



TREATMENT PLAN

25/03/2004

Health Goals

1. Continuing managing Anxiety & OCD Symptoms
2. Continue managing PMS, including increased OCD symptoms & anxiety in the luteal phase (after ovulation).
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 and nourish the HPA-Axis (adrenals).
4. Support liver health and function.
5. Undergo further testing to identify any specific obstacles to wellness.
 - a. **Full lipid profile** (Cholesterol, Triglycerides, HDL, LDL, risk ratios) to get a better understanding of the breakdown given your recent low reading and the important role cholesterol plays in the synthesis of neurotransmitters (serotonin) and sex hormones (progesterone); maintaining the integrity and fluidity of cell membranes, including platelets (may be contributing to mild thrombopenia) and for being essential for the formation of myelin, a protective layer around nerve cells - disruptions in myelin integrity may contribute to anxiety & OCD.
 - b. **Thyroid extensive profile** (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab) for a check-in given: -

- i. The thyroid is a very sensitive organ.
- ii. Your family medical history.
- iii. Galactorrhea [spontaneous milk flow from the breast, unassociated with childbirth or nursing], mild thrombocytopenia, and recurrent sinus infections can be symptoms of hypothyroidism, so always good to rule it out.
- c. **Iodine**, as it can be a cause of hypothyroidism.
- d. **Red cell folate & Vitamin B12** - their deficiency can be associated with thrombocytopenia.
 - Vitamin B12 and folate are also both involved in - a) the synthesis of serotonin and dopamine (feel-good neurotransmitters), b) crucial for the methylation reactions that are essential for DNA synthesis and repair, and c) in the formation and maintenance of myelin, a protective covering around the nerves; therefore, a deficiency in one or both may be contributing to anxiety and OCD.

Dietary Recommendations

1. Take on the 28-Day Liver-Loving Foods Challenge.
 - Commit to eating at least 4 of the 15 best foods for liver health daily for the next 28 days while also trying to reduce all 4 of the worst foods for liver health (sugar, fried foods, refined grains & processed foods) as a way to gently ease into taking on a more anti-inflammatory style diet and to give your liver that extra love and support it needs to do all that is required of it.
 - Attached is.
 - a) Your Liver Health Guide and
 - b) Your challenge chart with a list of the best 15 foods for liver health.
 - Have a good read of the guide to get a good understanding of what our liver does, what contributes to its load, why it is so important to keep it healthy, and simple ways to support its health. Then, for the next 28 days, eat and write down each of these foods you have daily in your chart. If you have more than 4, include them all.
2. Ensure you are drinking at least 8 glasses/2L of water each day.

Lifestyle Recommendations

1. Start to support a healthy circadian rhythm, essential for improving sleep quality and quantity by: -
 - a. Continue going to bed and waking up at the same time every day.
 - 10pm lights out
 - 5am lights up
 - b. When you wake in the morning, open your curtains/blinds and for the first 30 minutes of the day, try to expose yourself to as much natural sunlight as possible.

- c. Establish a “nighttime wind-down routine” during the last hour before bed to better prepare your body for sleep and to improve onset and maintenance. During this “wind down”, it is suggested that you dedicate this time to relaxation without using technology (phone, computer, TV, iPad, etc.). Suggestions on things you could try in this last hour include: -
 - i. Reading a physical book (not on a screen) for enjoyment (nothing too intense).
 - ii. Writing in a gratitude journal.
 - iii. Colouring in.
 - iv. Doing a puzzle (don’t start with anything too complex).
 - v. Take an Epsom salt bath (you could try [Byron Epsom Salts Bath Relax](#), which is infused with the essential oils of **lavender, jasmine, cedarwood, ylang ylang, and patchouli to optimise relaxation**). **This will also help reduce muscle tension** and support detoxification.
 - vi. Light stretching after a bath/shower, particularly when you’ve been physically active.
 - vii. Self-massage with lavender-scented oil.
2. Take a read of the “Detox Methods” handout to learn a bit more about why detoxification is so important for overall health and wellbeing, along with some simple detoxification techniques you can try. This will also help to boost your energy, brighten your mood, and improve your overall wellbeing.
3. I’ve also reattached the grounding technique handout from the last session as a reminder to try it in that “crucial moment” (when thoughts flood your head, and you start to feel more anxious by the second).

I look forward to hearing which ones you try and what you think next time.

3. Continue committing to your 4 walks a week; aim for a 40-minute session each time.

Supplement Recommendations

1. **BioMedica VegeNAC**

Dose - Take 2 @ breakfast & 2 @ dinner.

2. **Metagenics P-Lift**

Dose - Take 1 @ breakfast

3. **Metagenics Adaptan**

Dose - Take 2 @ breakfast & 2 @ lunch/when you get home from work (but with something to eat)

4. **Metagenics Silymarin IC**

Dose - Take 1 @ breakfast & 1 @ bedtime.

5. **Orthoplex White Mito Pro** (new)

This will replace the BioCeuticals Mega B, I prescribed last time and your original magnesium supplement.

Dose: 1 rounded scoop (8g) once daily in 250 mL water; consume immediately, at breakfast.

This is a fantastic blend of nutrients to reduce oxidative stress, support energy production, pre-conception, neurotransmitter synthesis, the body's response to stress, liver detoxification and red blood cell production. It contains vitamin B12 and folate; the importance of each is discussed above in the treatment aims. It also contains ubidecarenone (a form of Co-enzyme 10), which is an important antioxidant for mitochondria health, and magnesium citrate, which is a known alkaliser that may help to reduce the acidity of your blood (lower your sub-optimally) high anion gap (electrolyte balance).

Referrals

Attached is a referral for you to take to your GP before getting your ELFTs retested next month. If they refuse to refer you for any of these tests, please feel free to contact me for a pathology form. It is obviously easier for you if you get everything done at once.

You've got this!

See you again for your treatment plan review at 12pm on Wednesday, 1 May. Don't forget to send through your new blood tests before this appointment.

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.