

Treatment Plan

Second Trimester Wellness Guide

Celebrating 12 weeks and supporting your journey ahead

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Celebrating 12 Weeks & Remarkable Progress!

Congratulations on incredible achievements! Not only have you reached the 12-week milestone, but you've also made extraordinary progress with your smoking reduction and eliminated alcohol. This represents remarkable dedication to your baby's health and your own wellbeing.

Your Amazing Progress:

- **✓ Dramatically reduced smoking** - from daily to just a few per week (massive improvement!)
- **✓ Completely alcohol-free pregnancy** - supporting healthy brain and organ development
- **✓ 12 weeks completed** - major organs developed, miscarriage risk significantly decreased
- **✓ Second trimester begun** - the "golden period" with typically increased energy.

What Your Reduction Already Means for Your Baby:

- Significantly improved oxygen delivery for healthy development
- Greatly reduced risk of birth complications
- Much better nutrient absorption and placental function
- Improved prospects for healthy birth weight and lung development
- Substantially lower risk of behavioural and learning issues

The Science of Harm Reduction

Even reducing from daily smoking to a few cigarettes weekly creates massive benefits. Every cigarette you don't smoke provides immediate improvements in blood flow and oxygen delivery to your baby. You're already protecting your baby in profound ways.

Health Goals

1. **Continue reducing smoking toward complete cessation** - building on your remarkable progress
2. **Maintain your alcohol-free lifestyle** - you've mastered this!
3. **Support healthy foetal development** during this critical growth period
4. **Continue managing mould exposure** with practical environmental strategies
5. **Focus on mood and emotional wellbeing** to support your overall success

Treatment Aims

1. **Celebrate and maintain** your smoke-free, alcohol-free achievements
2. **Redirect energy previously used for cessation** toward positive pregnancy experiences
3. **Continue environmental safety strategies** while building on existing progress
4. **Expand nutritional variety** as appetite typically improves
5. **Focus on mood support and joy** during this often more comfortable phase

Your Wellness Priorities

1. Creating a Safer Environment

Simple approaches for managing mould exposure

Daily Air Quality Practices:

- Open windows for 20 minutes twice daily (morning and evening)
- Keep bedroom door closed when not in use
- Use HEPA air purifier in bedroom (prioritise if only one available)
- Keep humidity below 50% (use inexpensive humidity monitors)
- Remove shoes at door to avoid tracking in spores

Personal Protection:

- Use N95 mask during cleaning activities
- Keep clean clothes in sealed containers/bags
- Use dehumidifier in highest humidity areas

Practical Cleaning Approach:

- Use microfiber cloths for dusting (dispose or wash in hot water)
- Clean visible mould with vinegar solution (safer than bleach during pregnancy)
- Vacuum with HEPA filter (if available)
- Focus on keeping sleeping area as mould-free as possible

Limited Budget Solutions:

- Baking soda as deodorizer
- Vinegar (5%) for surface cleaning
- Prioritise bedroom air quality first
- Seal obvious water leaks with temporary measures

I've also attached a "Practical Mould Management During Pregnancy" handout for more tips if you're interested.

2. Continuing Your Smoking Reduction Journey

Building on remarkable progress toward complete cessation

Acknowledge How Far You've Come!

Reducing from daily smoking to just a few cigarettes per week is extraordinary progress. This level of reduction has already created significant health benefits for you and your baby.

Current Realistic Goal:

Move from "a few per week" to complete cessation during this second trimester when energy is typically higher and motivation is strong.

Strategies for the Final Steps:

Weekly Reduction Approach:

- **This week:** Identify your 2-3 remaining cigarettes - what triggers them?
- **Next week:** Choose the "easiest" cigarette to eliminate
- **Following weeks:** Gradually eliminate remaining cigarettes one at a time

Enhanced Replacement Strategies:

- **4-7-8 breathing** (continue using when cravings hit)
- **5-4-3-2-1 grounding technique** when feeling triggered
- **Immediate alternatives:** Pregnancy-safe herbal teas, short walks, call a friend
- **Baby connection:** Hand on belly, talk to baby about protecting them

Timing-Specific Strategies:

- **If morning cigarettes:** Replace with special pregnancy tea ritual
- **If stress cigarettes:** Use breathing techniques + movement
- **If evening cigarettes:** Create new wind-down routine (bath, stretching, journaling)
- **If social cigarettes:** Practice responses and alternative activities

Progress Tracking:

- **Celebrate reduction milestones:** 2 per week, 1 per week, smoke-free days
- **Money saved calculator:** Add up savings for baby fund
- **Weekly baby development:** Connect cessation to baby's growth milestones

Support for Final Push:

- **OneLeaf app:** Continue using for motivation and tracking
- **QUIT line: 13 7848** for professional support
- **Your psychotherapist:** Can help with any anxiety around complete cessation
- **This community:** Use your existing support network

Remember: *You've already done the hardest part. These final few cigarettes are the last barrier between you and complete victory for you and your baby.*

