

OVERALL WELLNESS

Recommendations

YOUR HOLISTIC WELLNESS GUIDE
SPECIFIC TO YOU

5 MARCH 2025



PERSONALISED WELLNESS GUIDE

Prepared exclusively for: Julie Harris

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Practitioner: Janaya Karloci, Naturopath

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

- Support your body's natural resilience while reducing OCD's impact on daily life through gentle, natural approaches and mindful practices
- Supporting healthy GABA/Glutamate balance
- Embrace and nurture your journey through perimenopause - honouring this transition to your wisdom era while supporting your body's changing needs
- Develop a nourishing relationship with food that supports both mental health and hormonal balance while honouring your vegetarian choices
- Cultivate moments of presence and embodiment to reduce dissociation and strengthen your connection to daily life

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 energy levels using gentle, sustainable approaches
- 7.Develop nourishing daily rhythms that honour both body and mind
- 8.Address potential nutritional gaps specific to vegetarian eating patterns with particular focus on nutrients critical for neurotransmitter and hormone balance
- 9.Support healthy methylation pathways to optimise neurotransmitter metabolism and hormone detoxification
- 10.Cultivate grounding practices that strengthen present-moment awareness and reduce dissociative tendencies

DIETARY RECOMENDATIONS

Key Dietary Principles

1. Continue following last sessions dietary recommendations i.e.

- Eat regular balanced meals (no more than 5 hours between meals) with a focus on: -
 - Protein - Aim for 0.8-1g per kg body weight or 20-25g per meal (5-10g /snack)
 - Healthy fats - aim to include with every meal.
 - Fruit - aiming for at least 1 serve of fruit a day, prioritising berries which are low GI, full and full of antioxidants

2. Increase Vegetable Intake

- Goal: Increase from current intake to at least 2 servings daily
- Implementation: Start with adding 1 vegetable to lunch and dinner
- Focus: Anti-inflammatory vegetables (leafy greens, cruciferous vegetables, colourful options)

3. Prioritise incorporating more of the following foods over the next few weeks

✨ **B12-Rich Food (RDI of B12: 2.4 mcg/day)**

- Nutritional yeast (2 tbsp = 8.3 mcg) - 346% of RDI
- Fortified plant milks (1 cup = 1-3 mcg) - 42-125% of RDI
- Fortified breakfast cereals (check labels for amounts)
- Tempeh (3 oz = 0.1 mcg) - 4% of RDI

✨ **Zinc-Rich Foods (RDI of Zinc: 8 mg/day for women)**

- Pumpkin seeds (1/4 cup = 2.5 mg) - 31% of RDI
- Hemp seeds (3 tbsp = 3 mg) - 38% of RDI
- Cashews (1/4 cup = 1.9 mg) - 24% of RDI
- Chickpeas (1 cup = 2.5 mg) - 31% of RDI
- Lentils (1 cup = 2.5 mg) - 31% of RDI

DIETARY RECOMENDATIONS

Key Dietary Principles

✦ **Magnesium-Rich Foods** - RDI: 320 mg/day for women

- Spinach (1 cup cooked = 157 mg) - 49% of RDI
- Black beans (1 cup = 120 mg) - 38% of RDI
- Almonds (1/4 cup = 97 mg) - 30% of RDI
- Avocado (1 medium = 58 mg) - 18% of RDI
- Dark chocolate (1 oz = 50-80 mg) - 16-25% of RDI

✦ **Isoflavone-Rich Foods**

Beneficial intake: 40-80 mg/day during perimenopause

- Tempeh (3 oz = 55 mg) - 69-138% of beneficial intake
- Tofu (3 oz = 25 mg) - 31-63% of beneficial intake
- Edamame (1/2 cup = 16 mg) - 20-40% of beneficial intake
- Miso (1/2 cup = 59 mg) - 74-148% of beneficial intake

✦ **Omega-3 Rich Foods**

Australian Adequate Intake (AI): 0.8g/day of ALA for women, plus 90mg/day of combined EPA, DPA and DHA

- Ground flaxseeds (2 tbsp = 2.4g ALA) - 300% of Australian AI for ALA
- Chia seeds (2 tbsp = 5g ALA) - 625% of Australian AI for ALA
- Walnuts (1/4 cup = 2.7g ALA) - 338% of Australian AI for ALA
- Hemp seeds (3 tbsp = 3g ALA) - 375% of Australian AI for ALA

I've included some recipes incorporating more of these foods for inspiration further on in this document.

