



THE

FATIGUE

SUPER

CONFERENCE

**Overcoming fatigue with the
5 power types**

Guest: Dr. Taz Bhatia

Alex: Welcome to The Fatigue Super Conference and for this conversation I'm talking with Dr Taz Bhatia. Dr Taz is a board certified Integrative Medicine physician and wellness expert who gained national recognition as bestselling author of the book 'Superwoman RX', which I was having a good read of last night and her integration of Eastern Medical wisdom with modern science, along with her unique power type discovery has led to feature segments on 'The Today Show', 'Dr Oz', 'Life of Kelly and Ryan' and eventually the premier of her own PBS special, which I think is always like the big achievement in our world, 'Superwoman RX with Dr Taz' dubbed a superwoman in her own right.

Dr Taz has committed to empowering women to radically transform their lives through personalised lifestyle, diet, exercise, self-care and relationship strategies to help them rediscover their own superpowers.

So Dr Taz welcome and thank you for talking with me today.

Dr Taz: Thank you.

Alex: I'd love to start, if you don't mind, with a little bit about you and your journey into integrative medicine. I know you had some of your own health challenges in your late twenties, which I think perhaps, changed your direction as a medic to broaden your interests. So tell us a bit about that?

Dr Taz: Sure. You know I never expected to do this, I never expected that this would be my choice and my career and that other good stuff. I was an adrenaline junkie I guess is the best way to say it. I loved the ICU I loved emergency medicine my first job out of residency was actually in emergency medicine and then doing lots of shifts and day shift to night shift and all that other good stuff and I loved it, I could have fun with it. But slowly, and I think it may have started even earlier than I was conscious of, but somewhere in my years of working in the emergency room and those first three or four years right after residency my health was really declining and I went from being

really excited and energized and always high energy, always up to a million things at one time, that wasn't anything new but was getting to a point where my energy was off, I was losing my hair, my joints were swelling and just not feeling very well. But I was very much in the mindset of many women today and many people today where I just had to power through and I just had to get through this somehow.

So I was just putting one foot in front of the other and I really ignored a lot of my symptoms, really honestly didn't pay attention to them, and finally it was patients quite honestly and my husband who I was dating at the time and my Mum, probably those three factors, and they were like look something's wrong with you. You don't look the same, you're not acting the same and the patients would talk to me but they were staring up at my scalp rather than paying attention to what I was saying and it was just so distracting.

So yeah finally I took that step of admittance or acceptance, like OK something is wrong with me. You know my husband recently just had a health scare as well and he also said the first step is just acceptance and once you understand you have a problem then you start to open up and say OK what do I do next. So for me to even get to that I had a problem it took a long time, probably a solid two years maybe even three years, even though the issues might have been developing all the way back in medical school.

So once I realised I had an issue I started what many people do, right, they go to doctors. So I went to one doctor after another doctor and just got off an online visit right now with a patient who was basically told the same thing, you're crazy, all your numbers are normal, here's a medication for your hair, you need to do something you're going to be bald in 20 years and all this other stuff. It was just super disheartening and frustrating but I listened because I was still a conventional physician and still believed in the system so to speak. I listened and I took the medication and the medication, many people know, it's gulonalactine, it drops your blood pressure but my blood pressure was already low, it's always been low, and again not connecting with myself so not connecting the dots in my own health.

But took the medication, I bottomed out big time while driving got into a car wreck, I could have hurt somebody else or myself, but that was really where I'm like you have got to figure this out, you've gotta do something differently this is not working. This is after a solid 90 days to six months of visiting doctors and trying to get answers and even travelling to doctors and things like that.

So anyhow long story short I started studying because that's what we know how to do, so I started studying Chinese medicine and some Ayurvedic

medicine, at that time the American Board of Holistic Medicine was a weekend course that you could go do so I went and did that and I started really to open up to this world that I have never been exposed to before and just it blew my mind. All about nutrition and all about all these other systems and practices and things like that and Chinese medicine drew me in the most, I probably got the most results there and the mentors and teachers were so wise so eventually I became the acupuncturist, I became the certified nutrition specialist and really implemented some of their wisdom into my own health. It took a solid, probably another two years, but within about a year things started to reverse and change and within another year and a half I felt different and looked differently and within two years I was pretty much back to my hyperactive in line self.

