



# CONCEPTION & WELLNESS TREATMENT PLAN GUIDE

YOUR HOLISTIC WELLNESS GUIDE  
SPECIFIC TO YOU

13 MARCH 2025

# PERSONALISED WELLNESS GUIDE

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This confidential document contains personalised health recommendations based on individual assessment. If found, please respect privacy and contact Janaya Karloci Naturopath Pty Ltd at [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au) for details on how to return.

Katie, as we reach our 11th session together, I'm delighted to share this comprehensive guide that brings together the most essential elements from our journey so far.

Rather than introducing new interventions, this guide focuses on reinforcing what has proven most beneficial for your health goals.

# PERSONALISED WELLNESS GUIDE

## Your Key Priorities

1. **Smoking Reduction Journey** - Your progress has been remarkable, reducing from regular daily smoking to just a few cigarettes in the evening and by bringing that last cigarette for the night down to 9pm. This is genuinely transformative for egg health and your overall wellbeing.
2. **Nutritional Foundation for Conception** - The dietary changes you've implemented are helping to create the optimal internal environment for conception.
3. **Nervous System Support** - Managing anxiety, OCD, and PMS symptoms through natural approaches alongside your psychotherapy sessions continues to be essential for hormonal and nervous system balance.
4. **Detoxification Pathways** - Removing certain environmental toxins from your everyday living and improving areas you have no control over in addition to supporting your body's natural cleansing systems helps prepare for conception and reduces your overall toxic burden.

## *The Science Behind your Plan*

### Smoking Reduction & Fertility

Research shows that even reducing cigarette consumption can significantly improve:

- Egg quality and quantity
- Hormonal balance
- Blood flow to reproductive organs
- Implantation success rates

Each cigarette you don't smoke provides immediate benefits to your reproductive system. The breathing techniques and substitution strategies we've established are scientifically proven to help manage cravings while supporting your nervous system.

# PERSONALISED WELLNESS GUIDE

## Nutritional Support for Conception

The fertility-focused nutrition plan we've developed works through multiple pathways:

- Antioxidant-rich foods and NAC protect eggs from oxidative damage
- Omega-3 fatty acids and added fish oil reduce inflammation and support hormone production
- Complete proteins provide the building blocks for reproductive hormones
- Specific micronutrients in your diet and via additional supplementation (folate, choline, B12, Ubiquinol to name a few) prepare for healthy conception

## Nervous System Regulation

Your dedicated practice of breathing techniques and mindful movement is having a measurable impact on:

- Cortisol regulation (stress hormone)
- Reproductive hormone balance
- Sleep quality
- Overall resilience

***Remember: Each positive choice builds upon the next, creating a nurturing environment both for your wellbeing now and for potential conception.***

## Your Wellness Toolkit

Throughout our sessions, you've developed several effective tools that deserve continued attention:

1. 4-7-8 Breathing Technique - Your go-to practice for cigarette cravings and anxiety moments
2. Quick Stretch Routine - Your 5-minute reset for body tension
3. Progressive Muscle Relaxation - Your evening wind-down ritual
4. Fertility-Supporting Meal Framework - Your daily nutritional foundation
5. Environmental Optimisation - Your ongoing commitment to reducing toxic exposure



# PERSONALISED WELLNESS GUIDE

As we move forward, let's focus on consistency with these proven approaches rather than adding new elements to your routine. We want to create less stress not add to it.

## Looking Forward

The path to optimal fertility is a journey rather than a destination. Your commitment to this process has already created significant positive changes in your health and overall wellbeing.

Remember to celebrate your progress - particularly your smoking reduction, which represents one of the most powerful actions you could take for your reproductive health.

I look forward to continuing to support you on this journey.

## HEALTH GOALS

1. Create an optimal internal environment for conception and pregnancy
  - #1 priority of supporting smoking cessation.
2. Continue managing Anxiety, OCD & PMS by supporting emotional wellbeing and stress resilience
3. Enhance detoxification capacity
4. Continue improving overall health, including improving pathology markers:
  - a. Reducing elevated and sub-optimally high liver enzymes (AST, ALT & GGT)
  - b. Remedying mild thrombocytopenia
  - c. Reducing sub-optimally high anion gap

# TREATMENT AIMS

1. Optimise nutrient status, environment and egg quality.
2. Support detoxification and elimination pathways.
3. Support, nourish and regulate the nervous system.
4. Undergo further testing to identify any specific obstacles to wellness and to support healthy conception.

