lot of weird health problems, that are now, the vast majority of them are solved. I'm like, "How do I live past 180?," is the new challenge versus, "How do I just feel good most of the time?" Some of that did come down to knowing my weaknesses. I remember I went to a very unusual style of acupuncture. He said, "Oh, well, based on your fingertips and some other things you need to eat more black chickens, black male chickens." I'm like, "I just don't know how to integrate this." I'm like, "That's just too far out there," but he also told me, "Eat a lot of gluten." I'm like, "Well, I'm probably just going to skip this one." Plus, I have no idea where to buy a black male chicken or a cock, I guess they would call it because rooster or whatever.

It can be overwhelming if you're a person who doesn't do biohacking or you're not a doctor, and you go to this person who says this, and this person who says something that's 80% the same, and you just don't know. That creates a sense of uncertainty and a sense of really an anxiety, and you say, "Well, I'll try this," and then something else happens and you end up on this treadmill where you spend a lot of money and time, because there isn't a framework for it. If there's a framework that lets you shortcut some of that, and at least start somewhere rather than just starting at a random thing like, "Someone told me this was neat, I thought I would try it."

I loved the way you put together a questionnaire to just say, "All right, let's put together all these different constitutions and body types, and yin and yang, and all that into some behavior patterns." At least you put a thumb tack and a roadmap and say, "All right, start here. Here is the direction you might want to head." That's actually really valuable and very unusual, and that's why I wanted to have you on the show because I don't think most listeners have heard of that, this kind of an approach.

Doctor Taz: Thank you, and I know for me it's not as abstract, because I do this day in and day out, and I can see it so clearly, but I can tell you this book was incredibly painful to write. It was so hard and so difficult, because I have it all up here, it is all locked up here, but to then get it out and to explain it, and then to do it in a very simple way where everyone could latch on to it, it was a tough write definitely. I had spreadsheets and I had charts, and I had all those other stuff on the wall, and then we try to boil it down more. I get that it's different and unique, and something that a lot of people aren't used to hearing, but I really, truly believe there is so much power in it, and so much magic in it, and if you

... at least use the book to understand yourself, whether you do the plan or don't do the plan, at least use it to understand yourself.

Because as you were saying, it begins that journey back to you and then that leads to amazing possibilities, and I've seen that in my life. I know you've seen it in yours and that's really why we're all here. I think it's such a ... I think we have personal, again, I go back to me being disconnected and not paying attention to my health, that was a failure on my part. It is my personal responsibility to guard who I am, to be able to do what I need to do while I'm here.

Dave: Is there a one type, a one power type from your book that has the hardest time putting the oxygen mask on first? That idea that you got to take care of yourself so you can do what you're here to do. What's the type that has the worst problem with that?

Doctor Taz: The worst would be a toss up between the Earth Mamas and the Nightingales. I'd probably still choose the Earth Mama. I think they are just big nurturers and they will not observe their self-care boundaries, and they won't observe, they won't be ... again, they're so disconnected in a very different way. They're too worried about everyone right around them that they'll start to go downhill and even ignore that. They'll ignore the subtle signs of fatigue or maybe brain fog. They'll ignore the weight gain. Then they'll ignore ones like, "Well, my blood pressure is going up." Then all of a sudden they got their wake up call that they have to change something, and not everybody gets fair wake up call. Sometimes it's the diagnosis that's really tough to deal with. I think they have the hardest time.

The Nightingales, again if you read the description about the Nightingales, they're equally selfless, but again they have that world stage or world purpose or mission-type mindset, where they won't take care of themselves because they're trying to do something for a bigger purpose. It's not necessarily family-focused or community-focused. They have a tough time too taking care of themselves. They do a little bit of a better job than a Nightingale, but oftentimes they only start to do a better job when they get their wake up call, which is usually getting sick all the time, getting joint pains, some of those types of symptoms.

I think those are the two, I would say that really have the toughest time with that.

Dave: Very cool to just check in with it, because it's something that I see quite often with some of the high-performance women entrepreneurs I work with where it's like, "Seriously, you have to sleep sometimes, otherwise your company and your family, they suffer as well." I think it's cool that you wrote that out. After you put all these together, you got your thoughts down in the book, do you think we all have super powers or do some of us have more than others?

