



# YOUR HOLISTIC WELLNESS GUIDE SPECIFIC TO YOU

BALANCING ATHLETIC PERFORMANCE, HORMONAL  
HEALTH, AND NEURODIVERGENT NEEDS

29 MARCH 2025

# PERSONALISED WELLNESS GUIDE

Prepared exclusively for: Laura Cole

Consultation date: 29 March 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](mailto:wellness@janayakarlocinaturopath.com.au) for details on how to return.

*Dear Laura,*

✨ **Thank you for entrusting me with your wellness journey.**

This plan has been thoughtfully crafted to honour your unique biochemistry, support your active lifestyle, and create the foundation for balanced wellbeing.

Yours in Health,

*Janaya Karloci*

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*Naturopath*

# HEALTH GOALS

## 1. Balance Hormonal Health & Restore Menstrual Cycle

- Regulate cycle balance and hormonal function
- Address amenorrhea while understanding contributing factors
- Stabilise mood, anxiety levels, and energy throughout your cycle
- Support healthy hormone production while maintaining athletic performance

## 2. Support Smoking Cessation Journey

- Address underlying stress/stimulation needs that smoking may fulfill
- Provide healthier alternatives for similar neurological effects
- Develop a gradual, supportive approach to reducing nicotine dependence

## 3. Support Neurodivergent Brain Chemistry

- Enhance natural dopamine and serotonin pathways
- Provide targeted support for ADHD, anxiety, and OCD symptoms

## 4. Optimise Iron Status Gently

- Improve iron levels with gut-friendly approaches
- Support oxygen transport for athletic performance and cognitive function
- Address previous supplement intolerances

# FURTHER INVESTIGATIONS

## 1. Conduct a 2-Week Histamine Challenge

- **Purpose:** To identify potential histamine sensitivities that may be affecting your neurological symptoms and hormonal balance
- **Process:** Strategically include high and moderate histamine foods from the provided list into your meals while tracking any reactions
- **Documentation:** Use the [Histamine Sensitivity Tracking Worksheet](#) to record foods consumed, symptoms experienced, timing, and severity
- **Timing:** Begin this process after establishing your baseline with the low-histamine approach (approximately 10 days after starting your initial protocol)
- **Benefits:** This intentional testing provides objective data about your body's unique responses, allowing us to further personalise your nutrition plan

Please remember to email the completed document back to me once finished [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au) and at least 48hours before our appointment, so I have time to review before our session.

## 2. Pathology Testing

I have also enclosed a referral letter for you to take to your GP to request further testing.



# DIETARY RECOMENDATIONS

***Please do not get overwhelmed with the detail in the following***

*Your simplified wellness guide contains a complete list of foods you should aim to include - their protein content, and if they are high/medium/low in histamine.*

*Furthermore attached to the post session email I've included a number of recipes that incorporate these recommendations you can use as inspiration. This section is more for your information only so you have a good understanding of what and why.*

## **1. Athletic Performance Support**

- Include adequate complex carbohydrates (brown rice, quinoa, potatoes, sweet potatoes, corn, peas, legumes, apples, berries, bananas, etc.) timed around workouts
- Include sufficient overall energy intake to support both your active lifestyle and basic physiological functions
- Include electrolyte-rich foods for recovery (coconut water, sea salt, bananas)

Why: Prevents relative energy deficiency in sport (RED-S) that can trigger amenorrhea.