3. Second Trimester Nutrition Foundations

Second Trimester Changes:

- Increased caloric needs (additional 300-400 calories daily)
- Often improved appetite and food tolerance
- Reduced nausea allows for more varied nutrition
- Focus shifts to supporting rapid foetal growth
- Iron needs increase significantly

Enhanced Daily Nutrients:

- **Protein:** Increase to 75-100g daily (from 60g in first trimester)
- **Folate:** Continue with prenatal supplement plus food sources
 - Require 600-800 mcg of folate daily which can be difficult to achieve purely from food
- **Iron:** 27mg daily - crucial for increased blood volume
- **Calcium:** 1200mg daily for bone development
- **Choline:** Continue 2 eggs daily or equivalent
- **Omega-3 DHA:** 200-300mg daily for brain development
- **Vitamin D:** Support with sunshine and foods
- **Fibre:** 25-30g daily to prevent constipation

Expanded Meal Framework:

- Breakfast: Larger portions, include healthy fats
- Mid-morning: Substantial protein snack
- Lunch: Focus on iron-rich proteins with vitamin C
- Afternoon: Energy-sustaining snack
- Dinner: Balanced plate with extra vegetables
- Evening: Optional healthy snack if hungry

Foods to eat more of	Foods to eat less of / avoid
<ul style="list-style-type: none">• Rainbow of vegetables• Low-mercury fish (salmon, trout)• Eggs• Lean proteins• Whole grains• Legumes• Nuts and seeds• Healthy fats (avocado, olive oil)	<ul style="list-style-type: none">• High-mercury fish (tuna, swordfish)• Undercooked meats• Unpasteurized dairy• Deli meats unless heated• Excessive caffeine (limit to 200mg daily)• Artificial sweeteners

I am happy to support you with your food-first approach to nutrients; however, it is important that you pay careful attention to variety and quantity and it is essential that you:-

1. **Plan your meals to ensure you are getting enough of what you and your growing baby require – review the Food-First Pregnancy Nutrition Guide attached.**
 - *If you need more help with this from me – please set up another appointment and we can work together to create an appropriate weekly meal plan based on your preferences and needs.*
2. **Continue to get blood tests throughout your pregnancy to check for deficiencies – please talk to your GP about this at your first “shared care appointment”**
3. **Track energy and mood patterns**
4. **Monitor weight gain trajectory**
5. **Discuss any concerns with healthcare provider**

If blood work shows deficiencies or if maintaining this level of nutritional focus becomes stressful, supplementation may be the more practical choice for optimal pregnancy outcomes.

4. Movement & Energy

Taking advantage of increased energy during this second trimester

Second Trimester Benefits:

- Typically, increased energy levels
- Decreased nausea allows for more varied activity
- Growing belly but not yet cumbersome
- Often considered the best time for prenatal exercise

Enhanced Movement Goals:

- 30-40 minutes of activity most days
- Mix of cardiovascular and strength activities
- Include pelvic floor and core work
- Focus on posture as body changes

Recommended Second Trimester Activities:

- **Swimming** (excellent full-body, low-impact exercise)
- **Brisk walking** (can gradually increase duration/intensity)
- **Prenatal Pilates** (focus on core and pelvic floor)
- **Light weight training** (with modifications under the guidance of a qualified trainer)
- **Dancing** (gentle, pregnancy-safe styles)

New Movement Opportunities:

- Join prenatal exercise classes for community
- Explore different walking routes for variety
- Try prenatal aqua aerobics
- Begin preparing body for labour with specific exercises

Movement as Smoking Alternative:

- Use increased energy for longer distraction activities
- Try new forms of movement when cravings hit
- Create movement-based rewards for smoking milestones
- Use exercise endorphins to replace nicotine highs

5. Emotional Wellbeing & Mood Support

Focusing on joy and emotional balance during this special time

Now That Major Lifestyle Changes Are Established:

With significant smoking reduction and complete alcohol cessation achieved, you can redirect your energy toward emotional wellbeing and creating positive pregnancy experiences.

Addressing "Feeling Stuck" - Your Mood Support Toolkit:

I understand you're feeling restricted and stuck in your current situation. To help you discover what works best for lifting your spirits, please try the **"Starter Mood-Lifting Toolkit"** - 7 specific strategies to try over one week along with the **Daily Mood Tracking Sheet (both attached to your email)**.

This approach prevents overwhelm while giving you variety to discover what works. We'll review your tracking data at our next appointment to build your personalized mood-support plan based on what actually helps you feel better.

