

Treatment Plan

Your Gently Weekly Guide: 4-Week Protocol to Calm

Overview and what to expect over the next 4-weeks

Prepared exclusively for: Julie Harris
Practitioner: Janaya Karloci, Naturopath

Consultation date: 16 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

- Support your body's natural resilience while reducing OCD's impact on daily life through gentle, natural approaches and mindful practices
- Support healthy GABA/Glutamate balance to reduce anxiety and OCD symptoms
- 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

Summary of Your 4-Week Journey

Each week of this plan builds gradually on the previous one, allowing your body and mind to adjust comfortably while also giving you a range of new mindfulness tools in your toolbox:

Nutrition

- Daily Veggie Goal will increase by 1 serve per day each week
- Focus: Blood sugar stability, low histamine, hormone and gut support
- Weekly breakfast, lunch, dinner and snack recipes to try
 - Just 1 recipe for each a week – my suggestion is to try 1 recipe a day 4 days in the week.
- Shopping List starter – a starter shopping list for you to build which includes foods ingredients for the recipes along with other foods to focus on incorporating during the upcoming week.
 - Why not put this list up on the fridge and ask everyone in the household to add to it by your specified shopping day.

General Guidelines for Keeping Meals Low in Histamine

This has been sent to you as a text

1. **Fresh is best:** Cook meals fresh and eat immediately when possible
2. **Leftovers:** Store in the refrigerator and consume within 24 hours
3. **Freezing:** Freeze portions immediately after cooking to pause histamine formation
4. **Cooking methods:** Favour steaming, poaching, or quick sautéing over slow cooking
5. **Pantry items:** Store nuts, seeds and grains in the refrigerator to maintain freshness
6. **Avoidance:** Completely avoid aged, fermented, cured and leftover (more than 24 hours old) foods
7. **Food pairing:** Consider serving meals with a small amount of vitamin C-rich food (if tolerated) to help with histamine degradation
 - **Fruits**
 - Apples (especially green), Mango, Papaya, Blueberries, Lychee, Guava
 - Avoid: citrus fruits (like oranges, lemons, and grapefruits), strawberries, and kiwi, as they are histamine liberators or often poorly tolerated.
 - **Vegetables** (fresh, lightly cooked or raw):
 - Red capsicum, Zucchini, Broccoli (usually tolerated if steamed briefly), Cabbage (green), Cauliflower, Turnip, Pumpkin, Parsley
8. **Rotation:** Rotate foods to prevent developing new sensitivities

Mindfulness

- A daily 5-minute practice to try for the week
- An "In-the-Moment" technique to support you: -
 - to delay compulsions, to delay a vape or when feeling overwhelmed/irritated/anxious.

Environmental Upgrade

- Simple changes to reduce your exposure to mould in your home

Supplement Support

- Gradual introduction and adjustments of supplements
- Specific timing guidelines with meals
- Clear explanations of benefits

"This Way Is Up" Program Support

- Weekly review and practice guideline
(This will start in week 2 and you'll receive your log in details via email in the next few days).

Vaping Reduction

- Structured support through the "OneLeaf" app
 - As I mentioned I reached out to OneLeaf Health and arranged a discount for my clients - 50% on the first period of the quarterly subscription so US\$29.99 for first quarter instead of US\$59.99
 - promo code **JANAYA**
 - Sign up at <https://www.oneleafhealth.com/signup>, choose the quarterly plan, and enter the code at the checkout – see the associated text for reference.
 - **Please just remember to cancel this before the end of the first quarter (unless you want to continue that is) as it will be recharged at \$59.99 the following quarter.** Maybe set a reminder in your calendar.

Sleep Support

- Specific strategies on top of the benefits you'll get from using "OneLeaf" each week to improve sleep quality
- Supports both brain recovery and hormonal balance

Potential Interaction - Timing of consuming matters

As discussed, due to a potential interaction between components in O-Clear, Lipotropex and P-Balance with your Clomipramine medication, please take your Clomipramine dose at least 4 hours away from any of these supplements. This will minimise any potential interaction. While interactions are possible rather than certain, this timing approach creates an abundance of caution.

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, P-Balance and Lipotropex 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 me 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 the powerful multisystem benefits these supplements provide for your overall health and wellbeing while respecting your current medication protocol.

More about Histamine and its potential role as an underlying contributor to your current overall health and wellbeing

As we briefly discussed, following your results from the questionnaire completed between our sessions, I noticed some important patterns. Your responses show significant neurological symptoms like brain fog (which you rated as a 3 out of 3) and anxiety (2 out of 3), alongside digestive issues - particularly bloating and gas (which you rated 3 out of 3), diarrhoea/constipation (2 out of 3), and nausea after eating (2 out of 3). These patterns, combined with your respiratory symptoms, suggest you may have a histamine sensitivity, which could be exacerbated by the mould you've discovered in your bathroom.

These noted symptoms in combination with the noted increase in brain fog and memory loss challenges over time and more recently the increased irritability and bloating also suggest histamine could be an issue. Histamine can directly influence mood regulation, brain and gut function, especially during perimenopause when hormone fluctuations can already make these systems more sensitive. The bloating you're experiencing at a level 3 is particularly telling, as histamine directly affects gut motility and fluid balance.

Mould exposure can significantly amplify these reactions by triggering increased mast cell activity, which releases more histamine into your system. This creates a kind of 'perfect storm' where your perimenopausal transitions, histamine sensitivity, and environmental exposure are all converging. Mould mycotoxins are known to affect the same neurological pathways implicated in OCD and anxiety disorders.

Further to all this, the ECT treatments you've had over the years and your recent fall are also understood to be potentially playing a role in affecting your memory, concentration, and cognitive processing, together creating a cumulative effect that's likely contributing to your brain fog, memory concerns, and possibly even influencing your OCD symptoms. The good news is that our brains have remarkable capacity for healing and adaptation - what scientists call neuroplasticity.

Your Supplement Support

These supplements work together to support your body's natural healing processes:

- Lipotropex: Supports your liver's ability to process histamine and environmental exposures

- P-Balance and O-Clear: Provides targeted support for hormonal balance during perimenopause
- Ultraclean 85, Vege NAC, O-Clear: Work together to support your body's natural detoxification systems, to reduce inflammation and oxidative stress.
- Mag Duo Adapt: Helps calm your nervous system and supports stress resilience

The Brain-Environment Connection

Recent research has shown connections between:

- Environmental exposures (like mould)
- Inflammatory responses in the body
- Neurotransmitter balance (especially GABA/glutamate)
- OCD symptoms and anxiety

Our Approach: Gentle and Gradual Support

This step-by-step plan is designed to allow your body to adjust comfortably while giving us clear feedback about what's working. Each week builds on the previous one, introducing supportive elements in a manageable way.

Our comprehensive approach addresses multiple factors simultaneously, focusing on reducing your overall inflammatory burden while supporting brain health.

What to Watch For

As you implement this plan, please notice any changes in:

- Clarity of thinking and energy levels
- Mood stability and emotional balance
- OCD symptoms or urges
- How you feel on your medication

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.

Janaya Karloci

NATUROPATH & DIRECTOR

☎ +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA KARLOCI
Naturopath