

Treatment Plan

Building Blocks Protocol: Gentle Steps to Better Overall Health and Wellbeing

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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

Health Goals (In Order of Priority)

- **Build sustainable daily habits** - Focus on small, manageable changes that reduce overwhelm and create momentum
- **Support your body's natural resilience** while reducing OCD's impact through gentle, achievable practices
- **Develop a nourishing relationship with food** that supports mental health while honouring your vegetarian choices
- **Gradually reduce smoking** through gentle delay strategies and replacement activities
- **Support healthy GABA/Glutamate balance** to reduce anxiety and OCD symptoms through breathing practices

Treatment Aims

1. **Establish simple daily routines** that reduce overwhelm and create structure
2. **Build foundational nutrition habits** - water intake and vegetable consumption
3. **Develop practical smoking reduction strategies** using delay techniques and alternative activities
4. **Support stress resilience** through accessible mindfulness practices
5. **Support and enhance conventional OCD treatment** through complementary natural approaches and via incorporating "This Way Is Up" program integration
6. **Address overwhelm patterns** through practical planning and accountability systems

Your Simple Daily Building Blocks

Foundation Block 1: Hydration

- **Goal:** Drink 2 litres of water daily
- **How:** Keep a water bottle with you, aim for 1 glass every 1-2 hours
- **Track:** Simple tick for each glass (aim for 8 ticks per day)

Foundation Block 2: Vegetables

- **Goal:** Include 2 serves of vegetables daily
- **How:** One serve at lunch, one at dinner (fresh or lightly cooked)
- **Examples:** Handful of salad leaves, ½ cup cooked vegetables, vegetable soup, blend a cup of vegetables (one or a mix of mushroom, zucchini, carrot, spinach) and add it to your pasta sauce, have it again for lunch the next day.

Foundation Block 4: Breathing Practice

- **Goal:** Use 4-7-8 Vagal Toning Breath when needed
- **When:**
 - You wake in the morning
 - 3-4 cycles to start, building to 6-8 cycles
 - You have the urge to smoke
 - Whatever you can manage 1-4 cycles
 - You feel overwhelmed
 - Whatever you can manage 1-4 cycles
 - You feel anxious
 - Whatever you can manage 1-4 cycles
 - You go to bed at night
 - 3-4 cycles to start, building to 6-8 cycles
- **How:**
 1. **Find a comfortable position** - Sitting or lying down, spine straight
 2. **Place one hand on your chest, one on your belly** - This helps you monitor your breathing
 3. **Exhale completely** through your mouth to start fresh
 4. **Breathe in through your nose** for 4 counts (belly should rise, chest stays relatively still)
 5. **Hold your breath** for 7 counts
 6. **Exhale slowly through your mouth** for 8 counts (making a gentle "whoosh" sound)
- **Why**

This simple breathing technique specifically activates your vagus nerve and can help improve vagal tone over time. It's particularly helpful for OCD because it:

- Activates the "rest and digest" response
- Helps shift out of repetitive thought patterns
- Creates a sense of calm and safety
- **Can help you reconnect with your body when dissociating**
- **Supports your nervous system in returning to its "window of tolerance"**
- Can be used as an "in-the-moment" tool during high anxiety or when feeling disconnected

Please find more information about Vagal Tone and OCD in the "Understanding Vagal Tone and OCD" handout attached to your treatment plan email.

Focus over the next 6 Weeks

1. Smoking Reduction Strategy

Attached to your treatment plan email is the "**Impact of Smoking on OCD**" handout which I thought you might find helpful.

Implement the "Delay and Replace" Technique below.

The Delay Technique

Week 1-2: First cigarette delay

- Push your first cigarette of the day back by 15-30 minutes
- Use this time to perform a [Replacement Activity Below](#)

Week 3-4: Gradual expansion

- Once comfortable with first cigarette delay, choose one other cigarette to delay
- Continue building on successful delays

Week 5-6: Pattern awareness

- Notice which delays are easiest and build on those
- Prepare for our next session with your observations

Replacement Activities

At Home (try one or more of these):

- Crystal by numbers activity
- 4-7-8 breathing practice
- Glass of water
- Quick tidy of one small area
- Step outside for fresh air

At Work (when crystal activity isn't practical):

- **2-minute activities suitable for work:**
 - 4-7-8 breathing (can be done quietly or even in the bathroom)
 - Drink a glass of water
 - Do 3 desk stretches (neck, shoulders, wrists)
 - Write down 3 things you're grateful for
 - Look out the window and name 5 things you can see
 - Quick walk to the bathroom/kitchen

Questions to Ask Yourself

Before reaching for a cigarette, pause and ask:

1. "What am I feeling right now?" (stressed, bored, overwhelmed, habitual?)
2. "Can I delay this for 5 minutes and see how I feel?"
3. "What else could I do right now that might help with this feeling?"
4. "Have I had my water this hour?"