## Primary Focus Areas

### 1. CONTINUE WITH YOUR SMOKING CESSATION REGIME

*Limit with the goal to avoid smoking to create the healthiest possible eggs*

- Aim for no more than 2 cigarettes in the evening and a maximum of 3 cigarettes in a 24hour cycle. Continue making 9pm the absolute latest time you have that last cigarette for the day.
- Techniques to try each time you “feel like” a cigarette to see if the craving passes:
  - a) **4-7-8 Breathing Technique first**
    - Find a comfortable seated position
    - Inhale quietly through your nose for 4 counts
    - Hold your breath for 7 counts
    - Exhale completely through your mouth for 8 counts
    - Make a whooshing sound while exhaling
    - Repeat 4 times
  - b) **The 5-4-3-2-1 Grounding Technique**
    - Begin by taking one deep, nurturing breath - inhaling through your nose for 4 counts, holding briefly, then releasing slowly through your mouth for 6 counts.
    - Then, with gentle awareness:
    - 🌿 **Notice 5 things you can SEE** - Observe colors, textures, shadows, and light around you. Allow your eyes to rest on each object briefly  
*Example: "I see my blue mug, sunlight on the wall, my plant's green leaves..."*
    - 🌿 **Acknowledge 4 things you can FEEL/TOUCH** - Notice the sensations on your skin and body. Feel the weight of your body where it's supported  
*Example: "I feel the softness of my clothing, coolness of the air on my skin..."*
    - 🌿 **Listen for 3 things you can HEAR** - Pay attention to sounds both near and far. Notice the qualities of each sound - pitch, volume, rhythm  
*Example: "I hear birds outside, the hum of my refrigerator, my own breath..."*
    - 🌿 **Recognise 2 things you can SMELL** - Notice any scents in your environment If you can't smell anything, recall favourite scents from memory  
*Example: "I smell my herbal tea, the fresh air coming through the window..."*
    - 🌿 **Appreciate 1 thing you can TASTE** - Notice any current taste in your mouth Or bring to mind a beloved flavor  
*Example: "I taste the mint from my tea earlier..."*

***This technique can also be used when you're feeling irritable and need a moment. I will text this to you so you can keep it on your phone for easy access.***

## 2. NUTRIENT OPTIMISATION FOR EGG QUALITY

Nourish your body with extra nutrients to create the healthiest possible eggs

Daily Priorities:

- 1 egg for choline and healthy cholesterol
- 3 portions of antioxidant-rich foods - choose 3 portions daily from:
  - Berries (1 portion = ½ cup)
  - Dark Leafy Greens (1 portion = 1 cup raw) - spinach, kale, rocket, Swiss chard, watercress
  - Colorful Vegetables (1 portion = 1 cup raw or 1/2 cup cooked) - red capsicum, beetroot, sweet potato, carrots
  - Other Power Sources
    - 2 squares dark chocolate (85%+), 1/4 cup pecans, 1/4 cup walnuts, 1 small pomegranate, 1/2 cup green tea
- 2 portions of liver-supporting vegetables - choose 2 portions daily from:
  - Cruciferous Vegetables (Standard portion = 1 cup raw or 1/2 cup cooked)
    - broccoli, cauliflower, Brussels sprouts, cabbage, Bok choy
  - Sulfur-Rich Vegetables
    - garlic (2-3 cloves), onions (1/4 cup), leeks (1/2 cup), shallots (1/4 cup), chives (2 tablespoons)
  - Green Vegetables
    - Artichoke (1 medium), asparagus (6 spears), celery (2 stalks), dandelion greens (1 cup), fresh herbs (1/4 cup)
- 1 portion of omega-3 rich food - choose 1 portion daily from:
  - Fish
    - Wild salmon (150g), Sardines (120g), mackerel (150g), herring (150g), anchovies (30g)
  - Plant-Based Sources
    - Chia seeds (2 tablespoons), ground flaxseeds (2 tablespoons), walnuts (1/4 cup), hemp seeds (2 tablespoons), algae/seaweed (1 sheet nori)
- 20-25g of protein at each meal - see attached to last session's treatment plan "protein sources" handout
- 2L of filtered water

