



TREATMENT PLAN

21/11/2024

Health Goals

1. Continuing to prepare an environment for healthy conception and pregnancy with a **#1 priority of supporting smoking cessation.**
2. Continue managing Anxiety, OCD & PMS.
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. Optimise nutrient status and egg quality.
2. Support mitochondria health.
3. Support detoxification and elimination pathways.
4. Support, nourish and regulate the nervous system.
5. Undergo further testing to identify any specific obstacles to wellness and to support healthy conception.

Dietary Recommendations

1. See handout "Preconception Guide - Made specifically for you"
2. I added some "Joy" Pukka tea to your vita.ly prescription if you need another one to try.

Lifestyle Recommendations

1. Follow the Reduce Smoking Plan in the handout "Preconception Guide - Made specifically for you"
2. Slowly bring back your exercise - whatever you can fit in - 30 minutes is better than no minutes.
 - o Remember the tip we spoke about in our session - Maybe a 30-minute walk after dinner, while it's still light in the summer months could double as a way to distract you from having a cigarette.
3. I added the Weleda Pomegranate 24h Roll-On Deodorant onto your vita.ly prescription if you to try out.

Supplement Recommendations

This has not changed.

If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman, Orthoplex White Clinical Lipids, and BioCeuticals BioActive Ubiquinol and call me.

*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 replaced BioMedica Mood FX and RN Labs Progest Fortify from former treatment plan

7. Give Back Health Clinic - MagRegulate

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

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, Orthoplex White Clinical Lipids, and BioCeuticals Bioactive Ubiquinol. 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 19 December.

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.