4. Continue to ensure no less than 1.5L of water each day, 2L is the gold standard.

LIFESTYLE RECOMMENDATIONS

1. Continue incorporating:

- Your daily breathing “Box Breathing” practice any time of the day to promote an overall sense of calm - try increase to 7 minutes a day.
- Your “In-The-Moment 4-7-8” breathing activity when you feel the urge to perform a compulsion or while settling into bed
- Practicing your Sleep Support Protocol

Reintegrating Joyful Movement

2. Continue with your quest to get strong again but take it slow and steady

- Start with a 15-20 minute power yoga routine twice a week
- Increase up to 3 times weekly when you're ready
- Add in a 20-30 minute walk a couple of weeks after that
- Add in a second walk or a session of pilates a couple of weeks after that if you feel called to do so

Grounding Yourself

3. Start incorporating present moment anchoring practice

✨ The 5-4-3-2-1 Grounding Technique

Whenever you notice yourself getting caught in thought spirals or feeling disconnected from your surroundings, this simple yet powerful practice can gently bring you back to the present moment.

LIFESTYLE RECOMMENDATIONS

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.

SUPPLEMENT RECOMMENDATIONS

Week 1

I suggest starting this regime when your Mg Duo Arrives

Supplement	Dosage
Ultraclean 85	2 capsules with breakfast 1 capsule with dinner
Bio Medica - Vege NAC	2 capsules with breakfast 1 capsule with dinner
Bio Medica - Mag Duo Adapt	1 scoop mixed in water with breakfast

Week 2 and beyond

Supplement	Dosage
Ultraclean 85	2 capsules with breakfast 2 capsules with dinner
Bio Medica - Vege NAC	2 capsules with breakfast 2 capsules with dinner
Bio Medica - Mag Duo Adapt	1 scoop mixed in water with breakfast
Metagenics O-Clear *Note important caution information on the next page.	1 tablet with breakfast 1 tablet with Lunch

I will text you a copy of this table so you have easy access on your phone.

Note the high dose of NAC and Omega 3 is temporary after around the 3 month mark we will go back to a maintenance dose of 1 each at breakfast and 1 each at dinner.

IMPORTANT INFORMATION

1. Potential Interaction - Timing of consuming matters

Due to a potential interaction between the BCM-95™ Turmeric in O-Clear and your Clomipramine medication, please take your Clomipramine dose at least 4 hours away from your O-Clear doses. This will minimise any potential interaction through the CYP3A4 pathway. While this interaction is possible rather than certain, this timing approach creates an abundance of caution.

This supplement will replace your current milk thistle and isoflavone supplements, providing comprehensive support in one formula.

Please be watchful for these possible signs:

- Increased drowsiness or sedation
- Unusual dizziness or lightheadedness
- Changes in heart rhythm or palpitations
- Digestive discomfort beyond what's typical for you
- Heightened side effects from your medication

While maintaining the minimum of 4-hour separation between O-Clear and your evening medication significantly reduces interaction risk, being aware of these potential symptoms empowers you to monitor your body's response. If you notice any concerning changes, please contact both myself and your prescribing physician promptly.

Remember that this mindful approach—separating dosage times while staying attuned to your body's signals—allows us to harness turmeric's powerful anti-inflammatory benefits while respecting your current medication protocol.

2. New Supplements are Replacing Old Supplements

The new supplements I've recommended today (Mag Duo Adapt and O-Clear) will replace your need to continue taking your previously purchased Mega B Support, Milk Thistle, Ashwagandha and Promensil peri. Please note

- You can continue taking your Ashwagandha with these new supplements, but it is not necessary.
- I recommend finishing Mega B Support before starting Mag Duo Adapt
- I recommend finishing Promensil peri and Milk Thistle before starting O-Clear.
- I also recommend starting Mag Duo Adapt a week or so before starting O-Clear to give your body a chance to adjust to the changes.

YOUR GENTLE IMPLEMENTATION GUIDE

A Suggested Week-by-Week Approach to Integrating Your Wellness Plan

I know you're excited to begin this healing journey, and I want to support you in implementing these recommendations in a way that feels nourishing rather than overwhelming. Taking a gradual approach allows your body and mind to adjust harmoniously, creating sustainable patterns that support long-term wellbeing.

