

Treatment Plan

16-Week Pregnancy Wellness Guide

Celebrating 16 weeks and Building on Your Remarkable Progress

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This confidential document contains personalised health recommendations based on individual assessment. If found, please respect privacy and contact Janaya Karloci Naturopath Pty Ltd at wellness@janayakarlocinaturopath.com.au for details on how to return.

Congratulations on reaching 16 weeks 5 days!

Your progress since our last appointment has been extraordinary - your energy has doubled (from 3/10 to 6/10), your mood is significantly better, and your anxiety has decreased. This shows your body is responding beautifully to the second trimester.

Your Amazing Progress:

-  **Energy significantly improved** - from 3/10 to 6/10
-  **Mood much better** – from 5/10 to 7/10 and no more depression-like feelings
-  **Anxiety reduced** - from 5/10 to 3-4/10
-  **Continued smoking reduction** - much better overall with only 2 over the past weekend
-  **NIPT results** - low risk, baby looking great
-  **Positive pregnancy activities** - vision board started conceptually, buying baby items, planning for nesting
-  **Sleep improvement** - waking at midnight instead of 2-3am and for only an hour opposed to a couple of hours

Health Goals for Mid-Second Trimester

1. **Support natural sinus health** - address recurrent infections with pregnancy-safe strategies
2. **Continue excellent smoking progress** - build on recent improvements with stress alternatives
3. **Address specific pregnancy anxieties**
4. **Optimise nutrition focus** - especially fish intake and micronutrient adequacy
5. **Enhance sleep quality** - support for midnight wake periods

Treatment Aims

1. **Develop natural sinus infection prevention and management** strategies
2. **Expand mood-lifting activities** building on what you enjoyed from the starter toolkit
3. **Create stress alternatives** to replace smoking triggers
4. **Establish grounding activities** you enjoy (indoor and outdoor options)
5. **Formalise exercise routine** with Pilates and walking schedule

Your Wellness Priorities

1. Natural Sinus Health Support

Managing recurrent infections during pregnancy

Understanding Your Pattern: Every 6 weeks or so you're experiencing sinus infections, likely linked to your mouldy environment exposure and personal susceptibility. The nasal flushes helped but were difficult - let's make this easier and add other natural strategies.

Pregnancy-Safe Sinus Support Plan:

Daily Prevention:

- **Saline nasal rinse:** Start with 1-2 times weekly (less frequent than treatment dose)
- **Steam inhalation:** 5-10 minutes daily with plain water
- **Hydration focus:** Extra water intake to thin mucus
- **Humidifier:** In bedroom to prevent nasal drying
 - *I believe you've already got this going*

Natural Remedies for Active Infections:

- **Increased saline rinses:** Up to twice daily during infection
- **Warm compress:** Over sinuses for 10-15 minutes, 2-3 times daily
- **Ginger tea:** Anti-inflammatory properties, safe during pregnancy
- **Raw honey:** 1 tsp in warm water for antibacterial effects
- **Pregnancy-safe essential oils:** Eucalyptus or peppermint in steam (very diluted)
 - *Check out [Euky Bear](#) (I've contacted them to check all oils and inhalants are pregnancy friendly so will confirm by text once I know).*

Environmental Modifications:

- **Extra ventilation:** Open windows more frequently during high-mould days
- **Bedroom focus:** Use air purifier consistently, keep humidity below 50%
 - *You can pick up a humidity on amazon for \$30-50*

2. Nutrition Focus - Key Priorities

Optimising your food-first approach

Current Strengths:

- Excellent awareness and intention
- Good baby spinach and red meat intake
- Healthy work lunch choices

Keep following your Food-First Pregnancy Nutrition Guide

Priority Focus Areas:

Fish Intake - Your Challenge:

- **Goal:** 2-3 servings per week minimum
- **Easy options:**
 - Baked salmon with vegies once a week
 - Canned salmon/sardines in salads (but no more than once a week)
 - Smoked salmon on toast
 - **Recommendation:** Go with reputable store-bought brands of smoked salmon, check dates carefully, and consider heating it in dishes when possible for extra safety.
 - Most pregnancy guidelines consider quality commercial smoked salmon **low risk** when handled properly, but heating it eliminates any concerns entirely.
- **Work lunches:** Ask for fish options when available
- **Home:** Pre-cooked fish from supermarket for easy meals
- **Reminder strategy:** Set phone reminders Tuesday/Thursday/Saturday "fish day"

Top Nutrient-Dense Foods to Prioritise:

- **Daily:** 2 eggs, baby spinach, red meat or fish
- **3-4 times/week:** Legumes (beans, lentils, chickpeas)
- **Weekly:** Liver (if tolerated)
- **Daily:** Fortified foods (cereal, bread, plant milk)
- **Daily:** At least 4 other serves of vegetables

Reminder of High Folate Foods

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**

Blood Test Follow-up:

