

TREATMENT PLAN

19/12/2024

Health Goals

1. Continuing to prepare an internal and external 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- 2 - Made specifically for you"

Lifestyle Recommendations

1. Follow the Reduce Smoking Plan in the handout "Preconception Guide - 2- Made specifically for you"
2. Establish and start implementing your proposed workout schedule - Start with Saturday and Sunday and work your way up to 5 activities a week/

Day	Time	Exercise
Saturday	After Scarlett's dancing	Pilates Reformer
Sunday		Aqua Aerobics
Wednesday	Scarlett's bedtime	30-minute walk
Thursday	6am - 7am	Gym workout
Friday	Scarlett's bedtime	30-minute walk

Supplement Recommendations

*Indicates will support egg health and healthy conception.

When to take	Pre-Conception	When Positive
With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules* Clinical Lipids - 2 capsules Ubiquinol - 1 capsule* NaturoBest PMS Support & Antioxidant - 1 capsule NaturoBest Preconception Multi - 1 capsule*	Vitamin D - 2 capsules VegeNAC - 1 capsule Clinical Lipids - 1 capsule Ubiquinol - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
With Dinner	VegeNAC - 2 capsules* Clinical Lipids - 2 capsules NaturoBest PMS Support & Antioxidant - 1 capsule NaturoBest Preconception Multi - 1 capsule*	VegeNAC - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
30 minutes Before Bed	Silymarin - 2 tablets MagRegulate - 1 scoop mixed with water	Nothing

Reminders

1. **Keep up the great work!**
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**
3. **See you again for your treatment plan review next month, I've tentatively booked you in for 12 pm on 13 February.**

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.