So just to say though in that entire journey is a long time you know, still when I tell this story I use the timeline but it was a solid ten year journey from maybe the beginning to feel bad, to accepting that something was wrong, then starting to find answers, then getting the answers, then putting the answers into practice, we're talking about a decade that's going by. But during that decade of course everyone around me is like what are you doing, what's going on, what's happening and I'm getting asked all these questions and so my husband was finally like you know what I've watched you answer everyone's questions, he actually also encouraged me to do the fellowship in Integrative Medicine in Dr Andy White.

So I did that and as I completed that, and my husband he was starting his own practice and he really encouraged me and said look just use the back of my dental office, see a few patients here and there, you can still do the E.R. you don't have to quite anything, you can focus on family. So I said yeah I can give them for free and it will be great, so that was the intention. The intention was just to share knowledge and to help people and I don't think either of us realised at the time what would happen next and pretty quickly that same experience that I had just resonated, and it took a year, but within a year this tiny little thumbprint of a practice that it became chaos, is probably all I can say, where there were people sitting on the floor in the waiting room, you know my husband would walk in to his dental side and said you know there's a line outside, what's going on. I would take over his dental chairs to do acupuncture on them and it was chaos. I look back and I laugh I'm surprised he put up with it and patients put up with it, but they were so desperate for answers and solutions.

So somewhere in those years the media got a hold of us and we continued to grow and grow and grow. So obviously we have our spaces and eventually honestly outgrowing the spaces we are in now but we are just trying to figure out what our next step is. But it was quite the journey and it's a journey that I

see repeated, even though some years have gone by, by so many people I meet and talk to you know whether it's personally or socially or in an exam room or it's when I'm lecturing or it's when I'm on TV. It's just a journey everyone is going through, it's a fragmented broken healthcare system that is not open to answers, it's not really open to solutions, and so everyone's kind of got spinning plates and trying to figure out really what their next step is and who to trust and who not to trust and whose out for the wrong reasons. You know it's like a really bad movie with no ending in sight so I'm just sad that my journey started almost 20 years ago, more than 20 years ago, and I don't really feel like everyone in the burgeoning field of integrative and lifestyle medicine, I don't really feel like we've made much of a forward leap.

Alex: It's fascinating how you kind of went through your own journey and without even really trying to put it out there it just resonated, that totally makes sense, and it sounds like it struck a chord with a lot of people having similar experiences. I guess one of my questions for you is how common fatigue is in your practice, it sounds like it's super common, is it one of the main complaints that people have? I'd be interested to hear how common that is in your patient group?

Dr Taz: So it is probably number one or number two, probably number one, it's probably the number one complaint in the practice, probably number two is weight, number three is more anxiety/depression would be my guess and then number four maybe pain. But it is up there and fatigue comes in so many different shapes and forms and sizes and all that other stuff and it's really hard for people to figure it out. I was interviewing some experts this morning for my podcast and they were talking about all the different symptoms that go with all these different conditions and fatigue is a unifier, right. Whether you have a hormone imbalance, a nutritional deficiency, inflammation, you have mold toxicity or Lyme Disease, fatigue is a unifier you know. So it's really hard for a patient with fatigue to isolate or to figure out where is this fatigue coming from and really what am I supposed to do about it.

Alex: And I think that's one of the biggest challenges that people have right, that there's so many different potential causes for fatigue that it can be utterly overwhelming for the patient and one of the things I'm mindful of with this online conference is that part of the intention is to highlight and illustrate all of these different facets, a number of which you just briefly mentioned.

For people that you work with what would you say are the top causes? In all of that complexity what are some of the really strong consistent themes that you're used to seeing?

Dr Taz: That's such a great question. So let me set the stage of our practice for just a minute so that I can give everybody a little bit of perspective. So the practice is far from that thumbprint practice that I had started back in '09, it's now two locations and ten providers and we're about 20,000 patients collectively. So we have this really rich data to kind of mine from, you know this very diverse patient group to kind of mine from in terms of understanding what's happening. They are diverse, they are diverse in age, they're diverse in socio-economic standards, you know even though we don't take insurance people come from everywhere and believe in this and want this type of care.

