

NURTURING  
*Neurological Harmony*

YOUR HOLISTIC WELLNESS GUIDE  
SESSION 1  
22 FEBRUARY 2025

## Welcome to your personalised wellness plan,

Through the following integrative approach, we'll create a personalised wellness blueprint that honours your unique neurological landscape while supporting your innate capacity for balance, resilience, and joyful engagement with life.

✨ Our journey together embraces both evidence-informed protocols and the wisdom of traditional healing modalities, creating a bridge between conventional understanding and holistic support. ✨

## ✨ HEALTH GOALS ✨

### *Building Foundations for Thriving*

#### **Calm Nervous System Resilience**

- Establish balanced nervous system regulation
- Create sustainable self-calming strategies
- Support healthy stress response patterns
- Nurture parasympathetic activation

#### **Cognitive Clarity & Integration**

- Enhance executive function capabilities
- Support healthy focus and attention
- Promote cognitive flexibility
- Nurture learning and information processing

#### **Harmonious Thought Patterns**

- Reduce distress from repetitive thought cycles
- Build resilience to intrusive thought patterns
- Develop healthy coping mechanisms
- Support emotional regulation during OCD triggers

#### **Whole-Child Flourishing**

- Optimise nutritional foundations for neurological health
- Support restorative sleep architecture
- Nurture digestive wellness for gut-brain harmony
- Build confidence in self-regulation abilities

# TREATMENT AIMS

## *Our Holistic Approach*

### **1. Nourish Neurological Foundations**

- Provide targeted nutritional support for neurotransmitter balance
- Address underlying inflammatory patterns
- Optimise gut microbiome diversity for nervous system regulation

### **2. Establish Regulatory Rhythms**

- Create consistent nervous system regulation practices
- Develop personalised sensory-aware routines
- Support healthy circadian rhythm entrainment
- Introduce gentle botanical allies for nervous system balance

### **3. Foster Cognitive Resilience**

- Support healthy dopamine and acetylcholine pathways
- Provide nutritional co-factors for optimal brain function
- Address oxidative stress in neural tissues
- Support healthy blood flow to cognitive centers

### **4. Nurture Mind-Body Integration**

- Develop embodied regulation strategies
- Address physical manifestations of anxiety
- Create mind-body connection practices

### **5. Empower Family System Harmony**

- Provide tools for co-regulation during challenging moments
- Support parental confidence in therapeutic approaches
- Create sustainable home-based support strategies

# DIETARY RECOMENDATIONS

## 🌿 Getting Started: Nourishing Your Amazing Brain 🌿

I'd like to start with some simple but powerful additions to your daily food choices. Rather than focusing on taking foods away, let's look at some foods we can add in that will help support your brain and body.

### 1. Focus on including more:

#### a) Iron-Rich Foods + Vitamin C Boost

- Remember how we talked about your iron being a little low? We can help with that through food! The cool thing is that when we eat iron-rich foods with foods high in vitamin C, our body can use the iron much better - it's like they're best friends that help each other work better.
- Some easy combinations to try:
  - Tuna (which you already enjoy!) with cherry tomatoes
  - Hard-boiled egg with capsicum strips on the side
  - Your favorite meat with broccoli (which I know you like)
  - Iron Fortified crackers and dips high in vitamin C
    - Example of Iron Fortified crackers include a) Freedom Foods Crunchola Crackers, b) Mary's Gone Crackers Super Seed, c) Orgran Essential Fibre Crispibread, d) Freedom Foods Messy Monkeys.
    - I've included some simple recipies within this guide to make your own dips high in vitamin C

#### b) Protein Power

Your amazing brain uses protein to make important messenger molecules that help you feel focused and calm. Having some protein at each meal helps keep your energy steady throughout the day.

Some protein-rich foods you might enjoy:

- Eggs (any way you like them)
- Your favorite meats
- Tuna (since we know you like it!)
- Nuts and seeds (if you enjoy them)

In the following pages you will find animal an non-animal sources of protein with the number of grams of protein contained within each serve.



