

# TREATMENT PLAN GUIDE

## Explaining the 'why' behind each recommendation

Welcome to your personalised wellness journey! This guide will help you understand how each element of your treatment plan works together to support your path to wellbeing. Let's explore how these natural approaches can complement your current treatment while nurturing your body's innate wisdom.

### *Understanding Your Health Goals*

Your treatment plan is designed to support you in three key areas:

- 1. Supporting Natural Resilience & OCD Management**
  - Gentle approaches that work alongside your conventional treatment
  - Natural support for your nervous system
  - Building mindful awareness and calm
- 2. Nurturing GABA/Glutamate Balance**
  - Supporting your brain's natural calming system
  - Promoting mental clarity and peace
  - Enhancing stress resilience
- 3. Embracing Your Perimenopausal Journey**
  - Honoring this powerful transition
  - Supporting your changing body
  - Nurturing hormonal wisdom

### *How Your Treatment Plan Works*

## NOURISHING YOUR BODY

Your nutrition plan focuses on:

- Regular, balanced meals (every 3-5 hours) to stabilise mood and energy
- Protein with each meal to support neurotransmitter production
- Vegetables for anti-inflammatory and antioxidant support
- Healthy fats for hormone and brain health
- Adequate water intake is essential for overall wellness, it helps to purify the body.

# SUPPORTING YOUR NERVOUS SYSTEM AND YOUR RESILIENCE TO STRESS

**Two key breathing practices are included:**

**Box Breathing** (Daily Practice):

- Like giving your nervous system, a gentle reset
- Builds resilience over time
- Start with just 5 minutes daily

**4-7-8 Breathing** (In-the-Moment Support):

- Your personal calm button
- Use when feeling overwhelmed
- Especially helpful for sleep
- Creates space between triggers and responses

## Enhancing Sleep Quality

The Sleep Support Protocol helps:

- Establish restful rhythms
- Support hormone balance
- Promote mental clarity
- Build stress resilience

## *Understanding Your Supplements*

Your supplement protocol has been carefully chosen to support your wellness journey:

### **NAC (N-Acetyl Cysteine)**

This powerful amino acid supplement supports:

- Natural antioxidant production
- Healthy neurotransmitter balance
- Mental clarity and calm
- Glutathione production (your body's master antioxidant)

### **High-Strength Omega-3**

Pure, high-quality fish oil providing:

- Brain health support
- Hormone balance during perimenopause
- Anti-inflammatory benefits
- Nervous system nourishment

## Remember to take your supplements with food:

- NAC & Omega-3: Best absorbed with meals
- Store both in a cool, dark place

*Note: These supplements work alongside your current treatment. Always inform your healthcare team about any supplements you're taking.*

## Remember

- Small steps create lasting change
- Listen to your body's wisdom
- Celebrate your progress
- You're building new patterns gently

*You've got this!* I'm here to support you every step of the way and each step forward is a celebration of your body's natural healing wisdom.

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