So when we look at what is causing their fatigue, you know you can fraction it out to women versus men versus children, there's a little bit of that, but if I had to speak in big generalisations I would say probably the number one most obvious, easiest, quickest fix is nutrition and nutritional deficiencies. Number two is tied directly to number one, it's gut health, and number three is tied to one and two, it's inflammation. Then it's hormone balance and then it's some of these other things that are more esoteric, you know that you'll hear some of the experts in Ayurveda talk about. But I would say its nutrition, nutrition, nutrition and then what is your gut doing with all that nutrition even when you do get the nutrition piece right. I think those are probably one and two.

Alex: And what's the general reaction to when someone comes in who is struggling with fatigue but kind of functioning in life and trying to hang on to perhaps the person that they're used to being, which is it's a terrible word but kind of normal person that is not looking at their life in this way. When someone's coming in expecting a pill or expecting a kind of quick fix solution and you're saying look we need to look at your food, we need to look at what you're eating. How does that tend to land with your patients?

Dr Taz: It just kind of depends on where they are in the journey. I mean I think many people without lab work and without data are skeptical, quite honestly, right, I mean there's this mentality that here's what I hear the most. How could it be food when I eat so healthy, that's what I hear the most, you know. I eat whole grains, I eat this or that, I'm gluten free or I do all these other things, how could it be food, I'm really meticulous about how I eat. But that's where we start getting into the word of you know you can read the latest blog or latest research and follow down that train but at the same time if it's not right for you and the genetic profile and the cultural context and all the other 50,000 things that make you, you, and make you unique then you're missing the mark.

You may not need to be vegan, you may not need to be gluten free, you may not tolerate whole grains. But it's really understanding what you're core issues are and then dialing into that to develop the right diet and nutrition for you.

So I think that's the biggest issue is that people get very protective and they get very staunch about their food, right. Food is very like well I do this, I always say don't cross a vegan, don't mess with a vegetarian and don't argue about gluten with gluten free folks. It's just they are staunch so anyhow that can be an issue for sure.

One of the things that I always try to do, we try to give them data, we try to help them connect the dots, we try to help them put all the pieces together and hopefully that gives them some of the ability to really understand that food is the foundation.

Alex: I think what you're saying is really interesting, it's almost like it becomes an identity, right. I remember years ago when we first started The Optimum Health Clinic and we had people coming which were vegan, vegetarian and it was clear that they needed a lot more protein in their diet and they would be a lot resistance to that. We kind of started to use the term that was almost like food fascism, kind of like an identity that people take on different sides of that debate and argument and it can be tough to get people to make changes with that.

But when these people engage in that process, and in fact it might be a good place to come in, you have a system of five different power types right; I know that probably informs part of how you create plans and work with people. But I would be curious as to people start to make these kind of changes you start to see so maybe it would be a good place to touch on some of how you categorize and how you understand people's experiences.

Dr Taz: Definitely. So one of the biggest things I noticed, as I got a little further into the practice, is this confusion. I'm going to follow this diet, I'm going to do this thing, I'm going to do that this or this is the right way to eat and so as I was using my training in Ayurveda and Chinese medicine and what I already had from conventional medicine and my nutrition training I really tried to help people through this.

Some people will do the testing and some won't and I'm sure you've experienced this too. Not everyone wants to do the testing so I'm like what can I give them that will be convincing, how could I help them navigate this information or what could we use? I found that when I started becoming really intentional, what Chinese medicine was saying about somebody was very similar to what Ayurvedic medicine was saying about someone, which would then in turn match sort of the history and the physical, which would then match my lab values. You know what I mean and you can start to line it all out and these patterns started to emerge and so the first time I started to notice it I'm like wait a minute and so I started to track it and if we tracked it

people fall into these patterns, they fall into these types. Now within each pattern, just like any pattern, there's still uniqueness and individuality right, but as a general if you're trying to give someone a starting point, a place to land, a place to begin, if somebody is Pitta then they're also liver and meridian people and then they also we know need to be off like dairy and gluten because that's too hard to digest because inflammations one of their core issues.

So anyhow I started to track it, write it down, create spreadsheets like just sort of randomly do it on when they weren't expecting and I realised I had something. That's when we came up with the five different types, there were probably three core types and then there were these two other types that were sort of blends or fell in the middle, and so that's why I came up with the five types and I just thought that would be a great way to help people, at least women for now, I want to do the same for men and children, but at least help women begin this journey back to themselves and stop some of the noise and stop some of the chatter and understand really what they need to do. I think it's resonated because so many people that have followed the types and taken the test and then put the plan into action are like Oh my god that was me, that's me, that really makes sense.

