



TREATMENT PLAN

29/06/2004

Health Goals

1. Reduce Anxiety and OCD symptoms
2. Regulate mood
3. Regulate digestive function
4. Fall asleep without the use of the phone.

Treatment Aims

1. Support, nourish and regulate the nervous system.
2. Support and nourish the HPA-Axis (Stress Response System).
3. Support bowel regularity and elimination processes.
4. Undergo further investigation to identify if PANS (Pediatric Acute-onset Neuropsychiatric Syndrome), PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections) or any functional/pathological factors are contributing to OCD and anxiety.

Dietary Recommendations

1. Begin educating yourself and getting ready to slowly transition to an anti-inflammatory diet. For more information, refer to the "beginner's guide" provided.
2. As a second step towards implementing an anti-inflammatory diet and as a way to promote bowel regularity and elimination processes (passing a stool every day)

- a. Start to Increase your dietary sources of fibre by including more of the following foods (aim for at least 3 of these a day): -
 - **Fruits** - Bananas, Berries (raspberries, blackberries, strawberries), Oranges & Pears (usually apples - but I know you're not a fan).
 - **Vegetables** - Broccoli, Carrots, Brussels sprout, Artichokes, Sweet potatoes
 - **Legumes** - Lentils, Black beans, Chickpeas, Kidney beans, Split peas
 - **Whole Grains** - Oats, Brown rice, Barley, Quinoa, Whole wheat bread and pasta
 - **Nuts and Seeds** - Almonds, Chia seeds, Flaxseeds, Pumpkin seeds, Sunflower seeds
 - **Other Foods** - Popcorn (air-popped), Avocados, Edamame, Figs, Prunes
 - b. Ensure you drink at least 8 glasses/2L of water daily.
3. Commit to mindful eating at least one meal a day by taking time to sit, relax, and enjoy each mouthful's smell, taste, and texture. During this meal aim to chew each mouthful at least 20 times and avoid drinking any/too much water throughout it. This will really help to support that "rest and digest" (parasympathetic nervous system) function we spoke about. This will support overall digestive function, optimise nutrient absorption, and support bowel regularity and elimination.
4. Keep a food and cycle symptom diary (attached) between now and our next session.
- By keeping a detailed record, we can work together to identify any patterns and make necessary adjustments to your diet and lifestyle to support your health and wellbeing.
 - Please send this back to me a few days before our next session so I can review to see if there are any patterns and where we might be able to make small adjustments.

Lifestyle Recommendations

1. Establish a "nighttime wind-down routine" during the last hour before bed, with the phone locked and, on the charger, to better prepare your body for sleep with the aim to reduce - remove the need for needing the phone to fall asleep. 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: -
 - ☐ Creating some art in your art space
 - ☐ Reading a physical book (not on a screen) for enjoyment (nothing too intense).
 - ☐ Writing in a gratitude journal - reflecting on all the positive things from your day.
 - ☐ Colouring in or drawing.
 - ☐ Doing a puzzle (don't start with anything too complex).
 - ☐ 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).
 - ☐ Light stretching after a bath/shower, this could be particularly useful after dancing.
 - ☐ Self-massage with lavender-scented oil or cream.

Supplement Recommendations

1. Metagenics MetaPure EPA/DHA

Dose

- Week 1 - Take 1 @ breakfast & 1 @ dinner (Total 2g Omega 3)
- Week 2 - Take 2 @ breakfast & 1 @ dinner (Total 3g Omega 3)
- Week 3 (and beyond) - Take 2 @ breakfast & 2 @ dinner (Total 4g Omega 3)

Omega-3 Fatty acids are essential to the body (meaning we cannot create our own; we must get it from what we consume). Approximately 60% of our brain is made up of fat, which highlights the importance of fats for brain health and function. Increasing levels of omega-3 fatty acids have been shown to improve impulsive behaviour and reduce depression and anxiety.

Furthermore, Omega-3 fish oil can support and regulate the immune system by reducing inflammation and promoting a balanced immune response. This is particularly beneficial if PANS or PANDAS is playing a contributing role here. Its anti-inflammatory properties help mitigate the immune system's overreaction, potentially alleviating some symptoms associated with these conditions.

2. BioMedica MoodFX

Dose - Take 1 capsule an hour before bed

Mood FX is a beautiful blend of probiotics to help repopulate your microbiome with beneficial bacteria and the herb saffron. Collectively this will help to support the Gut-Brain Axis for healthy mood and emotional wellbeing. Bifidobacterium longum and Lactobacillus helveticus, have been shown to aid in stress response, and saffron helps to lift mood and reduce symptoms of premenstrual tension. This product promotes general mental wellbeing and can help manage stress effectively.

Please ensure you stop taking your other saffron mood and anxiety supplement.

3. BioMedica MagDuo Adapt

Dose - Take 1 scoop in a glass of water with breakfast

Mag Duo is a comprehensive supplement that combines adaptogenic holy basil extract (adaptogen means it helps your body adapt to stress) with two forms of magnesium, taurine, glycine and activated B vitamins, providing significant benefits for individuals with OCD, PMS, and those with or without MTHFR variants. This product supports healthy stress response, muscle relaxation, and nerve conduction while also promoting healthy sleep patterns and increased deep sleep. It is particularly beneficial for managing symptoms of overwhelm and irritation related to PMS and offers activated folate, which is crucial for individuals with MTHFR variants.

Read more about MTHFR variants and why folate supplementation matters in the handout provided.

Please ensure you have this with food, as B vitamins can make you feel nauseous on an empty stomach.

4. Orthoplex -L-Theanine

Dose

- Take 1 scoop of L-Theanine in a ½ glass of water the morning before breakfast
- Take 1 scoop of L-Theanine in ½ glass of water an hour before bed with dinner

L-theanine, is a unique amino acid found in tea, can be highly beneficial for individuals with OCD. It blocks glutamate (excitatory neurotransmitter) receptors and boosts the brain's GABA, serotonin, and dopamine levels, promoting relaxation and reducing stress. Supplementing with L-theanine can help generate alpha brain waves associated with relaxation and lower cortisol levels, alleviating stress and anxiety.

Easy supplement Guide

Week 1

Week 2

Before Breakfast	L-Theanine - 1 scoop in ½ glass of water	Before Breakfast	L-Theanine - 1 scoop in ½ glass of water
With Breakfast	MetaPure - 1 capsule MagDuo Adapt - 1 scoop in ½ glass of water	With breakfast	MetaPure - 2 capsules MagDuo Adapt - 1 scoop in ½ glass of water
With Dinner	MetaPure - 1 capsule	With Dinner	MetaPure - 1 capsule
An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop in ½ glass of water	An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop in ½ glass of water

Week 3 and Beyond

Before Breakfast	L-Theanine - 1 scoop in ½ glass of water		
With Breakfast	MetaPure - 2 capsules MagDuo Adapt - 1 scoop in ½ glass of water		
With Dinner	MetaPure - 2 capsules		
An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop in ½ glass of water		

Reminders

Please remember that this can be a slow process. Although this list might feel overwhelming right now, you don't need to start everything today. Take your time, one day at a time.

Please send me any recent pathology testing so I can review it before our next session.

Over the next week or so, I will reach out to my network to see if I can find a GP near you who has experience/is open to exploring PANs and PANDAs. PANs and PANDAs are quite rare, but I think it is worth investigating, no stone unturned.

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.