

Treatment Plan

Prepared exclusively for: Julie Harris Consultation date: 17 September 2025
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

1. **Support successful HRT integration** - Optimise nutritional support for new HRT effectiveness
2. **Address confirmed nutritional deficiencies** - Zinc supplementation priority, vitamin D/folate **pending results**
3. **Maintain OCD stability during transitions** - Support nervous system during HRT adjustment and treatment changes
4. **Develop sustainable implementation strategies** - Bridge understanding-action gap for breathing techniques and lifestyle changes
5. **Natural testosterone pathway support** - Compensate for missing testosterone component through nutrition and exercise

Treatment Aims

1. **HRT optimisation support** - Enhanced B6/folate/magnesium for hormone metabolism
2. **Zinc deficiency correction** - Address neurological symptoms and support testosterone synthesis
3. **Sleep hygiene improvement** - Critical for HRT effectiveness and overall recovery
4. **Practical nutrition implementation** - Work with food preferences for sustainable changes

A - Dietary Recommendations

1: Hydration

- **Goal:** Drink 2 litres of water daily
- **How:**
 - Keep a water bottle with you, aim for 1 glass every 1-2 hours
 - Drink herbal teas (un-caffeinated) throughout the day
 - 1 cup of un-caffeinated herbal tea this counts towards 1 glass of water.
- **Track:** Consider downloading the free "Water Reminder App" and set a reminder for every 2 hours

2: Vegetables

- **Goal:** Minimum of 2 but ideally 3 serves of vegetables daily
- **How:** One serve at lunch, two at dinner (fresh or lightly cooked)
- **Inspiration:**
 1. **Broccoli-based:** Steam with garlic, add to pasta or quinoa
 2. **Cauliflower options:** Roasted with herbs, mashed as potato substitute
 3. **Sweet potato focus:** Baked with legumes, curry-style preparations
 4. **Legume combinations:** Lentil soups, chickpea salads, bean-based meals
 5. **Corn integration:** Fresh kernels in salads, soup additions
 6. **Potato variations:** Baked with protein toppings, simple preparations
- **Challenge for the next 6 weeks:** Try at least one of the recipes in the “Simple Vegetable Recipes” Handout made specifically for YOU.

** Tip - Cruciferous Vegetables such as broccoli & cauliflower support healthy oestrogen metabolism (remember when we talked about clearing old oestrogen so it doesn't get re-used by your body and you therefore using the fresh oestrogen).*

Other cruciferous vegetables you might like to try and include more of (if you like them) are cabbage, kale, garden cress & bok choy.

Dinner Is Served



3. Iron Absorption Enhancement

- **Goal:** Optimise your ferritin levels naturally without needing supplementation
- **How:** Follow these tips to increase iron absorption from food
 1. Include foods high in vitamin C alongside meals with iron (see examples below)
 2. Avoid tea/coffee alongside or even 30minutes before/after meals
 3. Cook in cast iron cookware when possible
 4. Combine iron-rich foods with other absorption enhancers (garlic, onions)
 5. Eat iron-rich foods on an empty stomach when tolerated
 6. **Avoid absorption inhibitors:**
 - Avoid high-fibre whole grains WITH iron-rich legumes (phytates can reduce absorption)
 - Antacids within 2 hours of iron-rich meals
 - Egg proteins (particularly egg whites) with iron source
 7. **Timing considerations:**
If supplementing iron in future, take on empty stomach with vitamin C source
 - Space out high-fibre foods from iron sources by 1-2 hours when possible

Vegetarian Iron Sources & Vitamin C Combinations

Iron-Rich Foods	Iron Content (approx.)	Pair With (Vitamin C Sources)
Legumes & Pulses		
Lentils (1 cup cooked)	6.6mg	Tomatoes, capsicum, lemon juice
Chickpeas (1 cup cooked)	4.7mg	Fresh parsley, citrus, strawberries
Black beans (1 cup cooked)	3.6mg	Lime juice, fresh herbs, kiwi fruit
Kidney beans (1 cup cooked)	5.2mg	Tomato-based sauces, orange segments
Grains & Seeds		
Quinoa (1 cup cooked)	2.8mg	Capsicum, tomatoes, broccoli
Pumpkin seeds (1/4 cup)	5.2mg	Orange juice, strawberries
Sesame seeds (2 tbsp)	2.6mg	Lemon juice, fresh fruit
Leafy Greens		
Spinach (1 cup cooked)	6.4mg	Already contains vitamin C
Swiss chard (1 cup cooked)	4.0mg	Lemon juice, tomatoes
Other Sources		
Tofu (150g)	3.4mg	Capsicum, tomatoes, citrus
Dark chocolate (30g)	2.3mg	Strawberries, orange
Dried apricots (1/2 cup)	2.3mg	Already contains some vitamin C

B - Lifestyle Recommendations

1. Go through previous treatment plans and try some lifestyle recommendations to try

- ☀ Implement the "Delay and Replace" Technique for vaping
- ☀ Various breathing techniques
- ☀ Vagal Toning
- ☀ Natural Ways to Boost Dopamine

If you have any trouble finding any of these recommendations let me know and I'll send them over for you.