2. Schedule to prevent overwhelm

Implement a Weekly Planning System “The Simple 7”

Attached to your treatment plan email is the **Weekly Planning & Accountability Handout (“Simple 7”)** which I prepared for you as a “starter system” to implement

- I've kept it in WORD format so you can save it to your system and make it your own.

3. Specific Support for OCD Management

- **Continue "This Way Is Up" lessons** - schedule into your **“Weekly Planning System “Simple 7”**
- **Daily practice (20 minutes)**: 15 minutes skill practice + 5 minutes check-in
- **Use 4-7-8 breathing** as part of your OCD management toolkit
- **Integration**: Make this part of your weekly routine rather than additional pressure

4. Anti-inflammatory Diet

Follow basic anti-inflammatory eating patterns - see tables towards the back of this document for general guidance.

5. Supplement Support

As discussed, we're going to reduce your NAC and Fish Oil back down to more maintenance levels slowly. **If after a period of time you notice negative symptoms coming back please reach out so we can adjust your supplements.**

Week commencing 30 June

Morning (with breakfast)

- Continue:
 - Vege NAC: 2 capsules
 - Mag Duo Adapt: 1 scoop mixed in water
 - O-Clear: 1 tablet
 - Orthoplex P-Balance: 1 capsule
 - Lipotorex: 3g (full dose) *which can be mixed with MagDuo*
 - Metagenics SPM Active : 1 capsule

Midday (with lunch)

- Continue:
 - O-Clear: 1 tablet
 - Lipotorex: 3g (full dose) mixed in water

Evening (with dinner)

- **Reduce Vege NAC**: to 1 capsule

Week commencing 7 July and until we see each other again

Morning (with breakfast)

- Continue:
 - Metagenics SPM Active: 1 capsule until bottle is finished then resume taking UltraClean: to just 1 capsule
 - Mag Duo Adapt: 1 scoop mixed in water
 - O-Clear: 1 tablet
 - Orthoplex P-Balance: 1 capsule
 - Lipotorex: 3g (full dose) *which can be mixed with MagDuo*
- **Reduce Vege NAC:** to 1 capsule

Midday (with lunch)

- Continue:
 - O-Clear: 1 tablet
 - Lipotorex: 3g (full dose) mixed in water

Evening (with dinner)

- Continue:
 - Vege NAC: 1 capsule
- Once Metagenics SPM bottle is finished Resume
 - Ultraclean 85: to just 1 capsule

Potential Interaction - Timing of consuming matters

Again, 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.

Next Appointment scheduled for 1pm 6 August

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.

Anti-Inflammatory Eating Patterns

FOOD CATEGORY	FOODS TO INCLUDE	COLLAGEN BOOST
Fresh Vegetables	Leafy greens (lettuce, kale, spinach) Broccoli, cauliflower, Brussels sprouts Carrots, sweet potato, pumpkin Zucchini, cucumber, capsicum Fresh herbs (parsley, basil, coriander)	✓ Leafy greens ✓ Broccoli ✓ Brussels sprouts ✓ Carrots ✓ Cucumber ✓ Capsicum ✓ Parsley
Fresh Fruits	Berries (blueberries, strawberries) Apples, pears Citrus fruits (oranges, lemons) Cherries, grapes Avocado (if tolerated)	✓ Blueberries ✓ Strawberries ✓ Oranges ✓ Lemons
Healthy Proteins	Eggs (free-range if possible), Tofu (fresh), Tempeh Legumes (lentils, chickpeas, beans), Nuts and seeds (almonds, walnuts, chia) Greek yoghurt (if dairy tolerated)	✓ Eggs ✓ Almonds ✓ Walnuts
Whole Grains	Brown rice, Quinoa, Oats, Buckwheat	✓ Oats
Healthy Fats	Extra virgin olive oil, Avocado oil, Coconut oil, Nuts and seeds	✓ Nuts and seeds
Anti-Inflammatory Beverages	Water (2L daily) Herbal teas (ginger, turmeric, green tea)	✓ Green tea
Anti-Inflammatory Spices	Turmeric (with black pepper), Ginger, Garlic, Cinnamon	

LIMIT (Moderate Amounts)	AVOID/MINIMISE (Pro-Inflammatory Foods)
White bread and pasta White rice (small portions) Cheese (small amounts) Coffee (1-2 cups per day) Natural sugars (honey, maple syrup) Occasional Treats: Dark chocolate (70%+ cocoa) Small amounts of dessert Special occasion foods	Fried foods and takeaway Sugary drinks and soft drinks Lollies, biscuits, cakes Highly processed foods (most things in packets) Trans fats and margarine Foods high in refined sugar