# Breakfast

## IRON-BOOSTED TUNA POWER BITES



Featuring favorite foods: tuna, broccoli

### INGREDIENTS

- 1 can tuna (iron source)
- ½ cup finely chopped broccoli (vitamin C)
- ¼ cup gluten-free breadcrumbs
- 1 egg (binding + iron)
- 1 tbsp lemon juice (vitamin C)
- Herbs to taste

### DIRECTIONS

- Combine all ingredients
- Form into small bite-sized portions
- Bake at 180°C for 15 minutes
- Serve with capsicum strips (vitamin C) for dipping

### NUTRITIONAL BENEFITS

- Iron: 4mg (supports cognitive function)
- Vitamin C: 85mg (maximises iron absorption)
- Protein: 22g (neurotransmitter support)
- Omega-3: 1.8g (anti-inflammatory brain support)

**Practicality Tip** - Make a batch or two when you have time and heat & serve up in the morning. They will last 2-3 days in the fridge otherwise freeze them for when you need them.

# Snacks

## VITAMIN C- RICH DIPS



### RAINBOW CAPSICUM HUMMUS

85mg vitamin C per serving

- 1 cup chickpeas
- 1/2 red capsicum
- 1/4 yellow capsicum
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Pinch of salt

Blend until smooth, maintaining some texture if preferred

### SUNSHINE SALSA

95mg vitamin C per serving

- 1 mango, diced small
- 1/2 orange bell pepper, finely diced
- 1 tbsp lime juice
- 1 tsp maple syrup
- Mint leaves (optional)

Combine with gentle folding motions

### BERRY BOOST FRUIT DIP

75mg vitamin C per serving

- 1/2 cup unsweetened coconut yogurt
- 1/4 cup mashed strawberries
- 1 tbsp honey (optional)
- 1/4 tsp vanilla extract

Mix gently, maintaining textural consistency

### GREEN POWER AVOCADO DIP

65mg vitamin C per serving

- 1 ripe avocado
- 1/4 cup finely chopped kale
- 1 tbsp lemon juice
- 1/4 tsp garlic powder (omit if sensory-sensitive)

Mash with fork to desired consistency

## ANIMAL PROTEIN SOURCES WITH KEY NUTRIENTS (PER SERVE)

Food Source	Serving Size	Protein	Iron	Zinc	B12
Beef (lean)	100g	22g	3.2mg	4.8mg	2.1mcg
Lamb (lean)	100g	21g	1.8mg	3.9mg	2.2mcg
Chicken Breast	100g	24g	0.9mg	1.5mg	0.3mcg
Turkey Breast	100g	24g	1.2mg	2.0mg	0.4mcg
Salmon	120g	25g	0.8mg	0.6mg	2.8mcg
Tuna (canned)	100g	23g	1.2mg	0.9mg	2.4mcg
White Fish	120g	23g	0.4mg	0.5mg	1.2mcg
Eggs	3 large	21g	2.1mg	1.2mg	1.9mcg
Greek Yogurt	200g	20g	0.2mg	1.0mg	1.2mcg
Cottage Cheese	200g	24g	0.2mg	1.1mg	1.4mcg

## PLANT-BASED PROTEIN SOURCES WITH KEY NUTRIENTS (PER SERVE)

Food Source	Serving Size	Protein	Iron	Zinc	B12
Lentils (cooked)	200g	22g	6.6mg	2.5mg	0mcg
Tempeh	150g	24g	2.7mg	1.8mg	0mcg
Tofu (firm)	200g	20g	5.4mg	2.0mg	0mcg
Black Beans (cooked)	230g	21g	5.8mg	2.2mg	0mcg
Chickpeas (cooked)	240g	21g	4.8mg	2.5mg	0mcg
Quinoa (cooked)	260g	20g	4.2mg	2.0mg	0mcg
Edamame (shelled)	160g	22g	3.5mg	1.1mg	0mcg
Mixed Bean & Corn	220g	20g	4.6mg	1.8mg	0mcg

# DIETARY RECOMENDATIONS

## Keep a Daily Wellness Tracker

An important part of understanding what helps you feel your best is keeping track of how different things affect you. I've created a simple daily tracker that can help us notice patterns and celebrate progress. This isn't about judging good days or bad days - it's about gathering helpful information to support your unique needs better.

### 🌱 Making Tracking Easy 🌱

I've designed this tracker to be:

- Quick and simple to fill out
- Visual with numbers to circle rather than lots of writing
- Something you and Mum can do together
- Flexible - fill out what feels most helpful each day

The tracker includes spaces to note:

- Energy levels throughout the day
- How different foods make you feel
- Times when you used your calming strategies
- Sleep patterns
- Daily wins to celebrate

### 🌟 Getting Started 🌟

- Try tracking for just one week to start
- Pick the parts that feel most important to you
- Don't worry about filling out every section
- Make it part of your morning and/or evening routine
- Have fun noting your daily wins!