2. Daily Tracking

Start a simple tracking technique from day 1 of your HRT so we can track overtime and identify if and where extra support may be needed

- I've attached this as a separate handout.

Instructions: Rate each area 1-10 daily (1=awful, 10=amazing). Takes 30 seconds a day!

3. Specific Support for OCD Management

- Continue "This Way Is Up" lessons -
- Daily practice (20 minutes): 15 minutes skill practice + 5 minutes check-in
- Integration: Make this part of your weekly routine rather than additional pressure

C - Supplement Support (Modified for HRT)

Morning (with breakfast)

- **Unchanged**
 - **Bio Medica MagDuo Adapt:** 1 scoop mixed in water
 - **Designs for Health OmegaAvail 1250:** 1 capsule
 - **Bio Medica Vege NAC:** 1 capsule
- **New addition** (*PENDING blood results - will add when confirmed*)
 - **RN Labs Zinc Glycinate:** 1 tablet alongside food (*note can cause tummy upset on an empty stomach (PENDING blood results)*)
- **Discontinue Immediately** (extensive interactions with all three medications)
 - **Metagenics O-Clear**
 - **Orthoplex P-Balance**
- **OPTIONAL** - Can reduce to morning only or discontinue once bottle is finished based on preference
 - Lipotropex – 1 scoop mixed in water.

4pm (post-work)

- **Unchanged**
 - **Designs for Health OmegaAvail 1250:** 1 capsule
 - **Bio Medica Vege NAC:** 1 capsule
- **New Addition**

Bio Medica MagDuo Adapt: 1 scoop mixed in water

- **Discontinue Immediately** (extensive interactions with all three medications)
 - **Metagenics O-Clear**

Supplement Modification Timeline (REVISED - Immediate Safety Protocol)

IMMEDIATE DISCONTINUATION (Today)

Stop immediately due to extensive CYP enzyme interactions:

- **O-Clear:** Discontinue both morning and 4pm doses
- **P-Balance:** Discontinue morning dose
Critical reason: Multiple moderate interactions with Oestradiol and Progesterone, that could significantly compromise medication effectiveness

Week 1: Washout Period Before HRT

Days 1-3: Supplement washout

- Continue only: MagDuo Adapt (2x daily), Omega-3 (2x daily), NAC (2x daily) and can continue with Lipotropex but just reduce to once a day until finished.

Day 4: Start HRT

- Start with clean system for optimal effectiveness assessment

Rationale: Allows CYP enzyme effects to clear, ensures HRT isn't compromised from day one

Week 2-4: HRT Integration Support

Continue core support:

- **MagDuo Adapt:** 2x daily (essential B6/folate/magnesium for HRT metabolism)
- **Omega-3:** 2x daily (anti-inflammatory, hormone support)
- **NAC:** 2x daily (OCD support, antioxidant)
- **Zinc Glycinate:** Add when blood results confirm (expected Week 2-3)

Optional continuation:

- **Lipotropex:** Reduce to once daily (morning) or discontinue entirely
- *Rationale:* Good liver enzymes indicate liver support not essential, client choice for general wellbeing

Expected Blood Result Additions

Zinc supplementation (anticipated):

- **Dose:** 1 tablet (25mg) daily with breakfast
- **Monitoring:** Taste/smell improvements, energy levels

Vitamin D (pending results):

- **Anticipated dose:** 2000-4000 IU daily
- **Timing:** With fat-containing meal (morning with omega-3)

Monitoring During Supplement Transition

As you discontinue O-Clear and P-Balance to optimise your HRT effectiveness, please be aware of these potential temporary changes during the washout period:

What to Watch For:

- **Clomipramine-related changes:** Any unusual drowsiness, dizziness, or changes in your medication's usual effects

- **OCD symptom changes:** Any increases in obsessions or compulsions during the transition period
- **Histamine-related symptoms:** Return of bloating, headaches, digestive upset, or skin reactions
- **General wellbeing:** Any other concerning symptoms or changes that feel unusual for you

Important Notes:

- Most likely you won't notice anything significant during this short transition period
- These changes, if they occur, are typically temporary as your system adjusts
- The washout period actually helps ensure your HRT works optimally from day one
- If you experience any concerning changes, please contact me promptly

When to Contact Me:

- Any significant changes in mood or anxiety levels
- Unusual side effects from your Clomipramine
- Return of digestive or neurological symptoms
- Any other symptoms that concern you

Remember, this careful monitoring approach ensures we transition safely while optimising your hormone therapy effectiveness. Most people experience no issues during this type of supplement transition.

Next Appointment scheduled for 22 October 2025

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.