So that's where this idea of five key types comes from and I want to continue to expand that concept further in the years to come and dive even more deeply into because I'm convinced that not understanding who you are is disempowering. You don't understand how to move from point A to point B because you're sort of be bopping around the world without a map or without direction. So I just hope to do more with it in the years to come but it is a starting point to help somebody navigate this journey to food, to what to take, to what to ask for when you're in the exam room, I mean it's literally a map and a guide and I wanted to make it fun right, I didn't want this to be all buttoned up. I feel like already the conventional world is all buttoned up so I was like how do I make this fun. So that's where we came up with these crazy names, which we can talk about in a minute.

Alex: As I was reading last night that one of the things that I really liked is Ayurveda you have kind of your Vata, Pitta, Kapha and it's a bit kind of dull. You've got boss ladies and savvy chicks and I was like this is cool (laughs)

Dr Taz: Yeah I was thinking like I could say Type 1, Type 1a, Type 2, Type 3b but I was like who wants to do that, you know. But the names describe the types quite honestly and they're very deliberate in the names.

The first type is a Gypsy Girl and the Gypsy Girl is very Vata, kidney meridians deficient, Vata folks are creative, for lack of a better word. They live

sort of up in the space and they're always dreaming and thinking and creating or painting or writing or doing whatever it is they do and they're not connected to their bodies and I see that clinically all the time. They have a lot of trouble with anxiety and focus and they're also the patients usually on anxiety medications and ADHD medications but nutritionally and biochemically they have a very distinct pattern. They're low in fats, their low in B Vitamins, they're often low in amino acids, and some of that creates that disconnection and creates that lack of grounding.

So my thought was how do we help a Vata get grounded, how so we help a Gypsy Girl get grounded because then she can create in a productive way otherwise many of them are sort of up here spinning plates but not really seeing the tangible results. So that was the Gypsy Girl.

Then from there, there's the Boss Lady and this is the one that has been the most interesting. We all know Boss Ladies are like strategic and determined and they're leading teams and people, they're go-getters and they have fifty lists everywhere and it's probably the dominant type but I didn't realise how dominant in our current culture. In fact I made you know Randall and others who have helped me with this test and trying to automate the test, I'm like OK are we sure our technology is right because how can we have this many Boss Ladies coming through when people are taking this test. But it is what most women are living today, where they feel like they're having to power through and command and direct and lead and just kind of force the issue.

But Chinese and Ayurvedic medicine predict all of that is going to take a toll, it's going to clog your gut, it's going to clog your liver, you're going to have hormone imbalances, you're going to have more inflammation, those are our autoimmune patients, those are our thyroid patients. So our Boss Ladies have a challenge medically just as much as their personality kind of dictates what's happening medically. So that's the Boss Lady.

Then there's a blend of the two, it's part creative, part Boss Lady, those are your entrepreneurs, they are usually people who are putting new ideas, innovators, putting new ideas into action. So they can do both, they can dream like a creative but they can plan in a very detailed and strategically way like a Boss Lady. So they almost have double the issues, do there's that group.

Then there's the Earth Momma and I always joke but the first Earth Momma I knew was my husband and he didn't like that very much (laughs)

Alex: (Laughs) I can't imagine why.

Dr Taz: I promised him I would change the name but he, like many women I know like his Mom quite honestly, just nurtures and they are the centre of a

home and the centre of the family and the centre of the community, people just gravitate to them because they know they're going to fix things or take care of them or whatever else. But those guys can't set boundaries worth anything and they end up putting their own health at risk, putting their own needs at risk. I have to be conscious being married to one that like OK this is where I need to stop asking for things otherwise I'm invading this person's core being, you know.

But they have insulin issues, they have cardio metabolic issues, they struggle with weight, they struggle with depression, they struggle with all kinds of different issues so that's the Earth Momma.

The last type is the Nightingale. The Nightingale is fascinating because they're kind of a blend of everything to a certain extent but that blend has good things and bad things. They're very mission focused and mission orientated and service orientated but they often crash their immune systems in the process of trying to serve this bigger purpose or trying to serve the world or things like that.

So those are the five types.

Alex: Did we do the Sassy Chicks, I think we might have skipped them?