## **2. Energy Adequacy Awareness**

- Pay attention to your body's energy signals throughout the day:
  - Notice if energy levels drop during workouts or daily activities
  - Respond to hunger cues promptly rather than delaying eating
  - Ensure you feel satisfied after meals, not still hungry
- Within 30 minutes after training, consume both protein and carbohydrates for optimal recovery
- On intense training days, include an additional small meal or substantial snack

Why: Supports hormonal balance necessary for menstrual function and optimises athletic recovery

## **3. Brain-Nourishing Protein Strategy**

- Include protein with each meal and snack (25-30g per meal)
- Focus on tyrosine-rich proteins for dopamine support
- Incorporate tryptophan-rich foods to complement Seraton supplementation
  - Why: Supports neurotransmitter production and stabilises energy levels

# DIETARY RECOMENDATIONS

## 4.. Iron-Boosting Protocol

- Fish-based heme iron sources 2-3 times weekly (salmon, sardines, white fish)
- Pair with vitamin C sources (lemon juice, capsicum, broccoli, berries) to enhance absorption
- Emphasise high-iron plant foods daily (lentils, spinach, pumpkin seeds, quinoa, tahini)
- Combine iron-rich plant foods with vitamin C at the same meal
- Avoid tea/coffee within 1 hour of iron-rich meals
  - Why: Maximises iron absorption while supporting gut comfort and respecting pescatarian choices

## 4. Anti-Inflammatory Foundation

- Omega-3 rich foods daily (wild salmon, sardines, walnuts, chia)
- Colorful antioxidant spectrum (berries, leafy greens, purple/red vegetables)
- Anti-inflammatory herbs and spices (turmeric, ginger, cinnamon)
  - Why: Reduces inflammation associated with intensive training and supports brain health

## 6. Mindful of Histamine in Foods

Except during the 2-week period where you will specifically be testing histamine rich foods, try to limit these foods (i.e. those categorised orange and red) while eating freely those categorised green.

***I will text you common foods in each category so you have them on the go.***

During your 2-week histamine challenge period, deliberately include some higher histamine foods at different times of the day to help us identify patterns, while maintaining the protein-rich, anti-inflammatory foundation we've established. This intentional approach allows us to gather valuable information about your unique biochemistry without unnecessary restriction.

**Remember that this exploration is about discovery, not diagnosis. Your experiences and observations will help us create a truly personalised approach that supports both your neurodivergent brilliance and your physical wellbeing.**

# LIFESTYLE RECOMMENDATIONS

## 1. Neuro-Supportive Practices

Begin incorporating regulation techniques that work for your neurodivergent brain:

- If you're ready: Return to your previous meditation routine for 15 minutes daily (or start with just 5 minutes and build gradually)

OR

- For a simpler start: Practice Box Breathing for 5 minutes daily to support dopamine regulation and stress management

**Why:** This simple daily practice creates powerful change over time. Each session activates your parasympathetic nervous system (your body's "rest and digest" mode), and research shows that these brief moments of mindfulness accumulate to create lasting benefits for mood regulation, anxiety reduction, and nervous system balance. Like drops of water filling a bucket, each 5-minute session contributes to your overall wellbeing. Furthermore, these practices help balance the same neurological pathways that smoking currently supports.

### *How to Practice*

1. Inhale deeply through your nose for 4 counts
2. Hold your breath gently for 4 counts
3. Exhale completely through your mouth for 4 counts
4. Hold the empty space for 4 counts
5. Continue this rhythm for 5 minutes

★ **Tip: Set a gentle timer and find a comfortable seated position.**

*Remember that consistency matters more than perfection – even on busy days, these 5 minutes are a powerful investment in your nervous system health.*

# LIFESTYLE RECOMMENDATIONS

## 2. The 5-4-3-2-1 Grounding Technique

Begin using this sensory awareness practice whenever you feel overwhelmed, anxious, notice the urge to smoke, or during transitions between activities.

### *How to Practice*

Begin by taking one deep, nurturing breath - inhaling through your nose for 4 counts, holding briefly, then releasing slowly through your mouth for 6 counts. Then, with gentle awareness:

🌿 **Notice 5 things you can SEE** - Observe colors, textures, shadows, and light around you. Allow your eyes to rest on each object briefly

Example: "I see my blue mug, sunlight on the wall, my plant's green leaves..."

🌿 **Acknowledge 4 things you can FEEL/TOUCH** - Notice the sensations on your skin and body. Feel the weight of your body where it's supported

Example: "I feel the softness of my clothing, coolness of the air on my skin..."