Here's a gentle roadmap for the next few weeks. Remember, this is flexible—honour your body's wisdom and adjust as needed.

Week 1: Foundation Building (When your new supplements arrive)

Focus Areas:

- ✦ Start with your morning Mag Duo Adapt (1 scoop with breakfast)
- ✦ Start with your increased Ultraclean 85 and Vege NAC dosing (2 at breakfast, 1 at dinner)
- ✦ Incorporate 5-minute Box Breathing practice once daily
- ✦ Choose one nutrient-dense recipe to try this week
- ✦ Begin 15-minute yoga practice twice this week

Mindset: This week is about creating a solid foundation. Give yourself permission to focus on these few elements without feeling rushed to implement everything at once.

Week 2: Gentle Expansion

Focus Areas:

- ✦ Increase Ultraclean 85 and Vege NAC to full therapeutic dose (2 each at breakfast and dinner)
- ✦ Extend Box Breathing practice to 7 minutes daily
- ✦ Add one more nutrient-dense recipe (focusing on B12 or zinc-rich foods)
- ✦ Continue twice-weekly yoga practice
- ✦ Begin practicing the 5-4-3-2-1 grounding technique once daily

Mindset: Notice how your body responds to these adjustments. Celebrate small shifts in how you feel rather than focusing on "doing everything perfectly."

YOUR GENTLE IMPLEMENTATION GUIDE

Week 3: Deepening Support

Focus Areas:

- ✦ If you've finished your current Promensil peri and Milk Thistle, begin O-Clear (remember timing separation from Clomipramine)
- ✦ Add a third nutrient-dense recipe (focusing on magnesium or omega-3 rich foods)
- ✦ Continue yoga practice twice weekly
- ✦ Add a 20-minute walk once this week
- ✦ Practice 5-4-3-2-1 grounding technique twice daily (morning and evening)

Mindset: This week is about deepening your connection to these practices. Notice what feels supportive and what might need adjusting.

Week 4: Nurturing Rhythm

Focus Areas:

- ✦ Maintain supplement protocol
- ✦ Continue breath work and grounding practices
- ✦ Increase yoga to three times weekly if feeling called to do so
- ✦ Add a second 20-minute walk this week
- ✦ Incorporate a fourth nutrient-dense recipe (focusing on isoflavone-rich foods)

Mindset: By now, you may be noticing some practices becoming more familiar. Allow yourself to find a nurturing rhythm that honours both your healing journey and daily life.

Weeks 5-8: Gentle Integration

Focus Areas:

- ✦ Maintain supplement protocol
- ✦ Continue established movement practices
- ✦ If desired and feeling ready, add a session of Pilates
- ✦ Work toward incorporating most recommended nutrients through your daily meals
- ✦ Practice using grounding techniques during moments of heightened OCD symptoms

Mindset: These weeks are about gently integrating all elements of your plan while remaining responsive to your body's needs. Remember that healing isn't linear—some days will feel easier than others.

Remember

- ♥ Progress, not perfection
- ♥ Your body's wisdom is your guide
- ♥ Small, consistent steps create lasting change
- ♥ Celebrating small victories nurtures motivation

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.

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 JANAYA KARLOCI
Naturopath

While this concludes your official treatment plan - please continue reading for nourishing recipes which encompass all of the dietary recommendations made to you in this treatment plan; followed by more information explaining the 'why' behind each recommendation on the basis that - sharing knowledge is a cornerstone of how I support my clients' wellness journeys.



Breakfast

OVERNIGHT CHIA PUDDING

A calming start to your day with omega-3 rich seeds and antioxidant berries



PER PERSON INGREDIENTS

- 2 tablespoons (30g) chia seeds
- 125ml fortified plant milk (almond or oat)
- 1 tablespoon (20g) maple syrup
- ¼ teaspoon vanilla extract
- 60g mixed berries
- 2 tablespoons (20g) hemp seeds
- 1 tablespoon (10g) chopped walnuts

DIRECTIONS

1. In a jar or small bowl, combine chia seeds, plant milk, maple syrup, and vanilla
2. Stir well and refrigerate overnight
3. In the morning, top with berries, hemp seeds, and walnuts
4. Enjoy mindfully, noticing the varied textures and flavours

NUTRITIONAL HIGHLIGHTS

- Omega-3: 8g (supports brain health and reduces inflammation)
- Magnesium: 120mg (calms nervous system and supports GABA production)
- Zinc: 2.5mg (essential for neurotransmitter function)
- Antioxidants: High (protects brain cells from oxidative stress)

