

Treatment Plan

Prepared exclusively for: Julie Harris
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Consultation date: 6 August 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

(Adjusted for 10 Week ERP Period)

1. **Support ERP therapy success** - Provide foundational nervous system support during intensive OCD treatment
2. **Natural dopamine pathway development** - Build healthy reward sources to replace compulsions and reduce seeking behaviours
3. **Maintain physical and emotional stability** - Support resilience during therapeutic vulnerability period
4. **Simplified overwhelm management** - Reduce complexity to prevent therapeutic interference

Treatment Aims

(Adjusted for 10 Week ERP Period)

1. **ERP therapy support** - Nervous system stability during exposure work
2. **Dopamine support through natural activities** - New experiences, achievement completion, exercise maintenance
3. **Substance use awareness** - Understanding dopamine-seeking patterns without shame
4. **Simplified daily structure** - Maintain basic foundations without overwhelming demands

Dietary Recommendations (Same as last time)

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)

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.

3. Anti-inflammatory Diet

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

Lifestyle Recommendations

1. Dopamine Support Activities

1. **Bike riding commitment** - New experience providing achievement and novelty dopamine
2. **Exercise maintenance** - Continue daily yoga, 3-4x weekly Pilates (confirmed mood benefit)
3. **Emotional expression** - Encourage continued emotional release through yoga/movement
4. **Achievement documentation** - Notice and acknowledge daily completions
5. **Read the “Dopamine Connection handout” to recognise** when your dopamine levels might need support and for natural tools to boost them everyday.

2. ERP Support

1. **Nervous system regulation** - Continue breathing techniques during anxiety
2. **Perspective maintenance** - Remember ERP difficulty is temporary and worthwhile
3. **Self-compassion** - Reduce self-criticism about "not doing enough"

Supplement Support

Morning (with breakfast)

- **Designs for Health OmegaAvail 1250:** 1 capsule (Switched from *UltraClean 85*)
- **Bio Medica Vege NAC:** 1 capsule
- **Bio Medica MagDuo Adapt:** 1 scoop mixed in water
- **Metagenics O-Clear:** 1 tablet
- **Orthoplex P-Balance:** 1 tablet
- **Lipotorex:** 3g

4pm (immediately after work) (*New timing*)

- **Designs for Health OmegaAvail 1250:** 1 capsule (*new brand*)
- **Bio Medica Vege NAC:** 1 capsule
- **Metagenics O-Clear:** 1 tablet
- **Lipotorex:** 3g

Evening (before bed)

- **Prescribed Medication**

Supplement Modifications Made

- **Timing adjustment:** Moved lunchtime doses to 4pm for work compliance
- **Brand change:** Fish oil to Designs for Health for availability
- **Maintained separation:** 4+ hour gap from Clomipramine preserved

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 10 September

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)
<p>White bread and pasta White rice (small portions) Cheese (small amounts) Coffee (1-2 cups per day) Natural sugars (honey, maple syrup)</p> <p>Occasional Treats: Dark chocolate (70%+ cocoa) Small amounts of dessert Special occasion foods</p>	<p>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</p>