- Send results when available
- We'll adjust nutrition plan based on any deficiencies found
- Send through the 3-day food photo documentation

3. Enhanced Mood Support - Toolkit 2.0

Building on what you loved from the first toolkit

Since you enjoyed having all those mood-lifting ideas, here's your expanded toolkit with fresh activities: **See separate "Mood-Lifting Toolkit 2.0" document for 7 new strategies to try and feel free to go back to the old ones**

4. Sleep Support for Midnight Wakes

Making that 1-hour wake period more restful

Midnight Wake Toolkit: Since you're successfully avoiding scrolling/reading on your phone, here are calming alternatives:

- **Adult bedtime stories:** YouTube channels like "The Honest Guys" or "Michelle's Sanctuary" – just listen with ear phones.
- **Pregnancy meditation:** Specific tracks for middle-of-night wakes
- **Gentle music:** Classical, nature sounds, or pregnancy-specific playlists
- **Gratitude practice:** Mental list of 3 things you're grateful for that day
- **Baby visualisation:** Imagine your baby growing and developing

5. Addressing Pregnancy-Specific Anxiety

Supporting you through miscarriage fears

Understanding Your Anxiety: It's completely normal to have anxiety about miscarriage, especially given your previous experience. The difference between this pregnancy and your first successful one shows how our experiences shape our fears.

Evidence-Based Reassurance:

- **NIPT results:** Low risk - this is excellent news
- **16+ weeks:** Risk of miscarriage drops significantly after 12 weeks
- **Previous success:** You've carried a baby to term successfully before
- **Current health:** Your improved energy and wellbeing are positive signs

Daily Anxiety Management:

- **Morning affirmation:** "Today I am pregnant, and my baby is growing"
- **Weekly milestone celebrations:** Acknowledge each week completed
- **Medical appointment prep:** Write down concerns to discuss with healthcare providers
- **Grounding when anxious:** Use outdoor grounding activities (see below)
- **Connection with baby:** Daily belly time and positive visualisation

6. New Grounding Activities

Since you prefer these over breathing exercises

Outdoor Grounding (with Vitamin D bonus):

"Sunshine & Growth" Practice:

- Stand barefoot on grass/earth for 10 minutes
- Feel connection between your feet and ground
- Place hands on belly and imagine baby receiving earth's energy
- Notice
 - 5 things you can see
 - 4 you can hear
 - 3 you can feel
- End with gratitude for your body's ability to grow life

Indoor Grounding:

"Home Sanctuary" Practice:

- Sit comfortably with feet flat on floor
- Hold a meaningful object (baby item, special stone, photo)
- Focus on the weight and texture of the object
- Take 5 slow breaths while holding it
- Set an intention for yourself and baby for the day
- Can be done in any room, takes 3-5 minutes

7. Stress Management Alternatives

Replacing cigarettes when stressed

Immediate Stress Busters (instead of cigarettes):

- **Quick outdoor break:** 2-3 minutes outside, even if just stepping out the door and taking 3 deep breaths
- **Hand on belly meditation:** 1 minute of focusing on baby while breathing
- **Stress ball + visualisation:** Squeeze while imagining stress leaving your body
- **Call/text support person:** Quick check-in with someone who makes you feel better
- **5-minute walk:** Around the office, home, or just up and down stairs

8. Exercise Schedule - Making it Official

Formalising your movement plan

Your Weekly Exercise Schedule:

Pilates:

- **Every week:** 1 session confirmed for Thursday
- **Every second week:** Aim for 2 sessions (Thursday + Wednesday or Friday)

Walking:

- **Saturday:** Morning or afternoon walk
- **Sunday:** Morning or afternoon walk
- **Wednesday:** Afternoon walk after work

Swimming:

- **On hold:** Until weather warms up or you're bigger and more keen

- **Revisit:** Spring/summer for comfort

Daily Movement:

- **Stress management:** Use walking as cigarette alternative
- **Evening routine:** Gentle stretching before bed instead of TV

9. Supplement Discussion

Reviewing your food-first approach

Current Approach Assessment:

- How confident do you feel about meeting nutrients from food?
- Any concerns about adequacy?
- Energy levels and how you're feeling overall?
- Willingness to consider minimal supplementation?
 - **Minimum approach:** Folate drops only
 - **Moderate approach:** Folate + Vitamin D + Omega-3
 - **Food-first support:** Enhanced meal planning and monitoring

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 Doing Amazing!

At 16 weeks, you're continuing to demonstrate incredible commitment to your baby's health. The progress you've made with lifestyle changes is remarkable, and now we're focusing on fine-tuning and building on what works for you.

***Remember: This is about progress, not perfection. Every positive choice you make continues to benefit both you and your growing baby.
You've got this!***

Important Reminders:

- Continue your work with psychotherapist for anxiety and OCD support
- Keep your GP informed about your progress and any concerns
- Don't hesitate to reach out between appointments if you need support

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.