Breakfast

PROTEIN- PACKED SMOOTHIE

A nutrient-dense blend to support neurotransmitter balance and sustained energy

PER PERSON INGREDIENTS

- 250ml fortified plant milk
- ½ medium banana (approximately 50g)
- 75g mixed berries (frozen works well)
- 2 tablespoons (20g) hemp seeds
- 1 tablespoon (5g) nutritional yeast
- 1 tablespoon (15g) almond butter
- ¼ teaspoon cinnamon
- Small handful of spinach (approximately 15g, optional for extra nutrients)
- Ice cubes (optional)

DIRECTIONS

1. Add all ingredients to a blender
2. Blend until smooth and creamy
3. Pour into a glass and sip slowly, taking time to appreciate the flavours

NUTRITIONAL HIGHLIGHTS

- Protein: 12g (supports neurotransmitter production)
- B12: 4mcg (critical for nerve function and mood regulation)
- Zinc: 3mg (supports hormone metabolism)
- Magnesium: 80mg (promotes calm and reduces anxiety)
- Omega-3: 5g (supports brain health and hormone balance)



Lunch or Dinner

BALANCING BUDDHA BOWL



***A grounding meal with complete protein
and hormone-supporting nutrients***

PER PERSON INGREDIENTS

- 75g cooked quinoa (approximately ½ cup)
- 75g roasted chickpeas (tossed with 2ml olive oil, ¼ tsp each of cumin, paprika, and garlic powder)
- 30g spinach (approximately 1 cup), sautéed with 1 garlic clove and squeeze of lemon
- ¼ medium avocado (approximately 30g), sliced
- 1 tablespoon (15g) tahini
- 1 teaspoon (5ml) lemon juice
- 1 tablespoon (15ml) water
- Pinch of sea salt
- Optional: sprinkle of nutritional yeast (approximately 2g)

DIRECTIONS

1. Arrange quinoa as the base in a bowl
2. Add chickpeas and sautéed spinach
3. Top with avocado slices
4. Whisk together tahini, lemon juice, water, and salt for a simple dressing
5. Drizzle dressing over bowl and sprinkle with nutritional yeast if using

NUTRITIONAL INFORMATION

- Protein: 15g (supports neurotransmitter balance)
- Iron: 6mg (essential for oxygen transport and energy)
- Magnesium: 180mg (supports nervous system function)
- Zinc: 3.5mg (crucial for hormone metabolism)
- Folate: 220mcg (supports methylation and mood regulation)

Lunch or Dinner

APPLE-KALE SALAD WITH SEED TOPPING

Fresh, nutrient-dense option for busy days



PER PERSON INGREDIENTS

- 60g fresh kale, finely chopped (approximately 2 cups)
- 1 medium apple (approximately 150g), diced
- 2 tablespoons (30ml) fresh lemon juice
- 2 tablespoons (30ml) olive oil
- 1 tablespoon (20g) maple syrup
- 85g freshly prepared tofu, cubed
- 2 tablespoons mixed seeds (pumpkin, hemp, and freshly ground flax - approximately 20g total)
- Pinch of salt

DIRECTIONS

1. Massage kale with 1 tablespoon olive oil and pinch of salt for 2 minutes to soften
2. Whisk together remaining olive oil, lemon juice, and maple syrup for dressing
3. Combine all ingredients in a bowl and toss gently
4. Serve immediately

NUTRITIONAL INFORMATION

- Protein: 14g (supports brain function)
- Calcium: 250mg (supports nervous system)
- Vitamin K: High (supports hormone metabolism)
- Omega-3: 3g (reduces inflammation)

Lunch or Dinner

SIMPLE HERB ROASTED SWEET POTATO & FRESH PROTEIN PLATE



Grounding, nutrient-dense option

PER PERSON INGREDIENTS

- 1 medium sweet potato, cubed
- 2 cups fresh broccoli florets
- 85g freshly prepared tofu or 2 fresh eggs
- 2 tablespoons olive oil
- Fresh herbs (rosemary, thyme)
- Pinch of salt
- ½ cup freshly cooked quinoa

