



TREATMENT PLAN

05/06/2024

Health Goals

1. Continue managing Anxiety, OCD & PMS.
2. Promoting an environment for healthy conception.
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 detoxification and elimination pathways.
5. Support and optimise reproductive health.
6. Undergo further testing to identify any specific obstacles to wellness and to support healthy conception.

Dietary Recommendations

1. Take on the 28-Day Antioxidant-Rich Foods Challenge.
 - Commit to eating at least 3 of the antioxidant-rich foods daily for the next 28 days as your next step into gently easing into taking on a more anti-inflammatory style diet and giving your eggs that extra boost for supporting optimal conception.
 - Attached is: -
 - Your **Antioxidant Guide** and
 - Your **challenge chart** with a list of 15 antioxidant-rich foods.

- Have a good read of the guide to get a good understanding of what exactly antioxidants are and why they are so important for overall health and wellbeing. 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 3, 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.
3. Start including [Dandelion Root Tea](#) into your daily regime; **ideally 15-20 minutes before a meal**. Dandelion Root is great for supporting digestive juices, bile flow, and liver function. It can also be a great alternative to coffee. It's caffeine-free but with a similar flavour and texture. Ideally, for preconception care, you want to drink a maximum of two shots of coffee per day.
4. Read through and slowly start implementing the information in the **“Achieving Optimal Fertility with Diet”** handout to support an optimal environment for happy, healthy conception.
5. Ensure you are drinking at least 8 glasses/2L of water each day.

Lifestyle Recommendations

1. In the lead-up to and while away this weekend try to incorporate some relaxing activities
 - a. [5-minute meditation](#)
 - b. Grounding technique - see attached again, although you should have it
2. Read through and again slowly start implementing the information in “Preconception care for optimal fertility”—this one is for both of you to read.
3. Continue committing to your 4 walks a week; aim for a 40-minute session each time.

Supplement Recommendations

once you finish your prepared packages

1. **BioMedica VegeNAC (no change here)**
Dose - Take 2 @ breakfast & 2 @ dinner.
2. **Metagenics Adaptan (no change here)**
Dose - Take 2 @ breakfast & 2 @ lunch/when you get home from work (but with something to eat)
3. **Metagenics Silymarin IC (Change in dose)**

Dose - Take 1 @ bedtime

4. NaturoBest Preconception Multi for Woman (New recommendation)

Dose - Take 2 capsules daily, at breakfast **(Refrigerate after opening)**

This will replace the Orthoplex White Mito Pro and the MTFHR folate drops - Now that we are moving away from prioritising detoxification and hormonal balance and more toward creating an optimal environment for Happy Mama and Happy Bubba this product is ideal for supporting that environment.

5. Activated Probiotics Biome Lift Probiotic (New recommendation)

Dose - Take 1 capsule daily, ideally before bed.

This probiotic will help to support a healthy microbiome, which is essential for overall health and wellbeing. A healthy microbiome in mum is understood to lead to healthy outcomes in their offspring by supporting their microbiome. I've chosen this specific formula because the strains are associated with supporting healthy mood balance (only buy one box, and we will switch next time (unless you love it - introducing a variety of good bacteria is key to maintaining a good balance)).

6. BioCeuticals BioActive Ubiquinol 150mg (you can both take) (New recommendation)

Dose - Take 1 capsule daily, ideally with breakfast.

Ubiquinol improves mitochondrial function (mitochondria are the energy plants in cells that get tired as we age and due to stressors). It enhances cell energy production, which is crucial for reproductive health (egg and sperm). It also supports heart health, boosts overall cellular energy and reduces oxidative stress in the brain which is understood to improve neurological health and cognitive function.

7. Increase your Omega 3 Fish Oil. You want to be up to 4g of Omega 3/day by the end of the month. **(New recommendation)**

What you have at home and/or if you decide to purchase Metagenics MetaPure EPA/DHA

Dose

- Week 1 - Take 1 @ breakfast & 1 @ dinner (Total 2g Omega 3)
- Week 2 - Take 2 @ breakfast & 1 @ dinner (Total 3g Omega 3)
- Week 3 (and beyond) - Take 2 @ breakfast & 2 @ dinner (Total 4g Omega 3)

Omega-3 Fatty acids are essential to the body (meaning we cannot create our own; we must get it from what we consume). Approximately 60% of our brain is made up of fat, which highlights the importance of fats for brain health and function. Increasing levels of omega-3 fatty acids have been shown to improve impulsive behaviour and reduce depression and anxiety. Furthermore, omega-3 fatty acids support foetal brain and eye

development, reduce the risk of preterm birth, improve placental function, and potentially enhance maternal mood and cardiovascular health during pregnancy.

Reminders

1. **Once you finish Orthoplex MitoPro, don't buy it again, rather purchase the Naturobest Preconception capsules (#4 under supplements above). When you do this stop taking the MTHRF Folate B 400mcg drop once a day)**
2. **When you go to see your GP for Liver Function tests make sure you 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**
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 31 July.**

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.