*I have included "Fertility-Boosting Quick & Easy Recipes" for inspiration*

### 3. DETOXIFICATION SUPPORT

Support your body's natural cleaning systems

#### **Morning Routine:**

- Warm lemon water upon waking
  - do not directly brush your teeth directly after this, fine to do so once you eat
- Deep breathing exercises before breakfast
  - Aim for 3 to 5 deep breaths in and out.
- Eat breakfast outside when possible or directly next to an open window and without sunglasses (fresh air + vitamin D)

#### **Evening Routine:**

- Dry body brushing before shower
- Epsom salt bath 2-3 times weekly
- Herbal tea blend for liver support (“Feel New” in the Pukka Range is a great one)
- Follow the JKN Sleep Support Protocol handout attached
  - Remember you can always include the dry body brushing, your shower and your Epsom salt bath into the self-care routine of this protocol.

### 4. ENVIRONMENTAL OPTIMISATION

Continue creating the healthiest possible environment

Home Environment:

- Use air purifier in bedroom
- Open windows daily for ventilation
- Switch to natural cleaning products
  - I love [Simply Clean](#)
- Avoid synthetic fragrances in products purchased, especially those you wear on the skin i.e. perfumes, fabric softeners, toilet cleaner, hand sanitiser, air fresheners etc.
- Consider house plants for air purification

Personal Care:

- Switch to natural personal care products where possible
- Avoid plastic food containers especially when heating or freezing
- Filter drinking water



# LIFESTYLE RECOMMENDATIONS

## 5. STRESS MANAGEMENT & NERVOUS SYSTEM SUPPORT

Create a calm internal environment

a) Start incorporating a daily breathing practice (start with 5 minutes a day

- anytime that works for you).

- Box Breathing:

- Inhale 4 counts
- Hold 4 counts
- Exhale 4 counts
- Hold 4 counts
- Repeat for 5 minutes

***I will text this to you so you can keep it on your phone for easy access.***

b) Start incorporating “In-The-Moment” breathing/grounding technique when you feel the urge to perform a compulsions/tap or in those moments of irritation you just feel you need a quick reset and even when settling into bed.

- 4-7-8 Breathing Technique; or
- 5-4-3-2-1 Grounding Technique

***These are the same techniques I want you to try when you want the cigarette. See if one works better than the other or if one works better in different circumstances.***

c) Commit to regular movement throughout the day - Start with Thursday, Saturday and Sunday and work your way up to 5 activities a week.

Anything as long as you get your body moving.

***Remember - Taking an evening walk after dinner can be a great time to fit in this exercise and a fantastic way to reduce another cigarette in the evening.***

# SUPPLEMENT RECOMMENDATIONS

\*Indicates will support egg health and healthy conception.

When to take	Pre-Conception	When Positive
With Breakfast	Vitamin D - 2 sprays Vitamin E - 1 capsule VegeNAC - 1 capsules* Clinical Lipids - 2 capsules Ubiquinol - 1 capsule* NaturoBest Preconception Multi - 1 capsule*	Vitamin D - 2 sprays Clinical Lipids - 1 capsule Ubiquinol - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
With Dinner	Vitamin D - 2 sprays VegeNAC - 1 capsule* Clinical Lipids - 2 capsules NaturoBest Preconception Multi - 1 capsule*	VegeNAC - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
30 minutes Before Bed	MagRegulate - 1 scoop mixed with water SFI Health Ther-Biotic Antibiotic BioRenew - 1 capsule	Nothing

***I will text you a copy of this table so you have easy access on your phone.***

# Reminders

1. Keep up the great work!
2. Remember: Every positive choice you make supports your body's preparation for conception. Focus on adding good things rather than removing - as you add more healthy practices, less supportive habits will naturally decrease.
3. When you go to see your GP tell her you're trying for a baby and want to make sure everything is in order before you get started. Here are just some of the tests that would be ideal for you to get done:-
  - i. Full Blood Count (FBC)
  - ii. ELFTs
  - iii. Full Iron Profile.
  - iv. Full lipid profile (Cholesterol, Triglycerides, HDL, LDL, risk ratios)
  - v. Thyroid extensive profile (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab)
  - vi. Iodine
  - vii. Red cell folate & Vitamin B12
  - viii. MTFHR Buccal swab
4. I have tentatively booked you in again for your treatment plan review Thursday, 1 May at 12 noon.