🌿 **Listen for 3 things you can HEAR** - Pay attention to sounds both near and far. Notice the qualities of each sound - pitch, volume, rhythm

Example: "I hear birds outside, the hum of my refrigerator, my own breath..."

🌿 **Recognise 2 things you can SMELL** - Notice any scents in your environment. If you can't smell anything, recall favourite scents from memory

Example: "I smell my herbal tea, the fresh air coming through the window..."

🌿 **Appreciate 1 thing you can TASTE** - Notice any current taste in your mouth. Or bring to mind a beloved flavor

Example: "I taste the mint from my tea earlier..."

***I will text you these steps so you have them on your phone when you need them.***

**Why:** This technique creates a mindful pause between trigger and response. By engaging your senses sequentially, you anchor yourself in the present moment, interrupting the anxiety cycle and creating space for conscious choice rather than automatic reactions.

This practice isn't about stopping smoking, but rather offering your brain an alternative form of sensory regulation. It provides structured sensory input that can satisfy the same neurological needs that smoking currently fulfills.

With consistent practice, you strengthen the neural pathways that support calm, centered awareness.



# LIFESTYLE RECOMMENDATIONS

## 3. Environmental Adjustments

- Create designated "regulation zones" where you have access to:
  - A comfortable place to practice breathing techniques
  - Something tactile to handle (could be as simple as a smooth stone)
  - A pleasant scent that you find calming or focusing
- These environmental supports can provide alternative sensory regulation when the urge to smoke arises

## SUPPLEMENT STRATEGY

We will start with gentle, targeted support for your sensitive system

- Keep current: Continue Seraton as directed
- Add: NAC, Ultraclean 85 fish oil (which I note you've taken before) , and BioFem
  - NAC: Supports glutathione production and has been shown in the research to help with OCD and ADHD patterns as well as addiction.
  - Fish oil: Essential omega-3s for brain and hormone health
  - BioFem: Gentle support for emotional balance, amenorrhea and PMS
    - More information on each of these supplements and why they are suitable for your specific needs can be found towards the end of this document if you are interested in learning more.

Supplement	Dosage
Ultraclean 85	1 capsule with <b>breakfast</b> 1 capsule with <b>dinner</b>
Bio Medica - Vege NAC	1 capsule with <b>breakfast</b> 1 capsule with <b>dinner</b>
BioMedica BioFem	1 capsule with <b>breakfast</b> 1 capsule with <b>dinner</b>

*I will text you a copy of this table so you have easy access on your phone.*

## FURTHER INVESTIGATIONS

*You've got this!*

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.

*Janaya Karloci*

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 JANAYA KARLOCI  
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While this concludes your official treatment plan - please continue reading for more information on topics discussed within our session because sharing knowledge is a cornerstone of how I support my clients' wellness journeys.



# MORE INFORMATION

*For you*

Explaining more about topics we discussed in our session because the sharing of knowledge is a cornerstone of how I support you



# HISTAMINE: A POSSIBLE HIDDEN CONNECTION

## Histamine & Your Unique Biochemistry

Histamine is a vital signaling molecule that serves multiple functions in your body beyond just allergic responses. It plays important roles in digestion, immune function, and even as a neurotransmitter affecting brain function. While everyone produces and processes histamine, some individuals have a reduced capacity to break it down efficiently, leading to what we call "histamine intolerance" or sensitivity.