Anxiety & OCD Support:

- **Continue your work with psychotherapist** - they can help you navigate pregnancy-related anxieties
- **Maintain 4-7-8 breathing practice** - now for general stress rather than just smoking cravings
- **Continue 5-4-3-2-1 grounding technique** - helpful for any overwhelming moments
- **Reframe your identity:** From "person struggling with habits" to "protective, health-conscious mother making remarkable progress"

Pregnancy-Specific Mood Support:

- **Daily baby connection:** Talk, sing, or read to your baby
- **Pregnancy journaling:** Document this special time and your feelings about becoming a mother
- **Celebrate your achievements:** Regular acknowledgment of how far you've come with smoking reduction
- **Create positive pregnancy experiences:** Use strategies from your mood toolkit that work
- **Build community:** Connect with other expectant mothers through classes or online groups

Managing "Feeling Stuck" Emotions:

- **Reframe restrictions as choices:** "I choose health for my baby"
- **Focus on what you CAN control:** Your environment, nutrition, self-care, daily choices
- **Create future excitement:** Plan for post-birth activities and experiences
- **Find purpose in the present:** Each day is actively growing your baby and building your strength as a mother
- **Use your tracking data:** Identify which activities genuinely lift your mood and do more of those

Sleep Support:

- **Side sleeping** (left side ideal for circulation)
- **Supportive pillows** between knees
- **Consistent sleep schedule**
- **Screen-free hour before bed**
- **Gentle stretching or warm shower before sleep**
- **Try listening to OneLeaf or sleep music to relax when you wake up at 2/3am to see if that helps put you back to sleep.**

Supplements

I appreciate you don't want to take supplement's; however, it is my recommendation that you do at least take the following: -

When to take	What to take
With Breakfast	<ul style="list-style-type: none">• Vitamin D – 2 Sprays• Clinical Lipids – 1 capsule• Naturobest Prenatal – Trimester 2, 3 & beyond – 1 capsule
With Dinner	<ul style="list-style-type: none">• Naturobest Prenatal – Trimester 2, 3 & beyond – 1 capsule
30 minutes before bed	<ul style="list-style-type: none">• Activated Probiotics – Biome Lift (new addition)

If you still don't want to take the Prenatal my suggestion is to at least take MTFHR Folate Drops. While I was correct in our session saying folate is mostly important before and a few weeks after falling pregnant to prevent neural birth defects. Folate is also important for the following during the rest of your pregnancy and there is an increased demand **600-800 mcg of folate daily** from food sources. This is challenging but achievable with careful planning. To give you an idea

High-Folate Foods (mcg per serving):

Fortified Foods (Easiest sources):

- 1 cup fortified breakfast cereal: **100-400 mcg** ★
- 1 slice fortified bread: **20-60 mcg**
- 1 cup fortified plant milk: **25-50 mcg**
- Fortified nutritional yeast (2 tbsp): **180 mcg**

Natural Sources:

- 1 cup cooked lentils: **358 mcg** ★
- 1 cup cooked black beans: **256 mcg** ★
- 1 cup cooked spinach: **263 mcg** ★
- 1 cup raw spinach: **58 mcg**
- 1/2 cup cooked asparagus: **134 mcg**
- 1 medium avocado: **81 mcg**
- 1 cup cooked broccoli: **84 mcg**
- 85g beef liver: **215 mcg** ★
- 1 large egg: **22 mcg**

Furthermore, following today's session I've included the Lift Probiotic for your consideration as it is understood to be safe in pregnancy. It contains specifically trialled *Lactobacillus* and *Bifidobacterium* probiotic strains which may help to:

- Enhance sleep quality
- Reduce cognitive fatigue
- Support healthy emotional balance i.e. lift mood
 - No added GMO's, wheat, lactose, fructose, yeast, nuts, seeds, peanuts, soy, egg, fish or shellfish
 - Free from gluten, dairy, artificial colours, flavours, sweeteners or preservatives

- No refrigeration required
- Vegan friendly

Whatever you decide to do on the supplement front please ensure you inform your GP about

- **Your previous smoking history**
- **Current mould exposure situation**
- **Any supplements you're taking (including the lack of any for increased monitoring by way of blood tests to ensure no deficiencies)**

Moving Forward - You're Already Winning!

This is a time of profound transformation, and you've already tackled the biggest challenges. You should feel incredibly proud of:

- Choosing your baby's health over previous habits
- Successfully maintaining these changes through the most challenging first trimester
- Creating the optimal environment for your baby's development

Your Focus Now:

- **Maintain your victories:** Continue being the smoke-free, alcohol-free mother you've become
- **Embrace this phase:** Use increased second-trimester energy for positive experiences
- **Support your mood:** Address the "feeling stuck" emotions with targeted strategies
- **Prepare with excitement:** Channel your energy into preparing for your baby's arrival

We'll work together to help you not just survive this pregnancy but truly enjoy and cherish this special time. You've proven you can make incredible changes - now let's focus on finding joy and purpose in this journey.

Next Steps:

1. **Continue your current supplement approach** (or restart if desired)
2. **Use the mood-lifting strategies** to address feeling stuck
3. **Implement the food-first nutrition plan**
4. **Maintain environmental strategies** for mould management
5. **Schedule regular check-ins** to monitor progress and adjust support

Remember: You've already overcome the hardest parts. Everything from here is about optimising and enjoying your pregnancy journey.

You've got this!

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au.

This guide complements but doesn't replace any medical advice. Always keep your healthcare team informed of your wellness journey.

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.

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