*You've got this!*

If you have any questions regarding your treatment plan, please email me at [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au).

This guide complements but doesn't replace any medical advice. Always keep your healthcare team informed of your wellness journey.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.

*Janaya Karloci*

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JANAYA  KARLOCI  
*Naturopath*

While this concludes your official treatment plan - please continue reading for nourishing recipes which encompass all of the dietary recommendations made to you in this treatment plan and further information about other issues we discussed in our session.







# Breakfast

## FERTILITY POWER BOWL

***Prep in 10 minutes or less***



### PER PERSON INGREDIENTS

- 1 cup Greek yogurt (organic if possible)
- 1 tablespoon ground flaxseeds
- 1 tablespoon pumpkin seeds
- ¼ cup fresh or frozen berries (blueberries, strawberries)
- 1 tablespoon raw honey (optional)
- Sprinkle of cinnamon

### DIRECTIONS

1. Add yogurt to a bowl
2. Top with all remaining ingredients
3. Enjoy immediately

### HEALTH BENEFITS

- Greek yogurt provides complete protein and probiotics for gut health
- Flaxseeds contain lignans that help modulate hormones and provide omega-3s
- Berries deliver powerful antioxidants that protect egg health
- Pumpkin seeds are rich in zinc which supports reproductive health

# Breakfast

## EGG & GREENS BREAKFAST WRAP

***Prep in 10 minutes or less***

### PER PERSON INGREDIENTS

- 1 whole organic egg + 1 egg white
- Handful of baby spinach
- ¼ avocado, sliced
- 1 whole grain or gluten-free wrap
- Pinch of turmeric and black pepper
- 1 teaspoon olive oil

### DIRECTIONS

1. Heat oil in small pan over medium heat
2. Whisk eggs with turmeric and pepper
3. Pour into pan and scramble gently
4. Warm wrap briefly in another pan
5. Place spinach, eggs and avocado in wrap
6. Roll up and enjoy

### HEALTH BENEFITS

- Eggs provide choline which supports cell division and egg quality
- Spinach delivers folate essential for early development
- Avocado offers healthy fats and vitamin E for hormonal health
- Turmeric has anti-inflammatory properties



# Breakfast

## MAPLE CINNAMON OVERNIGHT OATS

***Prep in 10 minutes or less***

### PER PERSON INGREDIENTS

- ½ cup rolled oats
- ½ cup unsweetened almond milk
- 1 tablespoon chia seeds
- ½ apple, diced
- 1 tablespoon almond butter
- 1 teaspoon maple syrup
- ¼ teaspoon cinnamon
- 1 tablespoon chopped walnuts

### DIRECTIONS

1. Combine all ingredients except walnuts in a jar
2. Stir well and refrigerate overnight
3. Top with walnuts before eating

### HEALTH BENEFITS

- Oats provide slow-release energy and B vitamins
- Chia seeds are rich in omega-3 fatty acids
- Apples contain quercetin, an antioxidant that supports egg health
- Cinnamon helps regulate blood sugar





# Lunch or Dinner

## MEDITERRANEAN QUINOA BOWL



***Prep in 10 minutes or less***  
*No need to reheat the next day*

### PER PERSON INGREDIENTS

- 1 cup cooked quinoa (can be prepared in batch on weekends)
- ¼ cup chickpeas, rinsed and drained
- 5-6 cherry tomatoes, halved
- ¼ cucumber, diced
- 2 tablespoons feta cheese (optional)
- 1 tablespoon olive oil
- ½ lemon, juiced
- Fresh parsley or mint, chopped
- Salt and pepper to taste