### The Neurodivergent Connection

For individuals with neurodivergent traits like ADHD, anxiety, and OCD tendencies, histamine sensitivity can be particularly significant:

- **Neurotransmitter Balance:** Excess histamine can influence dopamine and serotonin pathways, potentially amplifying ADHD symptoms, anxiety, and compulsive behaviors
- **Blood-Brain Barrier:** Histamine can affect the permeability of this protective barrier, allowing inflammatory compounds to reach brain tissue
- **Mast Cell Activation:** These immune cells release histamine and other inflammatory compounds that can trigger both physical and neurological symptoms

### Hormonal Harmony

Your menstrual irregularities may also have a connection to histamine processing:

- **Oestrogen-Histamine Relationship:** Oestrogen can increase histamine production while simultaneously decreasing the activity of diamine oxidase (DAO), one of the key enzymes that breaks down histamine
- **Cyclical Patterns:** Many women notice histamine-related symptoms worsen during specific phases of their menstrual cycle, particularly before menstruation when oestrogen levels fluctuate
- **Exercise Intensity:** High-intensity training can temporarily increase histamine release, which may be more problematic for those with already compromised histamine processing



# HISTAMINE: A POSSIBLE HIDDEN CONNECTION

## **Common Signs of Histamine Sensitivity**

The diverse symptoms of histamine sensitivity include:

- Brain fog and difficulty concentrating
- Anxiety or panic-like feelings
- Headaches or migraines
- Digestive discomfort (particularly after certain foods)
- Skin reactions (flushing, itching)
- Sleep disturbances
- Heightened sensitivity to environmental stimuli

## SUPPLEMENT RECOMMENDATIONS

### **N-Acetyl Cysteine (NAC): Supporting Your Wellness Journey**

N-Acetyl Cysteine is a remarkable compound that serves as a precursor to glutathione, often called your body's "master antioxidant." This powerful relationship creates a cascade of benefits that address several aspects of your current health picture:

#### **Neurotransmitter Support for Focus & Calm**

- Helps regulate glutamate, a key neurotransmitter that can be imbalanced in ADHD and OCD patterns
- Creates a more balanced brain environment that may reduce both mental "noise" and the urge for compulsive behaviors
- Supports dopamine regulation, which is essential for attention, motivation, and focus

#### **Breaking Repetitive Cycles**

One of NAC's most fascinating applications relates to its ability to help interrupt unwanted habitual behaviours. Research shows promising results for:

- Reducing compulsive behaviours and thought patterns
- Supporting the brain's ability to create new neural pathways
- Decreasing the "stickiness" of intrusive thoughts

# SUPPLEMENT RECOMMENDATIONS

## **The Smoking Connection**

For someone who smokes, NAC offers particularly meaningful support:

- Helps repair oxidative damage caused by cigarette smoke
- Reduces cravings by modulating brain reward pathways
- Creates more balanced neurotransmitter function, making it easier to implement alternative regulation strategies
- Supports the transition between the urge to smoke and your response, creating space for new choices
- Addresses the underlying neurochemical patterns rather than just the behaviour itself

This approach honors that smoking serves a genuine neurological purpose for your ADHD brain - providing needed stimulation - while supporting healthier alternatives.

## **Gentle Detoxification Support**

- Enhances your body's production of glutathione, supporting natural detoxification
- Protects cellular health throughout your body
- Particularly supportive for liver and lung tissue
- Creates resilience against environmental toxins and oxidative stress
- Should histamine intolerance be a concern for you NAC may further
  - help modulate histamine responses by supporting the body's natural histamine-processing pathways
  - Assist in breaking down excess histamine and reducing inflammatory reactions that can trigger histamine-related symptoms

## **Hormonal Balance & Athletic Recovery**

As an active woman experiencing menstrual irregularities:

- NAC supports healthy inflammatory responses that influence hormonal balance
- Helps protect mitochondria (your cellular energy centers) during intense training
- May reduce exercise-induced oxidative stress, supporting faster recovery
- Promotes oxygen utilisation during physical activity



# SUPPLEMENT RECOMMENDATIONS

## 🌟 Evidence-Based Insights

The research behind NAC is robust and growing. Clinical studies have shown:

- Significant benefits for reducing OCD symptoms and compulsive behaviors
- Improved focus and attention in ADHD
- Reduced addiction-related behaviors, including smoking cessation support
- Enhanced recovery after intense physical training

## Practical Implementation

We'll start with a moderate dose that respects your sensitive system while providing meaningful support. The approach is gentle yet effective, with the goal of creating sustainable shifts in your biochemistry.

