



TREATMENT PLAN

30/03/2004

Health Goals

1. Reduce Fasting Blood Glucose Levels
2. Reduce high blood pressure
3. Improve mental health
4. Improve energy levels

Treatment Aims

1. Support Blood Sugar Regulation
 - We'll do this through improving your diet, getting you to do more exercise, reducing your body weight and learning to better manage stress.
 - Regulating your blood sugar will also help to improve mood, energy and blood pressure.
2. Support and nourish the HPA-Axis (adrenals)
 - We'll do this by improving your diet, getting you to do more exercise, doing regular meditation and potentially taking some supplements that support building your resilience to stress.
 - Supporting a healthy resilience to stress will also help to reduce blood pressure and blood sugar regulation and improve your mood.
3. Support Mitochondria Health
 - Mitochondria are like tiny power plants in our cells, generating energy crucial for bodily functions) and overtime, especially if we are always expending all this extra energy through being stressed and anxious they, can get worn out and need a little love.

- *We'll do this through improving your diet, getting you to do more exercise (mitochondria LOVE exercise), reducing your body weight and learning to better manage stress.*

Dietary Recommendations

1. Eliminate all energy drinks, soft drinks and white bread.
 - If you have to replace an energy drink in the morning with coffee to give you a boost, this would be a better option. It has no sugar and is made with low-fat milk only.
2. Eliminate all alcohol; if you have to drink, aim for no more than 2 drinks, 3 days a week.
3. Start having something small for breakfast (low GI) to start your day with something as a way to start regulating your blood sugar.
 - 1 piece of whole grain toast with an egg and some spinach would be perfect, but tomato, vegemite or peanut butter is fine too and a piece of fruit.
4. Read and start incorporating tips from the "Natural Ways to Lower your Blood Glucose Levels" handout.
 - a. Start with the first point: -
 - Follow a balanced diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats.
 - You should aim for the following ratio of macronutrients at each meal.
 - Protein - 25%
 - Non-Starchy vegetables - 45 %
 - Examples - leafy greens (Asian greens, endive), broccoli, cauliflower, cabbage, cucumber, garlic, carrot, asparagus, celery, kale, zucchini, green beans, mushroom, radish, fennel, asparagus.
 - Complex Carbohydrates - 25%
 - Examples - Fruits, your starchy vegetables (sweet potatoes, pumpkin, beetroot, corn), wholegrains (Oats, rye, spelt, sourdough, gluten-free pseudo grains such as buckwheat, quinoa, amaranth, brown, long grain or basmati rice, coconut flour, psyllium).
 - Fats - 5%
 - Examples - Fatty fish (salmon, sardines, mackerel), chia, hemp, or flax seeds for long chain omega-3 polyunsaturated fatty acids (PUFAs), avocado, tahini, olives, extra virgin olive oil (EVOO), coconut oil, sesame seed oil for monounsaturated fatty acids (MUFAs).
 - Aim to eat fatty fish at least twice a week.
5. Start educating yourself and getting ready to transition to a low-carbohydrate Mediterranean Diet. This will support blood sugar regulation, in addition to improving your overall health and wellbeing diet. Refer to the handout provided for more information.

Lifestyle Recommendations

1. Come up with a new afternoon routine that involves you keeping busy on your own. Include some exercise, prepare yourself a nutritious meal, and incorporate some

meditation.

2. Commit to 30 minutes of cardio exercise five times a week and an additional 20 minutes of resistance training 3 days a week.
3. Start incorporating this [5-minute meditation](#) into your daily schedule at a suitable time for you where you won't be interrupted. If you get bored with doing the same meditation day in and day out, feel free to add to your collection by searching on YouTube – “5-minute meditation for stress relief/supporting self-confidence, reduce anxiety etc.” there is so much to choose from – my advice is making sure you like their voice.

Supplement Recommendations

1. **Psyllium Husk** [Macro](#) | [Woolworths](#)

Dose: Mix one (1) tablespoon of psyllium husk in a large glass of water and drink immediately. This is best taken as soon as you get home from work. It is important that you take it at least two hours before any medications or supplements, as it can reduce their absorption in the GIT.

