



TREATMENT PLAN

30/11/2024

Health Goals

1. Continue to reduce OCD symptoms, particularly anxiety and mood fluctuations (severity and frequency)
2. Support ongoing nervous system healing
3. Enhance emotional regulation and stress resilience

Treatment Aims

1. Support neurotransmitter balance
2. Support HPA axis regulation
3. Support healthy gut-brain axis function
4. Reduce neuroinflammation
5. Support healthy family dynamics

Dietary Recommendations

1. Focus on optimising protein intake to support neurotransmitter production and overall wellbeing
 - Aim for at least 35g of protein daily - review the "**Boosting Protein Intake**" handout for guidance on why an adequate intake of protein is so important for overall health and wellbeing and the protein content in common foods.
 - **Start by adding one protein-rich food to breakfast this week, then build up to breakfast and lunch the week after, then breakfast lunch and dinner the week after that.**
2. Continue following principles from previous anti-inflammatory diet recommendations (provided in your first session with me).

3. Ensure you drink at least 8 glasses/2L of water daily. Filtered water is best if possible.

Lifestyle Recommendations

1. Start incorporating some regular (daily if possible) basic breathing activities. Review the **“Finding Your Calm: Simple Breathing Techniques”** handout for how to do these.
2. Create “Mother-Daughter Connection Time”
 - Set aside 20 minutes, 1 evening a week for relaxed mother-daughter time without OCD-related interactions or screens.
 - Choose an activity you both enjoy that doesn't trigger compulsions or arguments (e.g., colouring in, listening to music, gentle stretching, watching a movie, going out for a hot chocolate/tea together, going for a walk together, maybe even creating some art together in your creative art space.
 - Use this time to connect and chat about the simple things.

Supplement Recommendations

1. Metagenics MetaPure EPA/DHA

Dose Total 2g Omega 3)

- Take 1 @ breakfast
- Take 1 @ dinner
- *Note this has been dropped from 4 a day to 2 each day. This is a good maintenance dose for you and can be continued long term. Please just remember to let your doctors know you take this if ever going for a procedure as they may ask you to reduce for increased risk of bleeding.*

2. BioMedica MoodFX

Dose - Take 1 capsule an hour before bed

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

3. BioMedica BioActivated Magnesium

Dose

- Week 1 - Take 1 tablet at breakfast.
- Week 2 and beyond - Take 1 tablet at breakfast and 1 tablet an hour before bed

4. Metagenics Adaptan

Dose

- Week 1 - Take 1 tablet at breakfast and 1 tablet an hour before bed.
- Week 2 and beyond - Take 2 tablets at breakfast and 2 tablets an hour before bed

Easy supplement Guide

Week 1

Week 2 and beyond

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 BioActivated Magnesium - 1 tablet Adaptan - 1 tablet at breakfast	With breakfast	MetaPure - 1 capsule BioActivated Magnesium - 1 tablet Adaptan - 2 tablets
With Dinner	MetaPure - 1 capsule	With Dinner	MetaPure - 1 capsule BioActivated Magnesium - 1 tablet
An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop in ½ glass of water Adaptan - 1 tablet at breakfast	An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop in ½ glass of water Adaptan - 2 tablets

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.