DIRECTIONS

- Preheat oven to 200°C
- Toss sweet potato with 1 tablespoon olive oil, herbs, and salt
- Roast for 20 minutes, then add broccoli and roast 10 minutes more
- Meanwhile, cook protein (sauté tofu or prepare eggs as desired) and quinoa
- Arrange all components on a plate, drizzle with remaining olive oil
- Serve immediately

NUTRITIONAL INFORMATION

- Protein: 18g (supports neurotransmitter function)
- Vitamin A: 12,000 IU (supports immune and hormone function)
- Fibre: 12g (supports gut health and hormone balance)
- Magnesium: 150mg (calms nervous system)
- B Vitamins: High (supports methylation and energy)

Lunch or Dinner

HERBED MILLET WITH ZUCCHINI & FRESH PROTEIN

Gentle, calming dinner with balanced nutrients



PER PERSON INGREDIENTS

- 75g millet, freshly cooked (approximately ½ cup)
- 1 medium zucchini (approximately 150g), diced
- 1 medium carrot (approximately 80g), diced
- 85g freshly prepared tofu (or 2 fresh eggs if tolerated)
- 2 tablespoons (30ml) olive oil
- 1 tablespoon fresh herbs (parsley, basil - approximately 5g)
- ½ teaspoon fresh ginger, grated (approximately 2g)
- Pinch of salt

DIRECTIONS

1. Cook millet according to package instructions (typically 1:2.5 ratio millet to water)
2. In a pan, sauté zucchini and carrot in 1 tablespoon olive oil for 5 minutes
3. Cook protein separately with ginger
4. Combine all ingredients, toss with remaining olive oil and fresh herbs
5. Serve immediately

NUTRITIONAL INFORMATION

- Protein: 16g (supports neurotransmitter balance)
- Iron: 4mg (supports energy and cognitive function)
- Magnesium: 110mg (supports nervous system)
- B Vitamins: High (supports methylation pathways)
- Zinc: 3mg (supports hormone metabolism)

MORE INFORMATION

For you

Explaining the 'why' behind each recommendation because the sharing of knowledge is a cornerstone of how I support you



DIETARY RECOMMENDATIONS

Importance of including foods high in vitamin B12, Zinc, Magnesium, Isoflavones & Omega 3 Fatty Acids

- These essential nutrients support neurotransmitter balance, hormone regulation, and overall wellbeing during your healing journey. I've included the Recommended Dietary Intake (RDI) for each nutrient to help you understand how these foods contribute to your daily needs.
 - **B12** supports nervous system function, mood regulation, and energy production - crucial for both OCD management and perimenopausal wellbeing. **Vitamin B12** is found mostly in meat sources, so it is important that you make a conscious effort to include foods high in B12.
 - **Zinc** supports hormone metabolism, immune function, and neurotransmitter production - essential for balancing mood and supporting hormonal transitions
 - **Magnesium** calms the nervous system, supports GABA production, and helps regulate the stress response - offering natural support for both OCD symptoms and perimenopausal challenges
 - **Isoflavones** gently support oestrogen receptors during hormonal transitions, helping to ease perimenopausal symptoms while supporting overall hormonal balance. This can be particularly beneficial for:
 - Supporting more stable mood patterns
 - Maintaining bone health
 - Managing hot flushes
 - Supporting cardiovascular health
 - Providing antioxidant benefits
 - **Omega-3 fatty acids** support brain health, reduce inflammation, and help maintain cognitive function during hormonal transitions - offering dual support for OCD symptoms and perimenopausal brain fog

LIFESTYLE RECOMMENDATIONS

The Mindful Movement Journey: Building Strength With Wisdom

I'm excited about your commitment to rebuilding strength through movement! The approach of starting slowly and progressively building your movement repertoire honours both your body's current needs and your natural enthusiasm.

🌱 The Science Behind Our Gradual Approach

Your body is navigating significant transitions—both hormonally through perimenopause and neurologically through OCD management. Research shows that mindful, progressive movement integration offers multiple layers of support during these transitions:

- **Neurotransmitter Balance:** Regular, moderate exercise stimulates the production of GABA—the calming neurotransmitter that helps counter excessive glutamate activity often seen in OCD. However, excessive exercise can trigger stress hormones that potentially worsen symptoms.
- **Hormonal Harmony:** During perimenopause, your body is particularly sensitive to overtraining, which can disrupt already fluctuating hormone levels. The 15-20 minute sessions provide benefits without overtaxing your adrenal system.
- **Neuroplasticity Support:** Regular, diverse movement patterns (yoga, walking, pilates) enhance neuroplasticity—your brain's ability to create new neural pathways that support healthier response patterns to OCD triggers.