When combined with the other elements of your personalised plan - including targeted nutrition, breath practices, and mindful movement - NAC creates a foundation for lasting wellbeing that addresses both your immediate concerns and long-term health goals.

## Ultra-Clean Fish Oil: Nourishment at the Cellular Level

### Neurodivergent Brain Support

For your ADHD and anxiety patterns, quality omega-3s provide:

- Essential building blocks for neurotransmitter function
- Support for neural connectivity and communication
- Protection against oxidative stress in brain tissue
- Enhanced cognitive flexibility and emotional regulation

Research shows that people with ADHD often have lower omega-3 levels, and supplementation can significantly improve attention, impulsivity, and executive function.

### Inflammation & Neurodivergent Conditions

Research shows inflammation plays a crucial role in how your brain functions:

- Studies have found elevated inflammatory markers in individuals with ADHD, anxiety disorders, and OCD
- Neuroinflammation disrupts the delicate balance of neurotransmitters like dopamine, serotonin, and GABA that regulate attention, mood, and behaviour.

# SUPPLEMENT RECOMMENDATIONS

- Inflammatory processes can damage the myelin sheaths that insulate nerve fibers, reducing the efficiency of neural communication
- In OCD specifically, inflammation may affect the basal ganglia and frontal cortex circuits involved in compulsive behavior patterns
- Anxiety symptoms often intensify during inflammatory states as the brain's threat-detection systems become hypersensitive

The omega-3 fatty acids in pharmaceutical-grade fish oil help regulate this neuroinflammation through several mechanisms:

- Reducing production of pro-inflammatory cytokines
- Converting to specialised pro-resolving mediators (SPMs) that actively resolve inflammation
- Improving blood-brain barrier integrity to prevent inflammatory compounds from entering brain tissue
- Supporting healthy microglial function (the brain's immune cells) to prevent excessive inflammatory responses

Research shows that people with ADHD often have lower omega-3 levels, and supplementation can significantly improve attention, impulsivity, and executive function by addressing these inflammatory imbalances.

## **Hormonal Harmony & Menstrual Health**

Your current menstrual irregularities may benefit from omega-3s through:

- Balancing prostaglandin production that influences menstrual cycles
- Reducing inflammatory processes that can disrupt hormonal signaling
- Supporting hypothalamic function for improved cycle regulation
- Creating cellular resilience during hormonal fluctuations

## **Athletic Performance & Recovery**

As an active woman training for a half marathon:

- Omega-3s enhance oxygen delivery to muscles during exercise
- Support mitochondrial function for sustained energy
- Accelerate recovery by moderating exercise-induced inflammation
- Protect joint health during high-impact training

# SUPPLEMENT RECOMMENDATIONS

## **BioFem: Targeted Female Hormone Optimisation**

BioFem offers comprehensive support for your hormonal ecosystem through its synergistic blend of vitex, specific minerals, and adaptogenic herbs:

### **Restoring Cyclical Wisdom**

- Vitex (Chasteberry) gently supports pituitary function to encourage natural menstrual rhythms
- Works with your body's innate intelligence rather than overriding it
- Helps establish healthy hormone communication pathways
- Particularly effective for training-related amenorrhea when combined with proper nutrition

### **Neurotransmitter & Mood Balance**

For your anxiety, OCD tendencies, and ADHD symptoms:

- Provides essential cofactors for serotonin and dopamine production
- Includes vitamin B6 in its active form for optimal neurotransmitter synthesis
- Magnesium supports GABA pathways, creating a natural calming effect
- Zinc functions as a natural dopamine modulator, supporting focus and attention

### **Cellular Resilience During Training**

- Enhances stress adaptation at the cellular level
- Provides key minerals depleted during intense training
- Supports thyroid function for optimal metabolism
- Creates hormonal resilience during physical challenges

*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.***