Dr Taz: Savvy chick was the blend of the Boss Lady and the Gypsy Girl, sorry I didn't mention it by name. But that's the blend of the two, the innovators and the, I'm one of them but I live up hear sometimes and then I'm on the go a lot of the time and I'm sort of dancing between those worlds so I really have to watch things like my adrenals, my thyroid, my diet all that other stuff.

Alex: And I think these kind of maps are really helpful because sometimes people I think can be resistant, I don't want to be put in a box, I'm unique, I'm special, and there can be that but I think when people can go actually this kind of feels like me and because this feels like me I can actually see well actually yeah I do, do that. And as you were saying with your husband I can watch out for that, like a fast track to see these are the physical things that are going to need to be considered and taken care of.

So when you're working clinically how do you use this to empower people and how much does it inform the protocols you put together for people?

Dr Taz: So because this is resonating so well with everybody in a very different way, not just lab values and things like that, we're incorporating it into the entire practice across the board. So what we are working towards doing is every patient will be typed, so I'm working on power types for men and power

types for kids as well, everyone will be typed so they'll have a framework from which to understand themselves.

Then the other way it's working is that because there's so much information when you come to our practice, there's so much detail that they get that's often very hard to put together. When we create this framework for them then they very quickly have a diet plan to follow, they have recipes ready to go, they've got exercise plans ready to go, they have a mind body strategy ready to go. So as they're navigating their individualities they have this over arching framework from which to begin their journey.

I think people have loved it because I can in the patient room realise OK I'm dealing with, and I'll tell them, and I'm putting it on their plans you know you're a Boss Lady and as a Boss Lady these are our concerns and the follow up question is well what do I do about my stress management, what does a Boss Lady do, what can eat for breakfast, and I'm like well here you go, here's all your Boss Lady plans, here's your recipes, here's your exercise plans and all that other good stuff.

So it is a core piece of our practice now, I didn't intend for it to be that but then you realise if you're trying, which I am, you're trying ultimately to empower people right, give them power back, then speaking to them in a way that is non medical is often very helpful because then they can take that and they can turn that into something very tangible and know how to move forwards through their lives. Sometimes they move on, right, they get a year or two down the road they've accepted who they are, they know who they are, they know what works for them and they're in the rhythm of taking care of themselves and they know when they lose their power again. For me I know when I'm on versus when I go back to feeling the way I did 20/25 years ago.

I want that same feeling for everybody else, I'm so much older now but I have three or four times the energy I had back in my twenties because I've got that formula for me and when I slip up it shows, it shows in about two seconds. So that's the same thing I want for all our patients and for anyone else we touch is that they understand that formula for them, speaking in this power type way is a great way to start that conversation and then they continue to develop that out as they journey through the practice and journey through their lives.

Alex: And I think what it does is it helps you to fast track I guess the work you're doing with people right because as opposed to having to take a long time to gradually deconstruct each persons picture and figure out and teach one bit at a time you can give that kind of kick start and I think what's also interesting is I'd love to hear you speak briefly about obviously there's the

nutrition piece you were talking about, the places you kind of focus, but you've also touched on some of the psycho-emotional pieces that can be important.

Maybe say a little bit about how important that can be in both addressing fatigue but also in sustaining health and wellness?

Dr Taz: I think they're inseparable, they're absolutely inseparable. You know I think our chemistry dictates our personality and our emotions and our emotions dictate our personality and our chemistry. It's like a two-way stress, you can't have one without the other, it's like saying well do I pick the right hand or the left hand. I think the problem in medicine today is that we're too focused on the minutiae of chemistry and we're not really very focused on how it integrates with the rest of the person and that's why we often miss the mark and so that was another reason for me wanting to do these power types. I wanted people to understand the creative or the Vata's they're disconnected but they're also brilliant eight. They're brilliant in terms of what's going on in their head if we could pull it out of them. But helping them understand that that is a fundamental weakness they have a light bulb moment and they're like aha I'm not grounded so when we do grounding work then I feel better then I prevent disease, If I prevent disease and feel better then I don't have anxiety anymore and then I'm able to focus better.

So it's like this spinning wheel you know for everybody. The Boss Lady is like you know I'm on the go but then is like barking at somebody by 5 o'clock in the evening or yelling at her husband or kids or whoever else, why because she's tapped out, the stress has gone up to here. So if she understands that OK well this is how I have to eat because this is how I'm wired and this is how I have to sleep and this is my stress management then she may have a better relationship with her family or her partner or her friends, right.