### DIRECTIONS

1. Combine all ingredients in a container
2. Seal tightly and refrigerate overnight
3. Enjoy cold or at room temperature next day

### HEALTH BENEFITS

- Quinoa provides complete protein and B vitamins
- Chickpeas offer fiber and plant-based protein
- Olive oil contains monounsaturated fats that support hormonal health
- Tomatoes provide lycopene, a powerful antioxidant

# Lunch or Dinner

## LENTIL & SPINACH POWER SALAD



***Prep in 10 minutes or less***

*Perfect for lunch boxes*

### PER PERSON INGREDIENTS

- 1 cup pre-cooked lentils (canned works well, rinsed)
- 2 cups baby spinach
- ¼ cup walnuts, chopped
- ¼ cup pomegranate seeds
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- ½ teaspoon honey or maple syrup
- Salt and pepper to taste

### DIRECTIONS

1. Layer spinach at bottom of container
2. Add lentils as next layer
3. Top with walnuts and pomegranate
4. Mix dressing ingredients in small container
5. Pack separately and add just before eating

### HEALTH BENEFITS

- Lentils provide plant-based protein, iron and folate
- Walnuts contain omega-3 fatty acids that support egg health
- Pomegranate seeds offer antioxidants that can improve blood flow to reproductive organs
- Spinach delivers folate, iron and calcium

# Lunch or Dinner

## FERTILITY-BOOSTING BUDDHA BOWL

***Prep in 10 minutes or less***  
*No need to reheat the next day*

### PER PERSON INGREDIENTS

- ½ cup cooked brown rice or quinoa
- ½ cup roasted chickpeas (can buy pre-roasted)
- ½ avocado, sliced
- ¼ cup grated carrots
- ¼ cup red cabbage, thinly sliced
- 1 tablespoon tahini
- 1 teaspoon lemon juice
- 1 teaspoon maple syrup
- Water to thin dressing

### DIRECTIONS

1. Layer all ingredients except dressing in container
2. Mix tahini, lemon juice and maple syrup in small container
3. Add water to achieve desired consistency
4. Pack separately and add just before eating

### HEALTH BENEFITS

- Brown rice provides B vitamins and fiber
- Chickpeas offer plant protein and zinc
- Avocado contains healthy fats and vitamin E
- Colorful vegetables provide different antioxidants to support egg quality



# Lunch or Dinner

## RAINBOW EGG SALAD WRAP



***Prep in 10 minutes or less***  
*No need to reheat the next day*

### PER PERSON INGREDIENTS

- 2 hard-boiled eggs, chopped
- 1 tablespoon Greek yogurt
- 1 teaspoon Dijon mustard
- 1 tablespoon each finely diced red capsicum and grated carrot
- Small handful of spinach leaves
- 1 whole grain wrap
- Salt and pepper to taste

### DIRECTIONS

1. Mix eggs, yogurt, mustard, vegetables, salt and pepper
2. Store in sealed container
3. Pack wrap separately
4. Assemble just before eating by adding spinach and egg mixture to wrap

### HEALTH BENEFITS

- Eggs provide choline and complete protein
- Greek yogurt offers probiotics and protein
- Colorful vegetables contain various antioxidants
- Whole grain wrap provides sustained energy and B vitamins



# Lunch or Dinner

## WILD SALMON & SWEET POTATO PACKETS



***Prep in 10 minutes or less***

### PER PERSON INGREDIENTS

- 1 wild salmon fillet (about 110g)
- 1 small sweet potato, thinly sliced
- ½ cup broccoli florets
- 1 tablespoon olive oil
- 1 teaspoon dried herbs (rosemary, thyme)
- Lemon slices
- Salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 200°C
2. Place sweet potato slices on large piece of parchment paper
3. Top with salmon and broccoli
4. Drizzle with oil, add herbs, salt, pepper and lemon slices
5. Fold parchment to create sealed packet
6. Bake 20 minutes (morning of or night before)
7. Refrigerate and eat cold next day, or reheat if preferred

### HEALTH BENEFITS

- Wild salmon provides omega-3 fatty acids essential for egg quality
- Sweet potatoes offer complex carbs and beta-carotene
- Broccoli contains indole-3-carbinol which supports oestrogen metabolism

# MORE INFORMATION

*For you*

because the sharing of knowledge a cornerstone  
of how I support you



# WHY THIS NEW PROBIOTIC?

This targeted probiotic formula addresses the root cause of post-antibiotic digestive disturbances through its powerful dual-action approach.

