



# TREATMENT PLAN

4/11/2024

## Health Goals

1. Achieve a greater consistency in physical and emotional wellbeing throughout the menstrual cycle.
  - Stabilise mood fluctuations across cycle phases
  - Maintain consistent energy levels across cycle phases
  - Reduce physical symptom variability
  - Support healthy neurotransmitter and hormone metabolism
  - Enhance stress resilience and emotional regulation
2. Establish sustainable lifestyle practices to support long-term hormonal balance and well-being through perimenopause transition
3. Support cardiovascular and bone health through evidence-based preventative strategies, with specific focus on mitigating CVD risks associated with OCP use, family history, and peri-menopausal transition.

## Treatment Aims

1. Reduce inflammation and oxidative stress
2. Support detoxification and elimination pathways.
3. Support, nourish and regulate the nervous system.
4. Restore nutritional balance while on oral contraceptives
5. Support gut health and microbiome balance to optimise hormone metabolism
6. Undergo further investigations into identifying any specific obstacles to wellness and to support optimal wellbeing.

## 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” attached.
2. As a first step towards moving more towards an anti-inflammatory increase your intake of antioxidant-rich foods:
  - Blueberries, Kidney Beans, Goji Berries (organic), Cranberries, Raspberries,
  - Pecans, Strawberries, Chocolate (80% and cacao) -2 Squares, Blackberries,
  - Kale, Fresh beetroot, Spinach, Apples, Prunes, Brazil nuts (from Brazil)
3. Aim to eat 2-3 Brazil nuts every day (ideally from Brazil) for their selenium content.
4. Increase your intake of omega-3 rich foods (opt. for organic if possible):
  - Fatty fish (salmon, mackerel, sardines, herring)
  - Oysters, Algae and seaweed
  - Flaxseeds, Chia seeds, Walnuts, Soybeans
  - Lean grass-fed beef
5. Start incorporating lemon and ginger tea (can be bought at supermarket), especially when you start to feel that “pulling” sensation in the pelvic region.
6. **Ensure you are drinking at least 6 glasses/2L of water each day.**

## *Lifestyle Recommendations*

1. Keep a 7 food and cycle symptom diary (attached) at some point between now and our next session (I would suggest doing this once you finish up with work to take the time pressure off yourself).
2. Please have a read-through of and start tracking your symptoms throughout your cycle using the “Going with Your Flow” handout.
  - a. If you could ideally start this tomorrow as you’ve just started your cycle a few days ago and continue updating until a few days before our next session that would be ideal.
3. Start incorporating a 5-minute meditation into your daily schedule at a suitable time for you where you won’t be interrupted. Here are a few to try depending on your taste
  - [Calming](#)
  - [Abundance](#)
  - [Self Love](#)
  - [Self Confidence](#)

If you get bored with doing the same meditation day in and day out, feel free to add to your collection by searching on YouTube – “5-minute meditation for stress relief/supporting self-confidence, reduce anxiety etc.” there is so much to choose from – my advice is making sure you like their voice.

4. Once Work is finished up commit to 3 Les Mills Workouts a week.
5. Request the following tests from your GP to get done alongside your current request you sent through to me, on the basis that you are taking the OCP and you are approaching 40, therefore want to have a good baseline before approaching perimenopause and your family history risk factors.

- a. Check your Blood Pressure
- b. ELFTs, Advanced Lipid Testing (ApoA1, ApoB, Lp(a) & LDL particle size), Hs-CRP, fasting glucose, fasting insulin, HBA1c, Thyroid extensive profile (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab), Red Cell folate, homocysteine, serum Zinc, serum magnesium, 25-OH Vitamin D, Vitamin A, Vitamin E, Vitamin K2; Copper, Ceruloplasmin & Zinc; Pyridoxal-5-phosphate\* (B6), serum selenium\*
- c. More advanced tests but worth requesting in order of priority given your full health history.
  - i. Factor V Mutation testing
  - ii. Prothrombin Gene Mutation (Factor II)
  - iii. N-terminal telopeptide (NTX)
  - iv. Iodine Spot
  - v. MTFHR (bucal swab)

I will also attach a referral letter to your GP should you wish to use this when you go to request.

## *Supplement Recommendations*

1. **BioMedica Mag Duo Adapt**      Dose - Take 1 level scoop in water @ breakfast
2. **Eagle Vitamin D3 1000IU Spray**      Dose - Take 3 sprays to the mouth daily.
3. **Activated Probiotics: Biome Lift**      Dose - Take 1 capsule an hour before bed

**I have tentatively booked you in for your follow up session on 16 December at 11am which will be my last week before taking leave. I'll reach out to you closer to the time to see if this is still suitable, or feel free to contact me sooner.**

*You've got this!*

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.