🌟 *Remember: This is about understanding your unique patterns, not about getting everything "right"! 🌟*



# DIETARY RECOMENDATIONS

Note for parent section: "The tracker includes a section for parent observations, which can help us identify subtle patterns and progress you might notice. This information will be valuable for adjusting our support strategies in future consultations."

## 🌟 Hydration Guidance 🌟

- For now let's aim for 6 cups or 1.4L of water daily (1 extra cup)
- Consider adding a slice of fruit for flavour
- Use visual reminders or get a special water bottle so you know how much you've had each day
- Maintain consistent hydration throughout the day



# LIFESTYLE RECOMMENDATIONS

## 1. Implement the Dreamy Night Routine - A Journey to Peaceful.

- I have attached this as a separate handout to follow each evening.

## 2. Start regularly implementing calming activities - Between our first and second session let's just try 1 - the modified "5-4-3-2-1" Grounding Technique at appropriate times, for example when: -

- Your mind gets stuck in a loop
- Worries feel too big
- Transitions are challenging
- You're on your way to school and may be feeling a little more nervous than usual
- Taking a break between homework tasks
- OCD thoughts are getting louder than you'd like

### How to do it:

Take a deep breath in and out and then name:-

- 5 things you can SEE
  - look at your favourite colours or objects in the room
- 4 things you can TOUCH
  - maybe your soft blanket, cool desk surface, or fidget toy
- 3 things you can HEAR
  - listen for the clock ticking, birds outside, or quiet music)
- 2 things you can SMELL
  - perhaps your favorite scented marker or hand soap)
- 1 thing you can TASTE
  - a small bite of a favorite snack or sip of water.

*We will start to incorporate different types of calming/mindfulness activities in further sessions so you can try a number of them and keep which ones really resonate with you in the long-term.*



# DIETARY RECOMENDATIONS

## 3. Check out the OCD Busters programme

During my research into supportive resources for families navigating OCD, I discovered this programme run by Griffith University in Queensland. This online programme aims to support parents by providing guidance on responding to their child's OCD symptoms. While I haven't personally worked with families who have completed the programme, my preliminary research suggests it could be a valuable additional resource. From what I understand, it's offered free of charge and is completely online, making it accessible for busy families. If you're interested in exploring this alongside our naturopathic support, I encourage you to visit Griffith University's website for more information.

**✨ *Building a diverse support network can enhance your family's wellness journey* ✨**

# SUPPLEMENT RECOMMENDATIONS

*Week 1*

When	Supplement & Dosage
With Breakfast/ morning dexamfetamine dose	1. Spectrumceuticals Buffered Magnesium Glycinate <ul style="list-style-type: none"><li>◦ Take one capsule</li></ul> 2. Metagenics Omega Brain Care for Kids <ul style="list-style-type: none"><li>◦ 2.5mL</li></ul>
With afternoon tea/afternoon Catapres Dose	1. Spectrumceuticals Buffered Magnesium Glycinate <ul style="list-style-type: none"><li>◦ Take one capsule</li></ul>
At the end of dinner	1. Take BioCeuticals Calm Factors For Juniors <ul style="list-style-type: none"><li>◦ 20mL</li></ul>

## Important Note About Fish Oil Safety

While the interaction between fish oil and Catapres is generally mild, I believe in keeping you fully informed so you can make confident decisions about your child's health.

### ✨ What We Know:

- Both fish oil and Catapres can have a gentle blood pressure-lowering effect
- The dose I'm recommending is within safe ranges
- Many children take both successfully
- Having some fish oil in the diet is beneficial for brain health

### 🌿 Monitoring Suggestions:

- Watch for signs like unusual tiredness or dizziness
- Keep track in your wellness diary
- Continue working with your child's healthcare team
- Trust your parental intuition

Since Luke is already taking fish oil without issues, I can feel confident continuing. However, I recommend:

1. Starting a week on a lesser dose i.e. 2.5mL once a day and moving up to taking 2.5mL twice a day in the second week. Noting we may increase this further if well tolerated.
2. Noting any changes in your wellness tracker
3. Keeping your child's doctor informed

Remember: Your detailed tracking will help us make informed adjustments at our next session.