So for me the ramifications are huge because when we don't get these things right on both sides, you don't get the emotional part kind of where it needs to be and understand how it's driving the physical and we don't get the physical part where it needs to be because it's driving the emotional then it's like a ripple effect. It goes from I don't feel great but I'm powering through to now it's taking a toll on my kids, it's taking a toll on my business, it's hurting my employees, it's hurting my marriage or my relationship and you start to see whatever you create fragment right before your eyes.

Instead of letting things get to that point by taking a step back and understanding this is who I am, these are my limitations, this is where I thrive, you know these are the things I need to do to thrive, this is where I

don't do so well and really finding that balance so you have the energy to put out to everything else that you are responsible for or want to do or have to do.

Alex: I'm mindful of time but a question I would also love to touch on it is when you're asking people to make changes on quite a few levels at once right, you're looking at food and we talked at the start how people can be quite resistant to that, we've talked about these psycho-emotionally changes, what do you see of those that are successful in making those changes, what helps them in doing that? Either in terms of strategies or personality type or support system that you guys put around it but how can people be successful in making these kinds of changes?

Dr Taz: I think the number one thing about making change is self-acceptance and self-awareness, I think more than anything else. I've got into arguments with some big leaders who are trying to institute change across the board, change begins, and that's another reason why I wrote this book and I want to do more with it, change begins with full understanding of who you are and acceptance of who you are. When you have that fundamental level of acceptance that journey can start to move forward because then everything else you need kind of lines up and you're open to knowledge, you know, If you're not open to it and you don't have that level of self acceptance then you resist change, you're like I can control this or I can do this a different way or whatever it is that you're thinking.

So fundamentally I think that to really change it begins with self awareness and it begins with self-acceptance but here's the problem with that self-awareness and self-acceptance take deliberate effort and they take time and they take an investment in yourself and many people just spend day in and day out without investing that time in themselves. So that's where these road maps or these books or all the different people who are trying to help people with self awareness and with all the tools that are out there are so critical.

So that to me is the fundamental. I think the other thing that is fundamental is lowering and mitigating stress. You can have all the information in your hand, I can hand you an entire plan of what to do and how to take care of yourself, you're going to go home and stick that in your trash can or your counter and never look at it again if you do not have the bandwidth and the ability to put that into practice, right. That's why I began with it, it's self-acceptance, it's self-awareness it's then stress management and then a supportive team around you.

If you have people around you that eat in a particular way or go out drinking every night. I had an executive who was the life of the party, you know he's the guy making the deals, he's out every night he's the sloshed one, he's the fun

one and he had a break down in my room. The break down was because I showed him very clearly from a Chinese medicine energetic perspective that there was a high amount of grief in his system and he burst into tears. The grief was coming from the loss of his father who was his best friend and his mentor and he look at me and he's like I'm drinking to numb myself, I'm drinking to be this other person, you know. So it was that aha moment for him that then made him want to quit drinking, follow the diet, follow the plan, he looks amazing, he's doing amazing, so it's those moments that really make me do what I do.

But what happened with him, same thing that has happened with myself and so many other people, is that it is self acceptance of who we are, awareness of what has transpired and then the ability to take the knowledge and the tools someone gives you and put them into action and the to be around the right group of people who support you and cheer you along the way.

Alex: Fantastic and of course as you were describing in your journey at the start it's a journey right and it's a step at a time and even if the awareness, the information's there on that first appointment it's having the support and the time to put all of that into action.

Dr Taz: Very much that's why it's a process, it's not take this med and you'll be fixed, right, we don't make that promise. It's visit one this happens, visit two, visit three, you know, then we go into the second phase of your journey, but it's a very deliberate methodology and practice but it's one that works and one that I think our patients have continued to benefit from and I hope even after I'm gone they'll continue to benefit for years to come.

Alex: Fantastic. Dr Taz it's been a really enjoyable conversation thank you. And just to mention your book 'Superwoman RX' but also where can people go to find out more information about you and your work?

Dr Taz: Definitely. Well we've got a lot on the website, it's doctortaz.com and then I'm on Facebook and Instagram at drtazmd. So join me and we'll chat.

Alex: Fantastic. Dr Taz thank you so much for your time, I really appreciate it.

Dr Taz: Oh you're welcome, thank you.