

TREATMENT PLAN GUIDE

Understanding the Science behind your plan

HOW TO USE THIS GUIDE

This companion document explains the therapeutic benefits and mechanisms of action for each element in your treatment plan. Use it as a reference to better understand how each recommendation supports your health goals.

Dietary Recommendations

ANTI-INFLAMMATORY DIET

- Reduces systemic inflammation
- Supports healthy hormone metabolism
- Provides antioxidant protection
- Nourishes reproductive tissue health
- Supports stress resilience

A carefully planned anti-inflammatory diet plays a crucial role in managing adenomyosis symptoms. Following these dietary guidelines helps reduce inflammation in the uterine tissue and throughout the body.

ANTIOXIDANT-RICH FOODS

These foods provide powerful compounds that help:

- Combat oxidative stress that can worsen tissue inflammation in adenomyosis
- Protect healthy uterine tissue from damage
- Support the body's natural anti-inflammatory processes
- Strengthen immune system function
- Reduce overall inflammation markers in the body

Brazil Nuts

- Consuming 2-3 Brazil nuts daily (ideally sourced from Brazil for optimal selenium content) provides potent antioxidant support through selenium, which is

particularly important when taking OCPs. Selenium also supports thyroid function, helps reduce inflammation, and aids in liver detoxification processes.

- Note: It's important not to exceed this amount as selenium can be toxic in high doses.

OMEGA-3 RICH FOODS

Regular consumption of omega-3 fatty acids is essential because they:

- Help reduce prostaglandins that contribute to pelvic pain and inflammation
- Support healthy hormone balance
- Provide natural anti-inflammatory effects
- May help reduce heavy menstrual bleeding
- Support overall cellular health in reproductive tissues

LEMON AND GINGER TEA

Ginger provides natural anti-inflammatory and pain-reducing properties while supporting healthy digestion, while lemon adds antioxidant support and may help with liver detoxification - particularly beneficial when taking OCPs and managing adenomyosis-related inflammation.

ADEQUATE HYDRATION

Maintaining proper hydration is crucial as it:

- Supports healthy blood flow to reproductive organs
- Helps eliminate inflammatory waste products
- Aids in hormone transport throughout the body
- Supports optimal detoxification processes
- May help reduce bloating and fluid retention associated with adenomyosis
- Supports the body's natural anti-inflammatory processes

Lifestyle Recommendations

7-DAY DETAILS FOOD AND SYMPTOM DIARY

- Identifies inflammatory triggers
- Reveals stress-eating patterns
- Guides treatment optimisation
- Tracks treatment effectiveness
- Empowers informed choices

Maintaining a detailed 7-day food and symptom diary is a valuable tool for managing adenomyosis symptoms (physical and mental) and optimising treatment outcomes. This practice helps:

- Monitor discomfort Patterns
- Observe how different foods might affect hormone-related symptoms

- Monitor energy levels in relation to food choices
- Document any mood changes connected to dietary patterns
- Understand the relationship between stress levels and eating patterns
- Monitor how different foods affect stress levels
- Track how meal timing impacts sleep quality
- **Treatment Optimisation:**
 - Provide accurate information for refining your treatment plan
 - Help assess the effectiveness of dietary changes
 - Guide future nutritional recommendations
 - Support evidence-based adjustments to your protocol modifications.

CYCLE AND SYMPTOM TRACKING

What It Does:

- Monitors adenomyosis symptom patterns
- Tracks response to oral contraceptives
- Identifies stress-symptom connections
- Enables preventive planning
- Guides treatment adjustments

Even while using oral contraceptives, tracking your symptoms and patterns provides valuable insights for managing adenomyosis and optimising your overall wellbeing. This monitoring helps:

- **Pill Cycle Patterns:**
 - Track which days/weeks of your pill pack correlates with specific symptoms
 - Monitor any breakthrough symptoms during active pill weeks
 - Document effects during the inactive pill/sugar pill week
 - Identify if current pill formulation is optimally managing symptoms
- **Adenomyosis Management:**
 - Monitor if adenomyosis symptoms break through despite pill use
 - Track the severity of any persistent pelvic discomfort
 - Document any unexpected bleeding patterns
 - Record effectiveness of other treatments throughout pill cycle
 - Note if symptoms change between active and inactive pill weeks
- **Hormone Response:**
 - Observe how your body responds to consistent synthetic hormones
 - Track any cyclic patterns that persist despite pill use
 - Document any premenstrual-type symptoms during specific pill weeks
 - Note physical changes throughout the pill pack
- **Mental and Emotional Wellbeing:**
 - Track mood patterns through different weeks of pill pack
 - Monitor energy levels and sleep quality
 - Document stress levels and potential triggers
 - Record any anxiety or mood changes during inactive pill week

- Note how different pill weeks affect emotional stability
- **Treatment Optimisation:**
 - Evaluate how supplements work during different pill weeks
 - Track effectiveness of dietary changes throughout the month
 - Monitor response to stress management techniques
 - Guide timing of additional support measures
 - Assess overall treatment protocol effectiveness

Understanding these patterns helps you take control of your health journey while providing valuable information for ongoing treatment refinement and success.