# SUPPLEMENT RECOMMENDATIONS

*Week 2*

When	Supplement & Dosage
With Breakfast/ morning dexamfetamine dose	1.Spectrumceuticals Buffered Magnesium Glycinate ◦ Take one capsule 2.Metagenics Omega Brain Care for Kids ◦ 2.5mL
With afternoon tea/afternoon Catapres Dose	1.Spectrumceuticals Buffered Magnesium Glycinate ◦ Take one capsule
At the end of dinner	1.Metagenics Omega Brain Care for Kids ◦ 2.5mL 2.Take BioCeuticals Calm Factors For Juniors ◦ 20mL

**Note: If there is any difficulty taking the Omega Brain Care why not try making gummies. See next page for how.**

## **Important Note About Fish Oil Safety** 🌿

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- 2.Noting any changes in your wellness tracker
- 3.Keeping your child's doctor informed

Remember: Your detailed tracking will help us make informed adjustments at our next session.



# Therapeutic Gummy Recipe

(Makes approximately 14 gummies - A week's worth)

## Ingredients:

- Gutsy Gummies mix (17g or approximately 2 tablespoons)
- 35mL filtered water (for initial mixing)
- 85mL boiling water
- 35mL Metagenics Omega Brain Care (2.5mL per gummy)
- Silicone mould with 14 cavities

## Method:

- Mix 17g Gutsy Gummies with 35mL cold water until smooth
- Add 85mL boiling water, stir until completely dissolved
- Cool slightly (until warm but not hot - important to prevent damaging fish oil nutrients)
- Add 35mL Omega Brain Care for kids, mix thoroughly
- Pour into mold (about 11mL per cavity)
- Refrigerate 2-3 hours until firm
- Pop out and store in airtight container in refrigerator

## Each batch contains:

- 2.5mL Omega Brain Care for Kids
- Take 1-2 gummies per day as directed

## Storage:

- Keep refrigerated
- Best consumed within 2 weeks

## Benefits of This Method:

- Australian grass-fed gelatin adds gut-healing support
- No artificial colors or preservatives
- Makes supplement time fun
- Easy to prepare in advance
- Additional vitamin C from juice

## Tips for Success:

- Use silicon molds for easy removal
- Let mixture cool slightly before adding fish oil, which contains vitamin D
- Keep refrigerated between servings
- Make it a fun activity together
- Consider using natural fruit juice for flavor if desired
- Ensure thorough mixing for even distribution of the fish oil

**Note: Temperature control is important - mixture should be warm enough to mix thoroughly but not so hot it damages the omega-3s or vitamin D**

# You've got this!

Remember: There's no pressure to make all these changes at once.  
Let's start small and build from there.

As you get comfortable with these additions, we can explore more delicious and calming ways to support your amazing brain in our next session.

✨ *Each small positive change you make adds up to big support for your unique and wonderful brain!* ✨

If you have any questions regarding your treatment plan, please email me at [wellness@janayakarlocinaturopath.com.au](mailto: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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While this concludes your official treatment plan - please continue reading for more information explaining the 'why' behind each recommendation.

Sharing knowledge is a cornerstone of how I support my clients' wellness journeys.



# MORE INFORMATION

*For you*

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



# WHY RECOMMEND THESE MACROS AND MICROS

## 1. Protein

- Provides amino acids needed for neurotransmitter production
- Stabilises blood sugar for consistent energy and mood
- Supports growth and development

## 2. Iron

- Supports oxygen transport to brain, energy production, cognitive function, attention

## 3. Vitamin C

- Enhances iron absorption, supports immune function, reduces oxidative stress

### ✨ Iron & Vitamin C: The Dynamic Duo for Brain Function ✨

Children with neurodevelopmental differences often show suboptimal iron levels, which can impact:

- Dopamine production and regulation
- Cognitive processing speed
- Sustained attention
- Energy levels throughout the day

Pairing iron-rich foods with vitamin C sources increases absorption by up to 300%, creating a powerful nutritional strategy for supporting your child's neurological needs reducing the need for supplementation.

# WHY DAILY WELLNESS TRACKING CAN HELP?

- Helps us notice which foods give you the most energy
- Shows us when calming strategies work best
- Helps identify times of day when you might need extra support
- Makes it easier to spot what affects your sleep quality
- Celebrates daily wins and progress



# WHY MAKE THESE LIFESTYLE RECOMMENDATIONS?

## **1. Implement the Dreamy Night Routine**

Creating a nurturing bedtime ritual can transform sleep quality for children with neurodevelopmental differences. This gentle routine works harmoniously with melatonin, Calm Factors gummies, and magnesium (provided earlier in the day) by preparing both body and mind for restful sleep through nervous system regulation, sensory integration, and predictable transitions.

