



# TREATMENT PLAN

17/09/2024

## Health Goals

1. Manage Anxiety, OCD & PMS.
2. Prepare an environment for healthy conception and pregnancy.
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 detoxification and elimination pathways.
4. Support and optimise reproductive health.
5. Optimise nutrient status and egg quality
6. Undergo further testing to identify any specific obstacles to wellness and to support healthy conception.

## Dietary Recommendations

1. Prioritise organic, whole foods:

Why: Reduces exposure to pesticides and other endocrine disruptors that may impact fertility.

- a. As a first step with organic foods - start with the dirty dozen (See Handout)
- b. Increase intake of antioxidant-rich foods:

- Blueberries, Kidney Beans, Goji Berries (organic), Cranberries, Raspberries,
- Pecans, Strawberries, Chocolate (80% and cacao) -2 Squares, Blackberries,
- Red cabbage, Kale, Fresh beetroot, Spinach, Apples, Prunes

Why: Helps combat oxidative stress, which can damage sperm DNA and affect egg quality.

c. Consume omega-3 rich foods (opt. for organic if possible):

- Fatty fish (salmon, mackerel, sardines, herring)
- Oysters, Algae and seaweed
- Flaxseeds, Chia seeds, Walnuts, Soybeans
- Lean grass-fed beef

Why: Supports hormone balance and reduces inflammation.

d. Include fertility-supporting foods:

- Spinach (opt. for organic), Avocados, Asparagus
- Nuts (especially almonds and pine nuts), Sunflower seeds, Lentils
- Eggs, Lean grass-fed beef

Why: Provides essential nutrients like zinc, vitamin E, and folate for reproductive health.

e. Limit processed foods, refined sugars, and trans fats:

Why: These can contribute to inflammation and hormonal imbalances.

2. Continue taking 1 tablespoon of [psyllium husk](#) in a glass of water daily, ideally mid-morning, **one hour before meals and other supplements.**

3. Ensure you are drinking at least 8 glasses/2L of water each day.

## *Lifestyle Recommendations*

1. Read through and start implementing tips in the Lox-Tox Living handout.

Why: The tips in this handout can support your reproductive health by reducing your exposure to environmental toxins and supporting your body's natural detoxification processes.

By minimising harmful chemicals in your environment and diet, you're creating a healthier foundation for conception and pregnancy. These changes can help optimise your overall health, egg quality and create a more favorable environment for a healthy pregnancy, aligning with your goals of promoting healthy conception and improving overall health markers.

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 and BioCeuticals BioActive Ubiquinol (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.

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. **BioMedica Mood FX**

Dose - Take 1 capsule with breakfast

Note this replaces ProbioCalm (finish what you have left then move onto Mood FX as an alternative)

7. **RN Labs Progest Fortify**

Dose - Take 1 capsule with breakfast and 1 capsule with dinner.

This supplement combines Vitex agnus-castus (Chasteberry) and Passiflora incarnata (Passionflower) to address hormonal balance, mood regulation, and anxiety symptoms. Chasteberry may help modulate hormonal fluctuations associated with PMS-A, potentially reducing irritability and mood swings. Passionflower could provide additional support for general anxiety. Together, these herbs aim to promote emotional well-being and hormonal equilibrium, which may indirectly support overall reproductive health during the fertility journey.

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

With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules Clinical Lipids - 2 capsules Ubiquinol - 1 capsule ProbioCalm / Mood FX- 1 capsule Progest Fortify - 1 capsule Prenatal - 1 capsule		
With Dinner	VegeNAC - 2 capsules Clinical Lipids - 2 capsules Progest Fortify - 1 capsule Prenatal - 1 capsule		
Before Bed	Silymarin - 2 tablets		

### Reminders

1. **If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman and BioCeuticals Bioactive Ubiquinol (this includes psyllium husk and dandelion tea). We are not going to take any chances.**
2. **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**

[Here is a link to a test](#) I can get done for you and the costs associated. Given the number of different things you need - it would be cheaper to get this bulk test rather than individual tests

[Here is also a link to the MycoToxin \(Mould\) Profile Test](#) we spoke about for more information. Most important way to clear mould from your body is to be removed from it. There is no point in treating until you know you are free from it.

See you again for your treatment plan review at 12 pm on 16 October.

*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.