



Dr. Taz Bhatia

Topics

Food & Wine, Health and Wellness, Lifestyle, Women's Interests

Travels From

Georgia

Bio

Dr. Taz Bhatia is a board-certified integrative medicine physician and founder of CentreSpringMD in Atlanta who gained national recognition as a best-selling author of the books *What Doctors Eat*, *The 21 Day Belly Fix*, and the *New York Times*-reviewed *Super Woman Rx*. Dr. Taz has spoken about the future of women's health at several events, including In Goop Health, Google Talks, and a TEDx event in New York City discussing "The Science of the Female Brain" and linking the genetics of empowerment to the health of women today. Her integration of Eastern medical wisdom with modern science, along with her unique Power Type discovery, has led to featured segments on *The Today Show*, *Dr. Oz*, *Live with Kelly & Ryan*, and eventually her own PBS special *Super Woman Rx with Dr. Taz*, the first PBS special to individualize a woman's health needs through power typing. She also wrote a chapter in Gwyneth Paltrow's new clean eating book, *The Clean Plate*, all about detoxing. She is the host of Radio MD's *The Dr. Taz Show: Super Woman Wellness* podcast, which garners 50,000 monthly downloads. Dubbed "a superwoman in her own right," Dr. Taz is committed to empowering women to radically transform

their lives through personalized lifestyle, diet, exercise, self-care, and relationship strategies to help them rediscover their own “superpowers.”

SPEECHES

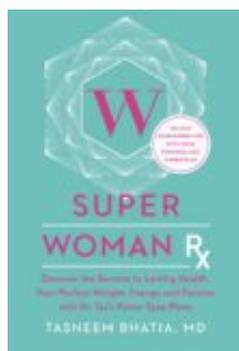
The Modern Epidemic - Super Woman Syndrome: The Costs and Benefits of Being a Woman Today Modern womanhood often means juggling multiple roles—businesswoman, mother, spouse, homemaker, and more—all while being expected to look perfectly composed. In other words, it means being superhuman! Overwhelmed and exhausted, many women find themselves falling into unhealthy eating habits, with no time for exercise or self-care. Dr. Taz addresses these challenges and unveils the key to beating this syndrome: powertyping. Powertyping reveals the secrets for lasting health, finding your perfect weight, and increasing energy and passion.

The Science of Empowerment At a time when the paradigm of femininity and female power is being redefined, linking the genetics of empowerment to the health of women today is crucial! Dr. Taz reveals the science behind women's empowerment by sharing insights on the female brain, psyche, hormones and DNA. By understanding what's behind decisions and actions, the next generation of change-makers can learn how to build self-confidence, improve self-image, boost will power and cultivate self-awareness - the prescription to transform the world.

Journey to Joy: Finding Your Power and Charting Your Path The path to happiness isn't one size fits all. You need to have a plan so you can continue down the path with enthusiasm and longevity instead of crashing and burning periodically. Dr. Taz is on a mission is to empower men and women to find their super powers, restore their health and wellbeing, and embrace their purpose and gifts.

East West Medicine and the Future of Health Merging all systems of medicine is the future of medicine. It is how medicine should be. Dr. Taz has merged and integrated the BEST ideas from Eastern and Western medicine to create an effective treatment and lifestyle plans. After 25 years of education in multiple systems of medicine, and experience in treating over 10,000 patients, Dr. Taz shares everything you need to know to reach peak energy, balance, health, and happiness.

BOOKS



[Super Woman Rx](#) Unlock the Secrets to Lasting Health, Your Perfect Weight, Energy, and Passion with Dr. Taz's Power Type Plans

Rodale Books

HARDCOVER

Dr. Taz sets out to treat “super woman syndrome” by offering five prescriptive plans based on a woman’s unique blueprint, or Power Type, whether you’re a Boss Lady, a Savvy Chick, an Earth Mama, a Gypsy Girl, or a Nightingale.