



TREATMENT PLAN

12/02/2025

Health Goals

1. Support your body's natural resilience while reducing OCD's impact on daily life through gentle, natural approaches and mindful practices
2. Supporting healthy GABA/Glutamate balance
3. Embrace and nurture your journey through perimenopause - honoring this transition to your wisdom era supporting your body's changing needs

Treatment Aims

1. Support and enhance conventional OCD treatment through complementary natural approaches
2. Reduce inflammation through diet and lifestyle modifications
3. Nurture hormone balance and emotional wellbeing through your perimenopausal transition
4. Enhance brain health, neurotransmitter balance and function through optimal nutrition and targeted supplementation
5. Build stress resilience naturally through mindful practices and nervous system support
6. Improve sleep quality and quantity using gentle, sustainable approaches
7. Develop nourishing daily rhythms that honor both body and mind

Dietary Recommendations

1. Eat regular balanced meals (no more than 5 hours between meals) with a focus on the following: -

Protein - Aim for 0.8-1g per kg body weight or 20-25g per meal (5-10g /snack)

| Food | Amount of protein | | Food | Amount of Protein |
|---------------|-------------------|--|-------------------|-------------------|
| Eggs | 6g per egg | | Lentils | 18g per cup |
| Tempeh | 31g per cup | | Chickpeas | 15g per cup |
| Tofu | 20g per cup | | Black beans | 15g per cup |
| Edamame | 17g per cup | | Butter beans | 15g per cup |
| Hemp seeds | 10g per 3tbsp | | Quinoa | 8g per cup |
| Pumpkin seeds | 8g per 30g | | Nutritional yeast | 8g per ¼ cup |
| Chia seeds | 5g per 2 tbsp | | | |

Vegetables - For now let's aim for at least 1 serving a day - (1 serve = 1 cup raw or ½ cup cooked) general guidelines

Healthy fats - aim to include with every meal. Example sources include

- ground flaxseeds (omega-3 source) - must be ground to digest properly
- chia seeds (omega-3 source)
- hemp Seeds (omega-3 source)
- avocado
- Small handful nuts (Walnuts are a good omega-3 source)
- olive oil

Fruit - For now let's aim for at least 1 serve of fruit a day

- Prioritise berries which are low GI, full and full of antioxidants

2. Ensure no less than 1.5L of water each day, 2L is the gold standard.

***I've included some recipes for inspiration in the
“Nurturing Recipes for Mental Clarity & Calm” handout.***

Lifestyle Recommendations

1. Start incorporating a daily breathing practice (start with 5 minutes a day - anytime that works for you).
 - **Box Breathing:**

- Inhale 4 counts
 - Hold 4 counts
 - Exhale 4 counts
 - Hold 4 counts
 - Repeat for 5 minutes
2. Start incorporating an “In-The-Moment” breathing activity when you feel the urge to compulsive i.e. search online. If only it delays the compulsion to begin with that is a good step in the right direction of reducing the power OCD has over you.
 - **4-7-8 Breathing:**
 - Inhale for 4 counts
 - Hold for 7 counts
 - Exhale for 8 counts
 - You can use this technique both when feeling compulsive urges and/or while settling into bed.
 3. Follow the JKN **“Sleep Support Protocol”** in the attached handout.

I will text you pictures of the breathing techniques to your phone separately so you can save these on your phone and pull them up whenever you need them.

Supplement Recommendations

| Supplement | Dosage |
|-----------------------|---|
| Ultraclean 85 | 1 capsule with breakfast 1 capsule with dinner |
| Bio Medica - Vege NAC | 1 capsule with breakfast 1 capsule with dinner |

Reminders

1. **Keep taking all the supplements you are currently taking; however, when you run low send me an email and I can recommend some upgrades through Vita.ly.**
2. **If your medication type changes, please be in contact with me so I can ensure no contraindications with your supplements.**

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.