🌱 The Wisdom of Progressive Building

There's beautiful wisdom in your body's response to movement that we want to honour:

🌟 **Establishing Sustainable Patterns:** By starting with just two yoga sessions weekly, we're creating a foundation that feels achievable rather than overwhelming—making it more likely to become a lasting part of your wellness journey.

🌟 **Honouring Your Body's Feedback Loop:** The week- two-week intervals between adding new movement forms allow your body time to adapt and provide feedback. This mindful listening helps prevent the "too much, too soon" pattern that can lead to burnout or setbacks.

LIFESTYLE RECOMMENDATIONS

✨ **Creating Embodied Presence:** Moving mindfully counters the tendency toward dissociation that can accompany OCD. By gradually increasing your movement practice, you're cultivating deeper body awareness that anchors you in the present moment.

🌱 The Benefits Beyond Physical Strength

This thoughtful movement approach offers benefits that extend far beyond physical strength:

- **Stress Resilience:** Regular, moderate movement helps regulate your HPA axis, creating greater resilience to stress triggers that might otherwise intensify OCD symptoms
- **Cognitive Clarity:** The combination of yoga, walking, and potentially pilates supports blood flow to your brain, helping address the cognitive challenges that can accompany both perimenopause and OCD
- **Emotional Regulation:** Each form of movement offers unique support for emotional balance—yoga through mindful breath connection, walking through rhythmic bilateral stimulation, and pilates through core engagement that grounds the nervous system

This gentle progression honours your enthusiasm while creating sustainable patterns that support your overall wellbeing. The variety of movement forms ensures balanced physical development while providing multiple pathways for nervous system regulation.

The “5-4-3-2-1 Grounding Technique”

This grounding technique works by engaging all five senses, redirecting attention from intrusive thoughts to present reality. Research shows this activates the prefrontal cortex, which helps regulate the amygdala's fear response - particularly helpful during OCD episodes.

SUPPLEMENT RECOMMENDATIONS

Update to your NAC and Omega 3 Dosages

- I'd like to share an important note about our approach to your NAC and Omega-3 supplementation:

✦ Therapeutic Phase vs. Maintenance Phase

- Note: The higher doses of NAC and Omega-3 represent a temporary therapeutic intervention. After approximately 3 months, we'll transition to maintenance dosing of 1 capsule each at breakfast and 1 capsule each at dinner.

✦ Why This Therapeutic Approach Matters

- This strategic "loading phase" approach allows us to create meaningful shifts in your body's biochemistry. Research shows that higher initial doses of these nutrients can help break established patterns and create new metabolic pathways before transitioning to lower maintenance doses.
 - For NAC (N-Acetyl Cysteine): Higher initial dosing (2,360mg daily) creates a powerful impact on glutamate regulation—directly addressing the neurotransmitter imbalance often seen in OCD. This therapeutic dosing helps replenish depleted glutathione stores, enhances detoxification pathways, and provides robust anti-inflammatory support.
 - Clinical studies show significant improvement in OCD symptoms within 12 weeks at similar dosages by regulating glutamate and enhancing antioxidant capacity. The gradual increase helps minimise potential digestive side effects while establishing therapeutic levels.
 - For Omega-3 Fatty Acids: The therapeutic dosing (4.08g daily) helps rapidly shift your omega-6:omega-3 ratio, creating powerful anti-inflammatory effects throughout your body, including your brain. This higher initial dose provides concentrated support during this crucial perimenopausal transition, protecting brain tissue, supporting neurotransmitter function, and enhancing cell membrane fluidity.
 - Research indicates doses of 3-4g daily improve mood stability and cognitive function while supporting hormonal transitions. The EPA component specifically helps reduce neuroinflammation that can exacerbate OCD symptoms

SUPPLEMENT RECOMMENDATIONS

- Once we've established these new patterns and restored optimal levels, your body can maintain balance with lower ongoing doses. This pulsed approach minimises the long-term supplementation burden while maximising therapeutic benefits.
- This "therapeutic to maintenance" approach mirrors nature's own rhythms—providing intensive support during periods of transition before settling into sustainable balance.
- I'll guide you through this transition when the time comes, making adjustments based on your unique response and progress.