This detailed tracking enables us to create a more personalised and effective approach to managing your adenomyosis symptoms through targeted dietary and lifestyle.

DAILY 5-MINUTE MEDITATION PRACTICE

- Helps manage adenomyosis-related discomfort through mindfulness techniques
- Supports hormone balance by reducing stress-induced cortisol
- Builds emotional resilience while managing cycle mood changes
- Creates moments of calm during stressful periods
- Enhances body awareness to better recognise symptom patterns

Evidence shows that incorporating even short daily meditation sessions can build cumulative benefits over time, much like compound interest for your mental and physical wellbeing. Regular meditation practice:

- Reduces Inflammation:
 - Lowers stress-induced inflammatory markers
 - May help manage adenomyosis-related inflammation
 - Supports overall pain management
- Supports Hormone Balance:
 - Helps regulate cortisol levels
 - May improve hormone receptor sensitivity
 - Supports endocrine system function
- Builds Stress Resilience:
 - Strengthens neural pathways for stress management
 - Improves stress recovery time
 - Enhances emotional regulation
- Enhances Mind-Body Connection:
 - Improves awareness of early stress signals
 - Helps identify symptom triggers
 - Supports better self-care decisions

Starting with just 5 minutes makes this practice accessible and sustainable, allowing you to gradually develop a stronger meditation practice while still gaining meaningful benefits. The flexibility to choose different meditation styles helps maintain engagement

while addressing varying daily needs - whether that's pain management, stress relief, or emotional support.

REGULAR WEIGHT BEARING EXERCISE: 3 WEEKLY SESSIONS

- Supports emotional and physical consistency throughout cycle
- Enhances cardiovascular health and bone density
- Promotes stress resilience and mood stability
- Builds sustainable healthy habits for long-term wellbeing
- Helps manage work-life balance

Adding structured exercise after your current employment comes to an end provides strategic timing to establish healthy routines. This time off allows you to:

- Create new habits without work stress
- Establish sustainable patterns before starting new employment
- Build confidence in managing exercise routines
- Develop stress management strategies
- Set foundations for long-term health

Regular exercise specifically supports your health goals by:

- Promoting consistent energy levels
- Supporting hormone balance
- Enhancing emotional resilience
- Building bone strength
- Supporting cardiovascular health
- Improving stress management
- Establishing positive lifestyle patterns

FURTHER INVESTIGATIONS (WHY I'VE REQUESTED THE TESTS FROM YOUR GP)

- Establishes baseline health markers while on oral contraceptives
- Screens for factors that may influence adenomyosis symptoms
- Identifies any nutritional deficiencies that could be obstructing optimal health and wellness
 - I have also attached an additional handout ***Nutrient Deficiencies Associated with Oral Contraceptives*** for your information.
- Monitors metabolic and bone health approaching perimenopause
- Assesses markers relevant to stress and hormone balance

Comprehensive testing provides valuable insights for optimising your health journey. This detailed screening is particularly important because:

1. Oral Contraceptive Considerations:
 - Monitors nutrient levels commonly affected by OCPs
 - Tracks liver function and lipid metabolism
 - Assesses blood clotting factors

- Evaluates B-vitamin and mineral status
- Screens for genetic clotting factors (Factor V and Prothrombin mutations) that may increase risk when combined with OCP use
- 2. Adenomyosis Management:
 - Measures inflammatory markers
 - Screens for immune system function
 - Identifies factors that might exacerbate symptoms
- 3. Metabolic Health:
 - Evaluates blood sugar regulation
 - Assesses cardiovascular health markers
 - Monitors thyroid function
 - Screens for metabolic influences on inflammation
 - Monitors homocysteine levels which can impact cardiovascular health
- 4. Bone Health:
 - Tracks bone turnover markers (NTX) for early detection of changes
 - Evaluates nutrients crucial for bone health
 - Monitors impact of hormonal changes on bone density
 - Establishes baseline before perimenopause transition
- 5. Nutrient Status:
 - Identifies any deficiencies requiring support
 - Assesses mineral balance
 - Evaluates B-vitamin status
 - Monitors vitamin D levels
- 6. Genetic Insights:
 - MTHFR testing helps understand methylation needs
 - Guides personalised nutrient recommendations
 - Supports optimal detoxification
 - Assists in hormone metabolism
 - Factor V and Prothrombin mutation testing
 - provides insight into blood clotting risk
 - guides decisions about long-term OCP use
 - helps inform perimenopause transition planning
 - supports personalised cardiovascular risk management

This comprehensive screening helps create a solid foundation for your treatment plan by:

- Identifying any underlying factors affecting your health
- Guiding targeted supplementation
- Monitoring treatment effectiveness
- Providing baseline health data before hormonal changes
- Assessing genetic risk factors for informed contraceptive choices
- Supporting informed decision-making for long-term health

