



TREATMENT PLAN

01/05/2024

Health Goals

1. Continuing managing Anxiety & OCD Symptoms
2. Continue managing PMS symptoms
3. 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. Support, nourish and regulate the nervous system.
2. Support mitochondria health.
3. Support and nourish the HPA-Axis (adrenals).
4. Support liver health and function.
5. Undergo further testing to identify any specific obstacles to wellness.
 - a. **Full lipid profile** (Cholesterol, Triglycerides, HDL, LDL, risk ratios)
 - b. **Thyroid extensive profile** (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab)
 - c. **Iodine**
 - d. **Red cell folate & Vitamin B12**

Dietary Recommendations

1. Take on the 28-Day Liver-Loving Foods Challenge.

- Commit to eating at least 4 of the 15 best foods for liver health daily for the next 28 days while also trying to reduce all 4 of the worst foods for liver health (sugar, fried foods, refined grains & processed foods) as a way to gently ease into taking on a more anti-inflammatory style diet and to give your liver that extra love and support it needs to do all that is required of it.
- Attached is.

a) Your **Liver Health Guide** and

b) Your **challenge chart** with a list of the best 15 foods for liver health.

- Have a good read of the guide to get a good understanding of what our liver does, what contributes to its load, why it is so important to keep it healthy, and simple ways to support its health. Then, for the next 28 days, eat and write down each of these foods you have daily in your chart. If you have more than 4, include them all.

2. Take 1 tablespoon of [psyllium husk](#) in a glass of water daily, ideally mid-morning, 1 hour away from meals and other supplements.

- As a rich source of soluble fibre, psyllium husk aids in maintaining balanced oestrogen/progesterone levels by promoting the excretion of excess oestrogen from the body. By binding to estrogen in the intestines, psyllium husk helps prevent its reabsorption, thus supporting healthy oestrogen metabolism. Additionally, the soluble fibre in psyllium husk promotes bowel regularity, facilitating the elimination of toxins and waste products, which can further benefit liver health. By enhancing digestive function and supporting oestrogen clearance, psyllium husk plays a valuable role in promoting hormonal balance and overall wellbeing.

3. Start including more eggs in your diet to increase your level of cholesterol in a healthy manner. Aim for at least 1 egg per day, or if that seems too difficult - at least 7 eggs a week (up to 12 a week).

- Boil them and keep them in the fridge for a few days to grab when you need a snack.
- Treat yourself to a cooked breakfast a few days a week with eggs just the way you like it. Why not add a piece of toast, avocado, some tomato, mushrooms and spinach.
- Make a [frittata](#) for dinner once a week; great to have warmed up for breakfast/lunch the next day, too.

Although most people are told to reduce their cholesterol, this is not the case for you; you are just under the healthy range. While this can be sensational from a heart disease point of view, cholesterol is needed for hormone and neurotransmitter synthesis. Having below-range cholesterol has been associated with a higher risk of experiencing low mood and/or increased aggression.

4. Ensure you are drinking at least 8 glasses/2L of water each day. Note that the water you have with your psyllium husk is not counted - it's an additional 8 glasses on top of this.

Lifestyle Recommendations

1. Try incorporating this [5-minute meditation](#) into your daily schedule at a suitable time for you where you won't be interrupted. If you get bored with doing the same meditation day in and day out, feel free to add to your collection by searching on YouTube – "5-minute meditation for stress relief/supporting self-confidence, reduce anxiety, etc." there is so much to choose from – my advice is to make sure you like their voice.
2. Read the **Mould Exposure & Solutions handout** to learn more about how mould exposure can negatively impact health and some holistic support strategies for mould clearance.
3. Continue committing to your 4 walks a week; aim for a 40-minute session each time.

Supplement Recommendations

1. **BioMedica VegeNAC**

Dose - Take 2 @ breakfast & 2 @ dinner.

2. **Metagenics P-Lift**

OR

2. **MediHerb Chaste Tree**

Dose - Take 1 @ breakfast

Dose - Take 2 @ breakfast & 2 @ dinner

Don't take both of these at the same time.

3. **Metagenics Adaptan**

Dose - Take 2 @ breakfast & 2 @ lunch/when you get home from work (but with something to eat)

4. **Metagenics Silymarin IC**

Dose - Take 1 @ breakfast & 1 @ bedtime

5. **Orthoplex White Mito Pro**

Dose: 1 rounded scoop (8g) once daily in 250 mL water; consume immediately at breakfast.

6. **MTHFR Folate B 400mcg Drops (new)**

Dose: 1 drop once daily at breakfast.

Reminders

1. **Let me know how you go with the Chaste Tree/P-Lift switch over the next few days**
 - i. **Also, try noticing if there is any association between “this issue” and having a meal with more fat in it or a particular type of food earlier in the day/day before.**
2. **Once you’ve finished supplement 2 above, i.e., Chaste Tree and P-Lift don’t re-order; just keep up the rest of the supplements until I see you next.**
 - i. **Please text or make a note in your calendar to let me know when you finish taking them for my records.**
3. **Please send through your new blood test results if/when you get them so I can review them before our next appointment.**
4. **See you again for your treatment plan review at 12 pm on Wednesday, 5 June.**

You've got this!

If you have any questions regarding your treatment plan, please email me at
wellness@janayakarlocinaturopath.com.au.

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.