## ✨ Why This Formula Works

The synergistic combination of *Saccharomyces boulardii* (SB) and *Bifidobacterium animalis* ssp. *lactis* BB-12® offers comprehensive support:

### 🌿 *Saccharomyces boulardii* (10 billion CFU)

- Acts as a transient beneficial yeast that isn't affected by antibiotics
- Creates a protective environment in the intestines while beneficial bacteria repopulate
- Produces natural compounds that neutralise harmful bacterial toxins
- Strengthens intestinal barrier function, preventing "leaky gut" effects
- Reduces inflammation in the intestinal lining

### 🌿 *Bifidobacterium animalis* ssp. *lactis* BB-12® (10 billion CFU)

- One of the most researched probiotic strains globally
- Helps restore the depleted beneficial bacteria population
- Produces compounds that inhibit pathogenic bacteria growth
- Supports healthy bowel movement patterns and regularity
- Enhances immune function within the gut

### 💧 The Post-Antibiotic Gut Challenge

Antibiotics, while necessary for treating bacterial infections, create a form of "ecological disruption" in the gut microbiome by:

- Reducing beneficial bacteria populations
- Creating space for opportunistic microorganisms
- Potentially allowing overgrowth of certain yeasts or bacteria
- Disrupting normal digestive processes and nutrient absorption
- Altering immune function in the gut

## For optimal results also consider:

1. Consume **prebiotic-rich foods** to nourish the beneficial bacteria (artichokes, asparagus, onions, garlic, oats, leeks, bananas, apples, beetroot, sweet corn)
2. Stay well-hydrated to support detoxification and healthy elimination
3. Temporarily reduce difficult-to-digest foods (heavily processed items, excess sugar)

***This therapeutic approach helps restore microbial balance, strengthen gut barrier function, and reestablish healthy digestive processes—supporting your return to digestive comfort and overall wellbeing.***

# WHAT IS NAC AND WHAT IS IT GOOD FOR?

-N-Acetyl Cysteine (NAC) is a modified form of the amino acid cysteine that serves as a precursor to glutathione, one of the body's most important antioxidants. It's available as a dietary supplement and also used in clinical settings as a pharmaceutical agent.

## Key Mechanisms of Action

**Glutathione production:** NAC is converted to cysteine, which is the rate-limiting component in glutathione synthesis. Glutathione is critical for detoxification and cellular protection.

**Direct antioxidant activity:** NAC itself can neutralise free radicals through its thiol (-SH) group.

**Mucolytic properties:** NAC breaks disulfide bonds in mucus, reducing its viscosity and facilitating clearance.

**Anti-inflammatory effects:** Reduces inflammatory cytokine production and NF- $\kappa$ B activation.

## Health Benefits and Clinical Applications (applicable to you)

### Female fertility:

- Improves ovulation rates and pregnancy outcomes in women with PCOS
- Reduces oxidative stress in follicular fluid, improving oocyte quality
- May help restore ovulation in some cases of anovulation
- Can improve endometrial thickness and receptivity

### Reproductive Health

- Recurrent pregnancy loss: May help in cases related to oxidative stress or immune dysregulation

### Respiratory Health

- Chronic bronchitis/COPD: Helps thin mucus and improve symptoms
- Cystic fibrosis: Reduces mucus viscosity
- Respiratory infections: May reduce severity and duration

# WHAT IS NAC AND WHAT IS IT GOOD FOR?

## **Liver Support**

- Alcoholic and non-alcoholic fatty liver disease: Helps restore glutathione levels
- Heavy metal exposure: Supports detoxification pathways

## **Mental Health**

- Obsessive-compulsive disorder (OCD): Emerging evidence for symptom reduction
- Addiction: Particularly for substance cravings (cocaine, cannabis)

**Immune function:** Regulates immune responses

**Heavy metal chelation:** Binds to heavy metals, aiding elimination