

TREATMENT PLAN GUIDE

Understanding the Science behind your plan

HOW TO USE THIS GUIDE

I've crafted this guide to help you understand how each element of your treatment plan works together to support your improved health and wellness. Let's explore how each recommendation helps address ongoing challenges while building resilience.

Dietary Recommendations - **Strategic Nutrition Support**

Why Protein Matters for OCD and Mood:

- Protein provides essential amino acids needed to make neurotransmitters like serotonin and dopamine
- These neurotransmitters help regulate mood, anxiety, and compulsive behaviors
- Stable protein intake helps maintain blood sugar levels, reducing stress on your body
- Regular protein intake supports steady energy levels throughout the day
 - **Aim for protein with each meal rather than all at once.**

Why 2L/8 Glasses of water are important

Adequate water intake is essential for optimal:

- Neurotransmitter function
- Toxin elimination
- Absorption of supplements
- Overall nervous system function

Lifestyle Recommendations - **Building Resilience**

Breathing Techniques

Your Daily Reset Tool The "**Finding Your Calm: Simple Breathing Techniques**" handout provides specific exercises chosen to:

- Activate your parasympathetic nervous system (your "rest and digest" mode)

- Create a pause between trigger and response
- Support your body's natural stress response system
- Provide a tool you can use anywhere, anytime

How These Specific Techniques Support You:

- The extended exhale naturally calms your nervous system
- The counting aspect helps redirect focus from intrusive thoughts
- Regular practice strengthens your ability to self-regulate
- These techniques are discrete enough to use in any situation
- They're simple enough to remember when stressed
- The techniques can be done sitting, standing, or lying down

Mother-Daughter Connection Time

Building Bonds Beyond OCD - This dedicated time is carefully structured to:

- Create positive experiences outside of OCD patterns
- Strengthen family bonds through shared enjoyment
- Practice being present without compulsions
- Build new neural pathways associated with relaxation and connection

Benefits:

- Reduces dependency on OCD-related interactions (you have done so well with this between our sessions).
- Creates positive associations between family time and relaxation
- Provides practice in being present without compulsions
- Helps rewire stress responses in family dynamics
- Builds trust and emotional safety
- Creates opportunities for natural, unforced communication
- Establishes regular quality time as a priority

Why Weekly Schedule Matters:

- Provides consistency without overwhelming
- Allows enough time between sessions to look forward to them
- Creates a sustainable routine
- Helps prevent the activity from becoming another source of pressure

Supplementation Recommendations - **Supporting Your Body's Natural Healing**

1. METAPURE EPA/DHA (OMEGA-3)

Purpose: Support brain health and reduce inflammation. Benefits:

- Reduces neuroinflammation - OCD symptoms may be exacerbated by inflammation.
- EPA and DHA support healthy brain cell communication

- Research shows omega-3s can help reduce anxiety symptoms and support emotional balance
- Particularly beneficial for OCD by supporting serotonin function
- Provides crucial protection for your brain and nervous system

2. BIOMEDICA MOODFX

Purpose: Supporting Your Gut-Brain Connection. Benefits:

- Contains specific probiotic strains shown to support mood
- Saffron component helps maintain positive mood and emotional balance
- Helps regulate the gut-brain axis
- Supports overall emotional wellbeing

3. L-THEANINE

Purpose: Support Natural Calm Without Sedation. Benefits:

- Blocks excess glutamate activity (often elevated in OCD)
- Promotes alpha brain wave activity associated with calm focus
- Supports production of calming neurotransmitters
- Helps maintain stress resilience

4. BIOMEDIA BIOACTIVATED MAGNESIUM

Purpose Support Nervous System Function and Stress Response. Benefits:

- Supports GABA production and function (calming neurotransmitter)
- Helps regulate neurotransmitter balance
- Contains B vitamins essential for stress response and mood regulation
- Includes zinc, glycine and taurine for additional nervous system support
- Supports cellular energy production and muscle relaxation
- Helps reduce anxiety and improve sleep quality

5. METAGENICS ADAPTAN

Purpose: Support Stress Resilience and Emotional Balance. Benefits:

- Contains Rehmannia to gently support adrenal function
- American Ginseng helps build resilience to stress
- Avena sativa provides nervous system nourishment
- Lavender supports calm mood and reduces anxiety
- Helps regulate the HPA axis for better stress response
- Supports emotional balance without causing sedation

Moving Forward

This protocol is designed to work synergistically, supporting your body's natural healing processes while addressing ongoing symptoms. Each element builds upon the others,

creating a comprehensive approach to recovery. This plan is designed to provide steady, consistent support while your body continues to heal.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

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