- Psyllium husk supports blood sugar regulation. The soluble fibre content in psyllium husk absorbs water in the digestive tract, forming a gel-like substance that slows down the absorption of glucose from food. This gradual release of glucose helps prevent rapid spikes in blood sugar levels after meals, promoting more stable glycemic control. Additionally, psyllium husk can improve insulin sensitivity, allowing cells to better utilise glucose for energy and thereby reducing the risk of insulin resistance and type 2 diabetes.
- Psyllium husk also helps promote feelings of fullness and reduce appetite. When consumed, psyllium husk absorbs water and swells in the stomach, creating a sensation of fullness that can help curb hunger cravings and reduce overall calorie intake. By promoting satiety, psyllium husk may support weight loss efforts by assisting individuals in adhering to a calorie-controlled diet. Moreover, the increased bulk and viscosity of stool caused by psyllium husk may promote regular bowel movements, preventing constipation and supporting a healthy digestive system, which can be beneficial for overall well-being during weight loss journeys.

2. **RN Labs N-Acetylcysteine (NAC)**

Dose Wk 1 – Take 1 scoop (700mg) in water @ b/fast & 1 scoop (700mg) in water @ dinner (1400mg/day).

Wk 2 – Take 1 scoop in water @ b/fast & 2 scoops in water @ dinner (2,100 mg/day)

Wk 3 and beyond – Take 2 scoops in water @ b/fast & 2 scoops in water @ dinner (2,800 mg/day).

N-acetylcysteine (NAC) is a supplement form of cysteine, an amino acid that plays a crucial role in various bodily functions. NAC is known for its antioxidant properties, which help combat oxidative stress and reduce inflammation in the body. It is also a precursor to glutathione, one of the body's most potent antioxidants. Glutathione

supports detoxification processes, mitochondrial health, and cell protection from damage caused by free radicals.

NAC at the doses I am recommending have been shown to be beneficial in the following conditions: -

- Addictions (cannabis, cigarette smoking and gambling)
 - 16 out of 29 participants who suffered from confirmed pathological addiction to gambling who also received NAC experienced significant reductions in gambling behaviour over the trial period (6 weeks).
- Mental Health depression, bipolar disorder, mania, OCD - reduction in symptoms
- Hyperinsulinemia including an improvement in circulating levels of insulin and peripheral insulin sensitivity.

3. **MediHerb Rhodiola & Schisandra**

Dose 1 @ b/fast & 1 @ lunch

Rhodiola and schisandra are traditionally used in Chinese medicine to calm and balance the spirit. Rhodiola is also a slightly stimulating adaptogen (Adaptogen = Increases individual's resistance to stressors [physical, chemical, mental], antioxidant, anti-inflammatory, cardioprotective, and hypotensive. While Schisandra is also a slightly stimulating adaptogen, nervine tonic, mild anti-depressant, hepatoprotective and antioxidant. It's also been shown to improve insulin sensitisation and is indicated for Yang/Qi deficiencies in Chinese medicine (similar to chronic fatigue syndrome), likely due to mitochondrial dysfunction.

The combination of these herbs may work synergistically to support your HPA Axis, thereby enabling you to manage your stress and nourish your nervous system while also providing you with additional energy and supporting your mitochondria health, blood pressure and insulin sensitivity.

4. **Metagenics Meta Pure EPA/DHA**

Dose

- Week 1 - 1 @ b/fast & 1 @ dinner.
- Week 2 - 2 @ b/fast & 2 @ dinner
- Week 3 and beyond - 3 @ b/fast, 3 @ dinner

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), both omega-3 fatty acids found in fish oil, have numerous health benefits, particularly concerning depression, hypertension, blood sugar regulation, and overall well-being.

- **Blood sugar regulation:** EPA and DHA play a role in improving insulin sensitivity and reducing insulin resistance, which are crucial factors in managing blood sugar

levels. They also help regulate inflammation, which is often elevated in conditions such as type 2 diabetes.

- **Hypertension:** Omega-3 fatty acids, particularly DHA, have been associated with lower blood pressure levels. They help improve endothelial function, reduce inflammation, and enhance vasodilation, leading to better blood flow and lower blood pressure.
- **Depression:** EPA and DHA have been extensively studied for their antidepressant effects. They are believed to modulate neurotransmitter function, reduce inflammation, and promote neurogenesis, all of which contribute to alleviating symptoms of depression.
- **Overall health and wellbeing:** EPA and DHA support overall health by reducing systemic inflammation, promoting cardiovascular health, supporting brain function and cognitive health, and aiding in the maintenance of healthy skin, joints, and eyes. They are essential components of cell membranes and play a role in various physiological processes throughout the body.

5. **BioCeuticals Glucofactor Forte**

Dose 1 @ b/fast

- A combination of herbs and nutrients to help maintain healthy blood sugars.

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.