When combined with our nutritional recommendations and daytime regulation practices, this creates a complete 24-hour support system for your body's natural sleep-wake cycle.

## **2. Start regularly implementing the modified "5-4-3-2-1" Grounding Technique**

This technique helps your amazing brain shift focus away from worry loops by connecting with the world around you. For your ASD/ADHD brain, it provides just the right amount of sensory input to help you feel grounded. When OCD thoughts are spinning, this practice gives your mind something concrete to focus on instead, activating different brain pathways that help interrupt those stuck patterns.



## WHY THE RECOMMENDED SUPPLEMENTS

### ✨ **Metagenics Omega Brain Care for Kids Liquid** ✨

This premium marine-sourced formula provides concentrated omega-3 fatty acids that support your child's unique neurological landscape. The extraordinary brain relies on these essential fats for optimal function, particularly in neurodevelopmental variations.

#### **Key Benefits for ASD/OCD/ADHD Support:**

- The high DHA content (575mg per 2.5mL serving / 1.15g per day) nurtures healthy brain cell communication and supports cognitive flexibility, which can help reduce rigid thinking patterns common in OCD
- EPA (173mg per 2.5mL serving / 346mg per day) works as nature's anti-inflammatory messenger, calming neuroinflammation that may exacerbate hyperactivity and attention challenges
- Phosphatidylserine supports healthy stress hormone regulation, creating resilience during transitions and challenging sensory experiences
- The inclusion of Vitamin D3 (800 IU per serving / 1,600 IU per day) addresses your child's identified deficiency while supporting immune balance and mood regulation

### ✨ **Spectrumceuticals Buffered Magnesium Glycinate**

This premium form of magnesium has been thoughtfully selected to support your child's unique neurological landscape. Like a gentle but powerful ally, magnesium glycinate offers:

- Natural partnership with glycine for optimal absorption
- Gentle support for sensitive digestive systems
- Additional calming benefits through the glycine component
- Safe, well-tolerated formula for long-term nurturing
- Evidence-based support for nervous system function

## **Key Benefits**

Magnesium works like a master key in your body, helping to:

- Guide muscles into natural relaxation
- Create a sense of calm throughout your nervous system
- Support the creation of important brain messengers
- Power your cells' natural energy production
- Balance your emotional wellbeing
- Prepare your body for restful sleep

## **Looking Ahead: Future Support Options**

If your journey with Catapres comes to an end (always under your doctor's guidance), we could explore transitioning to Mag Theanine, which we discussed in our session.


However, for now, we're choosing pure magnesium glycinate because while L-theanine offers beautiful support for focus and calm, it needs to wait until Catapres is no longer part of your daily routine. Here's why:

- Both can influence blood pressure
- Your son's safety is our top priority
- We want to ensure clear understanding of what's helping

## **The Power of L-theanine (for future reference)**

When the time is right, L-theanine could offer:

- Natural support for focused calm
- Enhanced brain wave patterns that support learning
- Gentle assistance for busy minds
- Support for peaceful sleep transitions

 **Want to Learn More?** If you're curious about L-theanine's potential future role in your wellness journey, these research studies offer fascinating insights:

- [Lyon et al. \(2021\) explored its benefits for children with ADHD](#)
- [Hidese et al. \(2019\) demonstrated its effects on stress and cognitive function](#)

You have already had positive effects with this formula, so I suggest sticking with it but including it more regularly now that you are being supervised by a professional naturopath; however, as discussed let's wait a week or two before implementing to ensure you give the medications enough time to show their effects first.

This gentle botanical formula creates a foundation for nervous system balance without causing drowsiness or cognitive dulling. It supports your child's natural capacity for self-regulation.

**Key Benefits for ASD/OCD/ADHD Support:**

- Valerian root provides gentle GABA support, helping to "turn down the volume" on overwhelm and repetitive thought patterns
- Lemon balm offers natural anxiolytic properties that complement existing therapies for OCD tendencies
- Passionflower helps ease the transition from day to night, supporting the sleep challenges currently addressed with melatonin
- Myo-inositol supports healthy cell signaling in the brain, with emerging research showing benefits for reducing OCD-related distress
- Choline bitartrate provides essential building blocks for acetylcholine, supporting focus and attention during learning.

*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.*