



# TREATMENT PLAN

03/08/2024

## Health Goals

1. Continue managing Anxiety and OCD symptoms
2. Continue to regulate mood
3. Continue to regulate digestive function.

## 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.

## Dietary Recommendations

1. As another gentle step towards implementing an anti-inflammatory diet I encourage you to take part in the **28-Day Antioxidant-Rich Foods Challenge**.
  - o Commit to eating at least 3 antioxidant-rich foods daily for the next 28 days
  - o Attached is
    - **Your Antioxidant Guide** and
    - **Your challenge chart** with a list of 15 antioxidant-rich foods.
      - Have a good read of the guide to get a good understanding of what exactly antioxidants are and why they are so important for overall health and wellbeing. Then, for the next 28 days, simply eat and write down each of these foods you have daily in your chart. If you have more than 3, include them too.
2. Ensure you continue to drink at least 8 glasses/2L of water daily.
3. Continue eating foods high in fibre to promote bowel regularity and elimination processes (passing a stool every day) - as a reminder these foods are:-

- **Fruits** - Bananas, Berries (raspberries, blackberries, strawberries), Oranges & Pears (usually apples - but I know you're not a fan).
- **Vegetables** - Broccoli, Carrots, Brussels sprouts, 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

## *Lifestyle Recommendations*

1. Continue with your established "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.
2. Please have a read-through of and start tracking your symptoms throughout your cycle using the **Going with Your Flow handout**.
  - This handout can provide valuable insights into how your body and mind react during different phases of your menstrual cycle.
  - By consistently recording both physical and mood-related symptoms, you'll gain a clearer understanding of the patterns and triggers that affect your wellbeing. This can help you identify specific times when you might feel more vulnerable to certain symptoms and allow you to implement targeted strategies for self-care and support.
  - Understanding your cycle better can empower you to make informed decisions about your lifestyle, diet, and stress management, tailored to the different phases of your cycle.
    - For instance, recognising when you are likely to experience low energy or irritability can help you plan accordingly, avoid overcommitment, and prioritise rest and relaxation when needed.
    - This proactive approach can enhance your overall health and help you manage your symptoms more effectively.
  - Additionally, discussing these tracked symptoms with me (Janaya) can provide a more comprehensive view of your menstrual health, enabling more personalised and effective treatment options.

Please send me a copy of what you have completed before our next appointment so I can review it in preparation for our session together.

3. I came across "[OCD Busters](#)" in my professional network and wondered if it might be something you as a family would be interested in exploring further.

## *Supplement Recommendations*

### 1. **Metagenics MetaPure EPA/DHA**

Dose Take 2 @ breakfast & 2 @ dinner (Total 4g Omega 3)

- Note after 3 months; so, from around your birthday go back down to a maintenance dose of:- 1 @ breakfast & 1 @ dinner (Total 2g Omega 3).

## 2. BioMedica MoodFX

Dose - Take 1 capsule an hour before bed

## 3. BioMedica MagDuo Adapt

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

## Easy supplement Guide

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		

## Further Investigations

Following our conversation about further testing, if you manage to get the previous tests from your GP, I would love to see them to ensure we identify and correct as many contributing factors as possible to ensure the best possible health outcomes. If the opportunity arises for further tests to be done between now and our next appointment, could you ask your GP to also cover off?

FBE	ELFTs	Full Iron Studies
Iodine	Red cell folate	Red cell B12
Homocysteine	Serum zinc	Serum magnesium
Vitamin D	Fasting glucose	Fasting insulin
Hs-CRP	Full lipid profile (total cholesterol, HDL, LDL & triglycerides)	Thyroid extensive profile (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab)
MTFHR (buccal swab)		

Specific imbalances in these biomarkers are related to particular mental health conditions, for example:

#### ☐ **Obsessive-Compulsive Disorder (OCD)**

- **Glucose & Insulin:** Blood sugar imbalances can exacerbate OCD symptoms due to their impact on the HPA-Axis (Stress Response System).
- **Vitamin D:** Deficiency has been linked to various neuropsychiatric disorders, including OCD.
- **Cholesterol:** Deficiency has been linked to irritability, impulsive and aggressive behaviour.
- **MTFHR:** MTHFR variations can lead to elevated homocysteine levels and reduced methylation capacity, both of which are associated with OCD symptoms

#### ☐ **Burnout/Poor Stress Resilience**

- **CRP & Hs-CRP:** Elevated levels indicate inflammation, which is often a result of chronic stress and can contribute to burnout.
- **Magnesium:** Low levels are associated with poor stress resilience and chronic fatigue.
- **Vitamin D:** Deficiency can contribute to poor stress resilience and increased susceptibility to burnout.
- **Iron Studies:** Low or High iron levels can lead to fatigue and depressive and cognitive impairment symptoms.
- **MTFHR:** MTHFR variations can affect how the body handles stress and the production of stress-related neurotransmitters.

#### ☐ **Anxiety**

- **Magnesium:** Low magnesium levels can contribute to heightened anxiety and stress.
- **Homocysteine:** Elevated levels can affect brain function and are associated with increased anxiety.

- **MTFHR:** MTHFR variations can impair the production of neurotransmitters like serotonin and dopamine, contributing to anxiety.

Please note that I can arrange for these tests to be done for you; it will just cost a lot more than having your GP do them for you (approx. \$505 for the pathology and MTFHR buccal swab). If you decide you would like me to order any tests for you, please do not hesitate to reach out.

### *Further Information*

Please review the **PANS & PANDAS Information Sheet** I have put together for your information. If you do decide to investigate this further and seek conventional treatments, please do let me know to ensure the safety and efficacy of your overall health and wellbeing.

*Keep up the great work!*

If you have any questions regarding your treatment plan, please email me at  
[wellness@janayakarlocinaturopath.com.au](mailto: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.