MagDuo Adapt Addition

This formula offers a synergistic blend of nutrients specifically designed to support your nervous system, stress resilience, and overall wellbeing during this important transition in your life. Important components for you:-

🌿 Holy Basil (*Ocimum tenuiflorum*) (This will replace your need to take Ashwagandha (*Withania somnifera*) although you can keep taking it should you wish - there is no harm in taking them both.

This revered adaptogenic herb has been used for thousands of years to promote balance and resilience. Holy basil helps:

- Modulate cortisol levels, supporting your body's stress response
- Balance the HPA axis (hypothalamic-pituitary-adrenal), which is particularly beneficial during perimenopausal hormone fluctuations
- Provide gentle support for mood regulation and cognitive clarity
- Support the body's anti-inflammatory processes

🌿 Dual-Form Magnesium (Citrate & Glycinate)

The two complementary forms of magnesium work together to provide comprehensive support:

- Magnesium glycinate offers enhanced absorption and nervous system support
- Magnesium citrate provides additional benefits for muscle relaxation and energy production
- Together, they help regulate neurotransmitter balance, particularly the GABA/glutamate pathway that's often disrupted in OCD.

SUPPLEMENT RECOMMENDATIONS

Taurine & Glycine

These amino acids work synergistically with magnesium to:

- Support inhibitory neurotransmitters that counterbalance the excitatory pathways often overactive in OCD
- Promote calming effects on the nervous system without sedation
- Support mitochondrial function for balanced energy throughout your day
- Enhance bile production, supporting hormone detoxification

Activated B Vitamin Complex

This replaces your need to take Mega/Super Bs). The methylated forms of B vitamins in this formula are particularly valuable for:

- Supporting methylation pathways that regulate neurotransmitter metabolism
- Enhancing energy production at the cellular level
- Supporting nervous system function and myelin sheath integrity
- Promoting hormone metabolism and liver detoxification processes

Why This Matters for Your Unique Journey

For your specific health picture, MagDuo Adapt provides targeted support for:

- 1.OCD Management - The magnesium, taurine, and glycine work together to modulate glutamate activity and support GABA production, directly addressing the neurotransmitter imbalance often seen in OCD. Research shows magnesium supplementation can reduce anxiety and improve stress response.
- 2.Perimenopausal Transition - Holy basil's adaptogenic properties help your body navigate hormonal fluctuations with greater ease. The activated B vitamins support methylation pathways crucial for hormone metabolism during this transition.
- 3.Nervous System Regulation - The combined ingredients create a "nutritional cushion" that helps your nervous system respond more adaptively to daily stressors, potentially reducing the intensity of OCD triggers.
- 4.Energy & Cognitive Support - The formula supports balanced energy production and mental clarity, addressing the brain fog and fatigue that can accompany both perimenopause and OCD.

SUPPLEMENT RECOMMENDATIONS

5. Sleep Quality - Evening doses of magnesium can sometimes be too activating for sensitive individuals. This morning dose primes your nervous system for balanced function throughout the day, indirectly supporting better sleep quality at night.

This thoughtfully formulated supplement complements your other protocols beautifully, creating a holistic approach to supporting your body's innate healing capacity. The orange flavour makes it a pleasant addition to your morning routine, helping to establish a nurturing ritual that signals to your body and mind that you're prioritising your wellbeing.

O-Clear Addition

Key Benefits:

- P5P (activated B6): Supports neurotransmitter synthesis and hormone metabolism
- Zinc: Essential for over 300 enzymes, including those involved in hormone regulation
- B12: Critical for nervous system function and energy production
- Silybum marianum: Protects the liver and supports liver detoxification of hormones
- Turmeric: Powerful anti-inflammatory that supports brain health
- Rosemary extract: Provides antioxidant protection and supports cognition

Important Medication Interaction Note: ⚠ Due to the potential interaction between the BCM-95™ Turmeric in O-Clear and your Clomipramine medication, please take your Clomipramine dose at least 4 hours away from your O-Clear doses. This will minimise any potential interaction through the CYP3A4 pathway. While this interaction is possible rather than certain, this timing approach creates an abundance of caution.

This supplement will replace your current milk thistle and isoflavone supplements, providing comprehensive support in one formula.

Remember that this is a holistic approach - each element supports the others. The dietary changes support your supplement protocol, while the lifestyle practices enhance both.

Focus on gradual, sustainable changes rather than perfection.