



TREATMENT PLAN

21/10/2024

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. Continue prioritising organic, whole foods, especially when it comes to the dirty dozen.
2. Continue increasing intake of antioxidant-rich foods:
 - Blueberries, Kidney Beans, Goji Berries (organic), Cranberries, Raspberries,
 - Pecans, Strawberries, Chocolate (80% and cacao) -2 Squares, Blackberries,
 - Kale, Fresh beetroot, Spinach, Apples, Prunes
3. Continue consuming 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
4. Continue including fertility-supporting foods:
 - Spinach (opt. for organic), Avocados, Asparagus
 - Nuts (especially almonds and pine nuts), Sunflower seeds, Lentils
 - Eggs, Lean grass-fed beef
 5. Limit processed foods, refined sugars, and trans fats.
 6. Continue including more eggs in your diet to support optimal cholesterol levels. Remember aim for 1 egg per day or if that seems too difficult - 7 eggs a week.
 7. Continue taking 1 tablespoon of [psyllium husk](#) in a glass of water daily, ideally mid-morning, **one hour before meals and other supplements.**
 8. Continue to ensure you are drinking at least 8 glasses/2L of water each day.

Lifestyle Recommendations

1. Continue avoiding minimising yourself to harmful chemicals in your environment and diet thereby reating a healthier foundation for conception and pregnancy, refer to the Lox-Tox Living handout emailed to you after last session.
2. Continue committing to your 4 walks a week; aim for a 40-minute session each time.
3. Go to the local pool on the day date 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).

*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. NaturoBest PMS Support & Antioxidant

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

Note this replaces BioMedica Mood FX and RN Labs Progest Fortify.

The combination of herbal extracts, particularly Vitex agnus-castus and Affron® Saffron, may help manage anxiety, OCD, and PMS symptoms by supporting healthy reproductive hormone balance and reducing premenstrual tension. These ingredients, along with the antioxidant properties of Pomegranate, Rosemary, and Grape seed extracts, can contribute to overall health improvement and potentially support healthy conception preparation. The inclusion of Zinc, an essential mineral, may aid in supporting liver function, which could positively impact liver enzyme levels.

7. Give Back Health Clinic - MagRegulate

Dose - Take 1 level scoop mixed in water 30 minutes before bed.

This supplement combines Magnesium, Taurine and Glycine which is a beautiful relaxing combination for the nervous system which may help manage anxiety, OCD, and PMS symptoms by supporting mood balance and promoting refreshing sleep. It also aids in muscle function and heart health, while playing a crucial role in preparing for healthy conception and pregnancy. The magnesium content may contribute to improved liver function, aligning with the goal of enhancing overall health.

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.

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**

See you again for your treatment plan review next month, I've tentatively booked you in for 12 pm on 20 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.