



TREATMENT PLAN

31/07/2024

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. Read through and slowly start implementing the information in the **"Hormone Health 101"** handout. You have just experienced a big hormonal shift, and the best way to support your overall wellbeing right now is to support the regulation of your hormonal balance.
2. Take 1 tablespoon of [psyllium husk](#) in a glass of water daily, ideally mid-morning, **one hour before 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. Ensure you are drinking at least 8 glasses/2L of water each day.

Lifestyle Recommendations

1. Read through and complete the **"Healthy Habits 101"** handout and start implementing the work between now and our next appointment.
 - ☐ This handout, alongside your "Quit for Good", could be that additional support you need to help you give up smoking for good. It will provide you with a structured approach to understanding and changing habits. It explains the science behind habit formation and offers practical tools like habit loops, substitution, and habit stacking. These strategies can help you replace the habit of smoking with healthier alternatives that provide similar benefits, such as stress relief and relaxation. By using these techniques, you can gradually break the smoking habit and build new, positive habits that support your overall wellbeing.
2. Continue committing to your 4 walks a week; aim for a 40-minute session each time.
3. Go to the local pool and enquire about swimming there regularly.

Supplement Recommendations

If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman (this includes psyllium husk and dandelion tea).

*Indicates will support egg health and healthy conception.

1. **NaturoBest Preconception Multi for Woman ***
Dose - Take 2 capsules daily, at breakfast (**Refrigerate after opening**)
2. **VegeNAC ***
Dose - Take 2 @ breakfast & 2 @ dinner.
3. **BioCeuticals BioActive Ubiquinol 150mg *** (you can both take)
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.

4. Orthoplex White, Clinical Lipids 2:1.

Dose - Take 2 @ breakfast & 1 @ dinner (Total 4g Omega 3)

5. MediHerb Silymarin

Dose - Take 2 @ bedtime

6. Designs for Health ProbioCalm

Dose - Take 1 capsule with breakfast

ProbioCalm is a formula designed to support emotional and mental wellbeing, healthy mood balance, and nervous system health. It combines the nervine herbs saffron and lemon balm with Bifidobacterium longum 1714 ProbioBrain™, a probiotic strain that supports a healthy stress response.

Saffron has been clinically shown to calm the mind and support mood balance while lemon balm is traditionally used to relieve nervous tension and stress. Lemon balm is also understood to help increase levels of GABA, a calming neurotransmitter in the brain. By doing so, it can help balance brain chemicals that are often out of sync in people with OCD. Additionally, lemon balm may help reduce overactivity in certain brain circuits that contribute to OCD symptoms.

The unique blend helps manage the gut-brain axis, making it beneficial for those with OCD by promoting relaxation, reducing stress-related behaviors, and supporting cognitive function. A healthy microbiome in mum is understood to lead to healthy outcomes in their offspring by supporting their microbiome.

7. Orthoplex White - L-Theanine

L-theanine, a unique amino acid found in tea, can be highly beneficial for individuals with OCD and anxiety. It works by blocking glutamate receptors and boosting GABA, serotonin, and dopamine levels in the brain, promoting relaxation and reducing stress. Supplementing with L-theanine, can help generate alpha brain waves associated with relaxation and lower cortisol levels, alleviating stress and anxiety.

Dose - Best to take on an empty stomach

- Take 1 scoop of L-Theanine in ½ a glass of water the morning before breakfast

- Take 1 scoop of L-Theanine in any drink of your desire while preparing dinner.

8. Vitamin D (Take what you have)

Dose - Take 2 in the morning. When levels are optimal or in 3 months' time, reduce down to 1 a day.

You are fine to continue with this one going forward; however, if case it's easier to just get everything altogether online I suggest taking this one - **Orthoplex Gree Vitamin D 1000IU.**

Dose - Take 2 in the morning. When levels are optimal or in 3 months' time, reduce down to 1 a day.

Easy supplement Guide

Before Breakfast	L-Theanine - 1 scoop in ½ glass of water		
With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules Clinical Lipids - 2 capsules Ubiquinol - 1 capsule ProbioCalm - 1 capsule Prenatal - 1 capsule		
Before Dinner	L-Theanine - 1 scoop in any drink		
With Dinner	VegeNAC - 2 capsules Clinical Lipids - 2 capsules Prenatal - 1 capsule		
Before Bed	Silymarin - 2 tablets		

Reminders

- If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman (this includes psyllium husk and dandelion tea). We are not going to take any chances.**
- 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:-**
 - Full Blood Count (FBC)**
 - ELFTs**
 - Full Iron Profile.**
 - Full lipid profile** (Cholesterol, Triglycerides, HDL, LDL, risk ratios)
 - Thyroid extensive profile** (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab)
 - Iodine**
 - 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 11 September.**

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.