Doctor Taz: I think we all have them, we just have to tap into them, and that's again, tongue in cheek a little bit with the title, with my daughter and I like, "You're a super woman," and I hear that everyday, "You must be some sort of super woman." I'm like, "Okay, I'm significantly older." I'm about 20 years older than when I was going in the ER and have

my health crises and all of that, but I feel amazing and I feel like I have more energy today than I did back then. It's not so much about you're gifted with a super power and you're not, it's more you don't understand what your body needs and you do, and that's really the difference between me being 26, and me now being almost 46. There's a complete difference there, I mean I feel so much better, and my energy is natural. It's not coming from sugar or caffeine or anything else, it's just this natural enthusiasm for what I do and for the people I'm going to meet, and for the day I'm going to have, and for the family that I've already built.

I want everyone to have that, like why can't everybody have the same feeling? Why can't they jump out of the bed and have this natural energy, and then go forth into the world and create whatever they're supposed to do? I think we have all been gifted with super powers, we just get so disconnected and so far removed from them that we end up being the shadow version of that. We'd be the opposite, the villain or the person that can't do anything or can't function. I never think of myself as a super woman, but I can see why people might say that, but I also remind everyone out there that there is yet a woman I have met today, and remember I'm about 12,000 women in, not including friends and family, neighbors and all that other stuff, I'm about 12,000 women in, I have not met a woman who is not a super woman, not yet.

They all are accomplishing and striving to do amazing things within their orb, whatever that is. It could be having to take care of an autistic child. It could be having to take care of an ailing husband or a mother or a grandmother. It could be trying to pass a legislative initiative in the Senate or whatever it is. I have not met a woman who doesn't function like a super woman. If we all have this amazing capacity, but we're going to burn it out too quickly, so that then we're going to be depressed and anxious, and stay home and not want to be out in public, and not want to do the things we're supposed to do, then again we do a disservice to each other. Everyone is a super woman. Every woman is a super woman, they again, just need to understand ... They need a manual. They need, just like a car has a manual, they need a manual to understand how to take care of themselves, not just right now but 10 years from now, 20 years from now, as they are again, at any given stage of their life.

Dave: Very well said. Now if someone came to you tomorrow, a man or a woman, and based on all the stuff that you know, all the stuff you've done, I want to perform better as a human being in everything I do, what are the three most important pieces of advice you'd have for me? What would you say?

Doctor Taz: I think the number one thing I would tell everyone, the most important thing to performance is to rest. Find that time to be quiet, to be still daily, find it weekly, find it quarterly, find it yearly. It has to be a rhythm of rests because that puts you in a state where you're able to receive whatever it is that you're supposed to do next. That could be 10 minutes of mindfulness every morning. It could be a 10-minute walk out in nature, but find time to be quiet and to rest. That's the number one most important thing.

I think the second thing is to watch what goes in you. Everything from the food we eat to the water we drink, to the environment that we live in, I think all of that is influential in terms of affecting how our brain works, how our muscles work, how the rest of our

body works, how we work emotionally. I think that concept of rest, I think the concept of really paying attention to food, water, and environment, and then I think lastly is connection. If you want to be a good human being, if you want to be the best human being that you can be you have to be connected, and you have to be connected to other human beings. None of us were meant to be alone on a ship doing what we were supposed to do, and that's where I think we have so much mental health issues today, more so in any other time.

We are meant to be connected. Find a way to be connected, not only do you need to be connected to yourself, but you need to be connected to others, and you also need to be connected to your own spirituality and your own soul. Because I think when all of those things are offline no matter what you do, in terms of exercise or supplements or hacking and biohacking, and [inaudible 00:40:34], and all the other things that people do, you're going to have very limited results. I would say those are the three key pieces.

Dave: Beautiful, thank you for sharing them. Where can people find out more about your work and your new book Super Woman RX?

Doctor Taz: Sure. There's so many different ways to connect with me, definitely my website doctortaz.com. They can take the quiz online if they like to and find their type, and they can purchase the book there as well. Then we have my blog there as well, with all kinds of resources and information, and then I'm on social media. I'm on Instagram drtazmd, and I'm on Facebook Dr. Taz MD. My centers, if you want to be a patient is Centre Spring MD.

Dave: Beautiful. Thanks for being on Bulletproof Radio, Dr. Taz.

Doctor Taz: Thank you for having me. This has been fun.

Dave: If you liked today's episode, you know what to do, head on over to your favorite place to buy books and pick up a copy of Super Woman RX, if you'd like to read it or maybe get it for a woman you care about. While you're at it, after you read it head on over to Amazon and leave a review, because authors, like me, authors like Dr. Taz actually really care. We notice that and we read those reviews, so if our books that we've put thousands of hours into make a difference in your life, and you take about 10 seconds to tell us, well, that makes us happy. Thank you for taking the time to do that for Dr. Taz, and for me if you're so inclined. See you on the next episode.