



TREATMENT PLAN

01/07/2024

Health Goals

1. Reduce Anxiety and OCD symptoms
2. Improve and regulate mood and energy levels
3. Regulate digestive function
4. Undergo further investigation as to the role potential mould toxicity could be contributing to symptoms of OCD and Anxiety/

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 mould toxicity is could potentially be contributing to OCD and anxiety pathophysiology.

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): -

- **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 keep drinking at least 8 glasses/2L of water daily.

3. Increase dietary sources of the essential amino acid “tryptophan” to encourage serotonin and melatonin synthesis to support mood and sleep.

- Fish, [tuna, whiting, snapper, salmon], eggs, sunflower seeds, cheddar cheese, chicken, nuts, turkey, beef, oats, wheat, legumes, rice, broccoli, spinach, bananas, lentils.
- Tryptophan alongside its cofactor’s vitamin B6 (high amounts again found in chicken, turkey, some fish, oats and bananas and in the MagDuo Adapt supplement) and essential fatty acids (EFAs) (high amounts found in fish, nuts and seeds) support the production of the feel-good neurotransmitter serotonin involved in the regulation of proper sleep.
- Adequate serotonin has also been shown to promote a sense of calm, decrease appetite, reduce pain perception, and induce sleep.

4. **Keep a food and symptom diary (attached)** between now and our next session or at least for 2 weeks.

- By keeping a detailed record, we can work together to identify any patterns to what you’re eating and/or when and how that might be impacting your mood and/or energy levels 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. Over the next week, fill out the **"Your Free Time Inspiration List" worksheet** to compile a list of activities you enjoy for those moments when you have "too much time on your hands." This list will serve as inspiration whenever you find yourself with extra free time.
2. Start utilising grounding techniques in that “crucial moment” (as soon as you have a thought but before you perform a compulsion) and following it up with a positive implementation quote – **refer to the handout for an example to try.**
3. Read the **“Mould Exposure & Solutions” handout** to learn more about how mould exposure can negatively impact health and some holistic support strategies for mould clearance.
 - a. Take a read of the **“Detox Methods” handout** to learn a bit more about why detoxification is so important for overall health and wellbeing, along with some

simple detoxification techniques you can try. This will also help to boost your energy, brighten your mood, and improve your overall wellbeing.

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 mould exposure is contributing to your symptoms. Its anti-inflammatory properties help mitigate the immune system's overreaction.

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. 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 and anxiety, 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 MTFHR 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. BioMedica Vege-NAC

Dose

Wk 1 – Take 1 @ b/fast & 1 @ dinner.

Wk 2 – Take 1 @ b/fast & 2 @ dinner.

Wk 3 and beyond – 2 @ b/fast & 2 @ dinner.

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.

5. Orthoplex -L-Theanine

Dose

- Take 1 scoop of L-Theanine in 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.

6. RN Labs Inositol

Dose

- Week 1
 - 1 teaspoon (3g) mixed in water before breakfast and
 - 1 teaspoon (3g) mixed in water an hour before bed
- Week 2
 - 2 teaspoons (6g) mixed in water before breakfast and
 - 2 teaspoons (6g) mixed in water an hour before bed
 -
- Week 3 and beyond
 - 3 teaspoons (9g) mixed in water before breakfast and
 - 2 teaspoons (6g) mixed in water an hour before bed

Inositol, sometimes called 'vitamin B8,' can support individuals with OCD by modulating brain signaling pathways and improving neurotransmitter function. Studies have shown that Inositol may be effective in reducing OCD symptoms, as it helps to regulate the levels of serotonin, a neurotransmitter implicated in OCD. Additionally, Inositol's ability to improve mood and decrease anxiety can further aid those managing OCD.

Easy supplement Guide

Week 1

Week 2

Before Breakfast	L-Theanine - 1 scoop & Inositol - 1 teaspoon in glass of water	Before Breakfast	L-Theanine - 1 scoop & Inositol - 2 teaspoons in 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
When you get home from work	N/A	When you get home from work	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 & Inositol - 1 teaspoon in glass of water	An hour before bed	Mood FX - 1 capsule L-Theanine - 1 scoop & Inositol - 2 teaspoons in glass of water

Week 3 and Beyond

Before Breakfast	L-Theanine - 1 scoop & Inositol - 3 teaspoons in glass of water		
With Breakfast	MetaPure - 2 capsules MagDuo Adapt - 1 scoop in ½ glass of water		
When you get home from work	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 & Inositol - 2 teaspoons in glass of water		

Reminders

Please remember that this can be a slow process. Although this list might feel overwhelming right now (especially with the number of handouts I've given you), you don't need to start everything today. Take your time, one day at a time. Knowledge is Power!

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.