Understanding these markers now allows us to:

- Evaluate individual risk factors for cardiovascular health
- Make informed decisions about contraceptive options

- Plan proactively for bone health management
- Optimise your current treatment approach
- Address potential imbalances proactively
- Monitor the impact of interventions
- Make data-driven adjustments to your protocol
- Support your transition through different life stages

If your GP refuses to get any or all of these tests for you, I am able to order most of them privately but at an additional cost for your consideration

- a. Basic Chemistry Panel - \$423, which includes: ELFTs, Comprehensive Thyroid Profile, UEC, Lipid Profile, Vitamin D, LDH, Calcium, CRP, FBE, HBA1c, Homocysteine, Hs-CRP, Magnesium, Phosphate, Urat
- b. Copper/zinc profile-serum - \$161, which includes Copper, Ceruloplasmin, % free Copper, Zinc, Cu/Zn ratio
- c. Iodine Spot (urinary) - \$121
- d. MTHFR (buccal swab) - \$81, which includes MTHFR (Methylenetetrahydrofolate reductase) C677T & A1298C SNPs
- e. Cardiovascular Profile – Comprehensive 2 - (Test Code 4027) \$261 which includes *Cholesterol, Triglycerides, HDL, LDL, ratios, Fasting Glucose, Homocysteine, Apolipoproteins A & B, Lipoprotein (a), Fibrinogen, hsCRP AND LIPOSCREEN LDL subfractions (x7)*

Supplementation Recommendations

BIOMEDICA MAGDUO ADAPT

- Addresses nutrient depletion from oral contraceptives
- Provides comprehensive stress support
- Helps reduce muscle tension and discomfort
- Supports mood and emotional balance
- Promotes quality sleep

This comprehensive formula provides multi-faceted support for adenomyosis, stress management, and nutritional restoration, particularly important for those on oral contraceptives. The dual-form magnesium (citrate and glycinate) helps reduce uterine muscle tension and discomfort associated with adenomyosis while supporting healthy stress responses. Holy basil (*Ocimum tenuiflorum*) acts as an adaptogenic herb, helping the body better manage both physical and emotional stress while providing anti-inflammatory support for adenomyosis symptoms.

The activated B-vitamin complex is particularly crucial as oral contraceptives can deplete these essential nutrients. B vitamins, including activated folate and B12, support:

- Hormone metabolism and liver detoxification
- Energy production and stress resilience
- Mood regulation and nervous system function

- Red blood cell formation, especially important for those with heavy menstrual bleeding

Taurine and glycine provide additional benefits by:

- Calming the nervous system
- Supporting healthy sleep patterns
- Enhancing magnesium absorption
- Supporting liver detoxification pathways

EAGLE VITAMIN D3 1000IU SPRAY

- Supports optimal vitamin D levels for hormone balance and cycle regularity
- Enhances calcium absorption for bone health
- Supports immune system function
- Promotes cardiovascular health
- Provides easily absorbed sublingual delivery

This targeted vitamin D supplement is particularly important given your current low vitamin D status (32 nmol/L). The sublingual spray delivery system provides several key advantages:

- Bypasses digestive system absorption barriers
- Doesn't require dietary fats for absorption
- Provides direct bloodstream access
- Convenient administration
- May be particularly beneficial when fat absorption might be compromised

The 3000IU (1000IU per spray) dose provides additional support to:

- Help raise vitamin D to optimal levels
- Support calcium absorption and bone health
- Enhance immune system function
- Aid in hormone balance
- Support healthy inflammatory responses

When combined with your current supplement regimen, this provides:

- Total daily vitamin D intake of 3500IU
- Convenient sublingual delivery
- Support for multiple body systems
- Foundation for hormone and bone health
- Enhanced absorption compared to tablet form

We can re-assess this dosage after your next test.

ACTIVATED PROBIOTICS BIOME LIFT PROBIOTICS

- Supports consistent mood and emotional well-being throughout the cycle

- Enhances sleep quality and stress resilience
- Provides targeted gut-brain axis support
- Promotes cognitive function and mental clarity
- Supports healthy nervous system function

This strategically formulated probiotic combines four clinically researched strains specifically chosen for their gut-brain axis benefits. The targeted combination helps maintain emotional balance and cognitive function, particularly beneficial during hormonal fluctuations and times of stress.

The specific probiotic strains contribute to:

- Healthy neurotransmitter production and balance
- Emotional regulation and stress resilience
- Sleep quality improvement
- Reduced mental fatigue
- Gut barrier integrity

Moving Forward

This protocol is designed to be:

Progressive: Building healthy habits over time

Flexible: Adjusting to your needs and responses

Empowering: Giving you tools for self-management

Comprehensive: Addressing multiple aspects of health

Sustainable: Creating long-term positive change

Remember, healing is a journey, and each component of this protocol plays an important role in supporting your overall wellbeing. Regular communication about your progress will help us fine-tune these approaches to best serve your needs.

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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