

TREATMENT PLAN

Prepared exclusively for: Rebecca Alibrandi
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Consultation date: 7 April 2025

This confidential document contains personalised health recommendations based on individual assessment. If found, please respect privacy and contact Janaya Karloci Naturopath Pty Ltd at wellness@janayakarlocinaturopath.com.au for details on how to return.

Health Goals

1. Support healthy hormone regulation and reduce adenomyosis progression
2. Reduce Gilbert's syndrome expression and optimise bilirubin metabolism
3. Maintain consistent energy levels throughout the day and manage fatigue
4. Develop effective stress management skills and improve resilience
5. Reduce digestive discomfort and improve nutrient absorption
6. Support healthy transition through perimenopause with minimal symptoms
7. Preserve bone density during perimenopause transition
8. Establish sustainable lifestyle practices to support long-term health and mitigate CVD risks associated with OCP use

Treatment Aims

1. Reduce systemic inflammation and oxidative stress to support tissue healing and hormone balance
2. Support healthy tissue remodeling and circulation to reproductive organs to minimise adenomyosis progression
3. Optimise liver function and detoxification pathways to improve bilirubin metabolism and hormone processing
4. Support digestive function through optimised bile production, pancreatic enzyme activity, and intestinal health
5. Enhance nutrient absorption and metabolism, particularly of fat-soluble vitamins and minerals essential for hormonal health
6. Support adrenal and neurotransmitter function for energy balance, stress resilience, and mood stability
7. Establish healthy sleep patterns and circadian rhythm to support hormonal regulation and energy levels

8. Support cardiovascular and bone health through targeted nutrition, supplementation, and activity strategies
9. Implement sustainable stress management techniques and lifestyle practices for long-term wellbeing
10. Establish regular monitoring protocols for bone density, hormone levels, and cardiovascular markers

Dietary Recommendations

1. **Continue following all previous dietary recommendations: -**

- Anti-Inflammatory diet principles
- Regular meal timing **(3 main meals + 2 snacks)**
 - Breakfast: Within 1.5 hours of waking
 - Morning snack: 2-3 hours after breakfast
 - Lunch: 2-3 hours after morning snack
 - Afternoon snack: 2-3 hours after lunch
 - Dinner: 2-3 hours after afternoon snack
- **Balanced plate at each meal (The Hormone Plate):**
 - 1/2 plate: Colorful vegetables and leafy greens
 - 1/4 plate: Quality protein - aim for 20-30g at each meal
 - 1/8 plate: Complex carbohydrates
 - 1/8 plate: Healthy fats
 - Plus: Herbs/spices for additional therapeutic benefits
 - Turmeric (with black pepper to enhance its actions), ginger, cinnamon, rosemary, oregano, thyme, garlic.
- **Regularly include hormone-supporting nutrients:**
 - Protein: aim for 20-30g at every meal:
 - Omega-3 fatty acids: Support hormone production
 - Isoflavone-Rich Foods: Support hormone production
 - B vitamins: Aid hormone metabolism
 - Magnesium: Supports hormone balance and stress response
 - Zinc: Essential for hormone production
 - Vitamin D: Crucial for hormone regulation
 - Fibre: Aids hormone detoxification

I've attached a "Easy Nutrition Guide" to the post session email that encompasses all these foods for you to print out and put on the fridge.

2. **Adequate hydration (minimum 2L daily)**

Lifestyle Recommendations

1. Continue following your sleep optimisation plan

- Remember sleep time consistency is key - so aim for the same time every night and lights off no later than 10:30pm

2. Try using the **5-4-3-2-1 Grounding Technique** whenever you feel overwhelmed, anxious, irritated, not yourself or just when you need a few minutes for you.

How to Practice

Begin by taking one deep, nurturing breath - inhaling through your nose for 4 counts, holding briefly, then releasing slowly through your mouth for 6 counts. Then, with gentle awareness:

🌿 **Notice 5 things you can SEE** - Observe colors, textures, shadows, and light around you. Allow your eyes to rest on each object briefly

Example: "I see my blue mug, sunlight on the wall, my plant's green leaves..."

🌿 **Acknowledge 4 things you can FEEL/TOUCH** - Notice the sensations on your skin and body. Feel the weight of your body where it's supported

Example: "I feel the softness of my clothing, coolness of the air on my skin..."

🌿 **Listen for 3 things you can HEAR** - Pay attention to sounds both near and far. Notice the qualities of each sound - pitch, volume, rhythm

Example: "I hear birds outside, the hum of my refrigerator, my own breath..."

🌿 **Recognise 2 things you can SMELL** - Notice any scents in your environment. If you can't smell anything, recall favourite scents from memory

Example: "I smell my herbal tea, the fresh air coming through the window..."

🌿 **Appreciate 1 thing you can TASTE** - Notice any current taste in your mouth. Or bring to mind a beloved flavor

Example: "I taste the mint from my tea earlier..."

I will text you these steps so you have them on your phone when you need them.

3. Regular movement:

- Continue to keep up your exercise regime - ideally aim for 3 times a week (30 minutes is enough) to move your body, a Les Mills Workout, a walk or an online

Pilates class - whatever feels right for you, in the lead up to netball starting. But don't push yourself.

