



TREATMENT PLAN

16/12/2024

Health Goals

1. Optimise Hormonal Health & Menstrual Wellbeing
2. Enhance Digestive Function & Nutrient Status
3. Support Tissue Health & Natural Healing
4. Achieve Stable Mood & Energy Balance
5. Establish Sustainable Lifestyle Practices
6. Develop Preventative Health Strategies.

Treatment Aims

1. Foundation & Metabolic Support
 - Optimise vitamin D status optimal wellbeing
 - Reduce inflammation and oxidative stress
 - Support liver function and detoxification
 - Optimise UGT1A1 enzyme function
 - Support healthy bilirubin metabolism
 - Support phase I and II detoxification pathways
2. Digestive Harmony
 - Optimise gallbladder function
 - Support healthy fat absorption and metabolism
 - Improve fat-soluble vitamin status (particularly vitamin D)
 - Support gut microbiome balance
 - Address potential giardia infection
3. Nervous System & Hormonal Balance
 - Nourish and regulate nervous system
 - Support adrenal function
 - Support healthy sleep patterns and circadian rhythm
 - Enhance stress resilience
 - Support healthy neurotransmitter and hormone metabolism
 - Maintain stable mood patterns

- Support consistent energy levels
- 4. Tissue Healing & Repair
 - Optimise tissue remodeling
 - Support healthy circulation
 - Optimise hormone metabolism and response
 - Support adenomyosis management
- 5. Cardiovascular Wellness
 - Balance lipid profiles
 - Support healthy blood vessel function
 - Address family history risk factors
 - Support OCP management

Dietary Recommendations

1. Continue following the basis of the Anti-Inflammatory diet outlined in the “beginner's guide” provided last session focusing on the following:
 - a. Regular meal timing
 - i. Aim to eat Breakfast, Lunch and Dinner at a similar time every day.
 - ii. Avoid long periods without food
 - iii. Consider splitting your dinner in half and eating the first half with your family early in the evening and then the 2nd half a little later to avoid reaching for the “bad stuff” and also to avoid long stretches without eating.
2. Ensure your meals each include a
 - a. Quality protein
 - Fish (aim for 3 portions a week), Grass-fed meats, Free-range eggs, Legumes, Organic poultry. If you find this too hard at every meal, why not try a good quality protein shake - I will include one in your Vita.ly recommendations.
 - b. Complex carbohydrates
 - Sweet potato, Quinoa, Brown rice, Oats, Legumes, Root vegetables and Cruciferous vegetables (broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes).
 - c. Healthy fats
 - Avocados, Olive oil, Coconut products, Nuts and seeds, Oily fish, Grass-fed, butter/ghee
3. **Ensure you are drinking at least 7 glasses/2L of water each day - 8 is the goal.**

Lifestyle Recommendations

1. Keep a 7 food and cycle symptom diary (attached to your last treatment plan recommendations) at some point between now and our next session.
2. Implement Mindful Eating Practices
 - a. Before each and every meal take a moment to take a few deep breaths in and out.
 - b. Sit at the table alone or with your loved ones without distraction
 - c. Chew each mouthful - aim for at least 10 bites per mouthful
 - d. Slow down - take time to smell, taste and enjoy each bite

3. Try going to bed every night at around the same time and before 10:30pm.
4. Continue committing to 3 Les Mills Workouts a week - But don't push yourself.

Supplement Recommendations

Supplement	Dosage
15 minutes before breakfast	Herbal Formula (gentian & globe artichoke) - Take 10 drops Eagle Vitamin D Spray - Take 1 spray to the mouth
With Breakfast	BioMedica MagDuo Adapt - Take 1 scoop in water (every second day) Calcium D-Glucarate - Take 1 teaspoon mixed in water (fine to take this with MagDuo on those days - but take this one every day.) Ethical Nutrients, Mega Zinc - ½ of a tablet Spectrumceuticals SB - Take 1 capsule
15 minutes before lunch	Herbal Formula (gentian & globe artichoke) - Take 10 drops
With Lunch	Eagle Vitamin D Spray - Take 1 spray to the mouth
15 minutes before Dinner	Herbal Formula (gentian & globe artichoke) - Take 10 drops
With Dinner	Eagle Vitamin D Spray - Take 1 spray to the mouth Spectrumceuticals SB- Take 1 capsule

Further Recommendations

- I have completed a referral for you to discuss or hand over to your GP which asks her to consider retesting for Giardia and if suitable consider giving you options for treating your giardia infection for your consideration in addition to further tests.
- Consider investing in a [Complete Microbiome Map](#) \$415 through me if relevant following the results of these additional tests and after treatment of giardia infection.

Moving Forward Together

Remember, healing is a gentle journey. Each element of this plan supports your natural wellbeing. We'll adjust and refine these approaches based on your experience and needs.

**I have tentatively booked you in for your follow up session on 17 February at 9:30 am.
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.

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.