Supplement Recommendations

Week Commencing 7 April 2025

Supplement	Dosage
With Breakfast	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth2. Spectrumceuticals SB - Take 1 capsule3. BioMedica MagDuo Adapt - Take 1 scoop in water (EVERY SECOND DAY)
With Lunch	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth
With Dinner	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth2. Spectrumceuticals SB- Take 1 capsule

Week Commencing 14 April 2025

Supplement	Dosage
With Breakfast	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth2. InterClinical Digestive Zyme - Take 1 capsule3. Spectrumceuticals SB OR Mood FX - Take 1 capsule4. BioMedica MagDuo Adapt - Take 1 scoop in water <p>OR</p> <ol style="list-style-type: none">4. Calcium D-Glucarate - Take 1/2 teaspoon mixed in water
With Lunch	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth2. InterClinical Digestive Zyme - Take 1 capsule
With Dinner	<ol style="list-style-type: none">1. Eagle Vitamin D Spray - Take 1 spray to the mouth2. InterClinical Digestive Zyme - Take 1 capsule

I will text these tables, so you have easy access on your phone.

NOTES: -

1. This week just start implementing Mag Duo Adapt back into your daily supplement regime, every second day, then as of next week start again with taking Mag Duo Adapt and Calcium D-Glucarate every second day and on separate days i.e. Sunday Mag Duo / Monday Calcium D-G.
2. Once you finish your bottle of Spectrumceuticals SB conclude taking this. I have recommended another probiotic (Mood FX) that I think will be of benefit to you; however, it's not essential you take it so I will leave this up to you.

Reasons why I have recommended this specific probiotic is:-

- You mentioned you've been feeling a bit low at points between our sessions.
- Specific probiotic strains (Lactobacillus helveticus R0052 and Bifidobacterium longum R0175) that have been clinically studied for their effects on mood and the gut-brain axis. These particular strains help strengthen your intestinal barrier, which is essential given your digestive symptoms and the stress you're experiencing. They also help regulate the gut-brain connection, which is crucial since your Gilbert's syndrome affects both liver function and neurotransmitter processing.
- SAFR'INSIDE™ Crocus sativus (Saffron) extract, which has impressive research behind it for supporting emotional balance and a positive outlook. What makes this especially relevant for you is that saffron also has properties that support healthy estrogen metabolism and liver function - addressing both your adenomyosis-related hormonal balance and Gilbert's syndrome simultaneously.
- This combination is particularly appropriate for your situation because:
 - It supports the gut-brain axis, which influences both your digestive symptoms and mood fluctuations
 - It provides gentle liver support, beneficial for your Gilbert's syndrome
 - The specific probiotic strains in this formula have been shown to help reduce stress-related digestive symptoms and improve stress resilience - both particularly relevant given your current challenges.

I believe this will complement your other recommendations nicely and provide support for those days when your mood feels lower.

Further Investigations

1. Systemic Reactivity Assessment Questionnaire

Please complete the Systemic Reactivity Assessment (attached to your post-session email). This brief questionnaire explores various aspects of your body's natural balance systems. This tool will help me potentially identify subtle patterns that might be influencing your overall wellbeing—particularly regarding your body's natural inflammatory responses, stress adaptation, and metabolic harmony.

- What's particularly interesting is how your symptoms might be connecting with your adenomyosis and hormonal balance. The combination of Gilbert's syndrome, adenomyosis, and possible oestrogen dominance creates a complex interplay that could be affecting multiple body systems. Your digestive urgency, fat processing challenges, and energy fluctuations might all be connected through inflammation and hormonal pathways.
- There's a fascinating connection we're exploring: Gilbert's syndrome affects the UGT1A1 enzyme, which is involved not only in processing bilirubin but also in metabolising oestrogen and certain inflammatory compounds like histamine. When this enzyme system is under pressure (as in Gilbert's), it can create a "traffic jam" of sorts, where hormones, toxins, and inflammatory mediators aren't processed efficiently. This might explain why your symptoms span multiple systems rather than being isolated to just digestion or energy.
- This questionnaire helps identify whether there might be a histamine or mast cell component to your symptoms - which is common in women with adenomyosis and can be exacerbated by oestrogen dominance. Research suggests that oestrogen can increase histamine levels, while progesterone helps break it down - creating a cyclical pattern that might explain some of your symptoms.

Understanding these patterns could help us develop targeted strategies to support your body's natural detoxification and hormone-processing pathways. If we identify histamine sensitivity, we can implement specific dietary and supplement approaches that might significantly improve your digestive symptoms, energy levels, and overall resilience - even with your ongoing sleep challenges. This assessment is a crucial piece of the puzzle that could help us personalise your treatment plan in a much more precise way.

While we're investigating these deeper underlying patterns with the assessment, I'm also recommending you start the Digestive Zyme supplement before each main meal to address the immediate mechanical aspects of digestion. This supplement will support bile flow, enzyme production, and efficient nutrient breakdown, which should help with your digestive urgency. However, it's important to understand that this is addressing just one aspect of your symptoms while we use the questionnaire to explore potential systemic factors that might be contributing to your overall health picture.

2. Ask your GP to refer you for a DEXA Scan (next time you go, not urgent)

During your next GP visit, please discuss getting a referral for a DEXA scan to assess your bone density. Given your family history, long-term OCP usage, and the fact that you're approaching perimenopausal age, establishing a baseline measurement now would be valuable. This scan will provide important information about your current bone health status and serve as a reference point for future monitoring, allowing us to implement preventative strategies if needed.

I have tentatively booked you in for your next treatment plan review on Monday, 2 June at 9:30am. 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.

This guide complements but doesn't replace any medical advice. Always keep your healthcare team informed of your wellness journey.

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.