

# Treatment Plan

Your 4-Week Journey toward hormonal balance & overall vitality

## Overview and what to expect over the next 6-weeks

**We'll skip the two weeks you're away although please keep taking your supplements during this time.**

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

## Health Goals

1. **Restore Hormonal Equilibrium**
  - Support the body's innate rhythms and communication systems
  - Reestablish natural hormonal rhythms
  - Optimise reproductive health
2. **Enhance Emotional Resilience**
  - Cultivate stable mood patterns and cognitive clarity throughout hormonal fluctuations
3. **Nurture Sustainable Wellness Practices**
  - Integrate supportive habits that honour your body's unique needs
  - Create foundation for long-term vitality
  - Encourage body awareness and intuitive responsiveness to physical signals
4. **Optimise Neurodivergent Brain Function**
  - Balance stimulation needs with stress regulation for optimal function
  - Enhance natural dopamine and serotonin pathways
  - Provide targeted neurochemical support for ADHD, anxiety, and OCD
  - Improve cognitive clarity and emotional regulation

## Treatment Aims

- **Address Relative Energy Deficiency**
  - Increase energy intake to fully support both physical activity and essential body functions
  - Implement strategic nutrition adjustments to restore hormonal signalling
  - Optimise pescatarian nutrition profile with focused attention to bioavailable protein, heme iron, B12, and zinc

- Restore metabolic flexibility and cellular energy production
- **Optimise sub-optimal nutrient levels (iron, zinc, B12)**
  - Enhance iron bioavailability using gut-friendly approaches
  - Increase dietary intake of iron, zinc and B12
  - Support methylation and detoxification pathways through nutrient repletion
  - Reduce histamine burden and support natural histamine processing - this acknowledges both the dietary and the metabolic components.
- **Enhance Nervous System Regulation**
  - Support balanced sympathetic and parasympathetic function for improved stress resilience and recovery
- **Balance Performance and Recovery**
  - Create a sustainable training approach that honours both performance goals and physiological needs
  - Support athletic capacity while enhancing recovery mechanisms
  - Create sustainable energy patterns that preserve both physical capability and hormonal health
  - Implement targeted recovery strategies
- **Support Smoking Cessation Journey**
  - Address underlying neurochemical needs that smoking currently fulfills
  - Develop personalised, gradual approach to reducing nicotine dependence

### Summary of Your 4-Week Journey

Each week of this plan builds gradually on the previous one, allowing your body and mind to adjust comfortably while also giving you a range of new mindfulness tools in your toolbox.

### Nutrition

- **Daily Water Goal:** 2L or 8 glasses each day
- **Calorie Enhancement:** Small (50-100) calorie increases/day each week by including nutrient-dense foods and strategic additions
- **Focus:** Blood sugar stability, low histamine, hormone and gut support
- **Weekly snack / food addition suggestions** to try and easy ways to add nutrient-dense calories to everyday foods you already consume
- **Shopping List starter** – including items mentioned in the weekly food suggestions along with other foods to focus on incorporating during the upcoming week, low histamine and based on your treatment plan

### Understanding Histamine's Role in Your Health

Your testing has revealed potential histamine sensitivity, which may be contributing to several aspects of your current presentation:

#### How Histamine May be Affecting Your Body:

- **Brain Function:** Excess histamine can affect neurotransmitter balance, potentially amplifying anxiety, ADHD symptoms, and OCD tendencies
- **Energy Fluctuations:** Histamine intolerance often contributes to fatigue, especially after consuming high-histamine foods

- **Inflammation:** Histamine is pro-inflammatory and can increase overall inflammatory burden, affecting hormone signalling and energy production
- **Sleep Quality:** High histamine levels can disrupt sleep patterns, further impacting recovery and hormonal balance. Also I did a little deep dive into histamine and night sweats – [more here for your information](#) – if you are to have night sweats again reflect back to the few days before and note down what had been going on that may have contributed (accumulation of high histamine foods, stress, excessive exercise, fighting infection, even windy weather)
- **Stress Response:** Histamine can heighten stress reactivity, making nervous system regulation more challenging
- **Zinc deficiency:** Zinc is required for the enzyme that breaks down histamine
- **Sub Optimal Vitamin B12 level:** B12 is involved in methylation pathways affecting histamine metabolism.

For the next 6 weeks (4 weeks actively – taking a break on your 10-day holiday), I'm recommending implementing a low-histamine approach to reduce this potential contributor to your symptoms while supporting your body's natural histamine-processing mechanisms. This approach often results in improved clarity, reduced anxiety, better sleep quality, and more stable energy levels.

### Low Histamine Guidelines

- **Freshness is key:** Cook meals fresh and consume immediately when possible
- **Leftovers:** Store in refrigerator and consume within 24 hours (or freeze immediately)
- **Cooking methods:** Favor steaming, poaching, or quick sautéing over slow cooking
- **Storage:** Keep nuts, seeds, and grains refrigerated
- **Avoidance:** Skip fermented, aged, cured, and processed foods
- **Food pairing:** Include small amounts of tolerated vitamin C-rich foods to support histamine degradation
- **Rotation:** Vary your food choices to prevent developing new sensitivities

### Blood Work Insights & Energy Balance

Your recent bloodwork provides valuable information about your body's current state.

The findings show isolated elevated liver enzymes (AST and ALT), extremely low LH level, and suboptimal levels of zinc, B12, and iron (ferritin). Your thyroid hormone (TSH) is on the lower side of normal at. When combined with your amenorrhea, these findings strongly suggest your body is experiencing what we call Relative Energy Deficiency in Sport (RED-S).

Think of it like your body's budget system: When energy is tight, it cuts non-essential services first. Reproduction (your menstrual cycle) is considered 'optional' by your body compared to movement and basic survival functions. Other systems like immune function, hormone production (TSH as an example), and even detoxification pathways (including methylation required for histamine processing) may also be affected.

The bloodwork changes are essentially your body's way of showing it's making these budget cuts.

The good news is this is typically reversible by ensuring your body has adequate energy for both exercise and normal physiological functions. It's not about exercising less - it's about fuelling more appropriately for your activity level. Although making those small changes we discussed i.e. limiting yourself to 60 minutes of physical activity a day and splitting some of your workouts to include those that are less demanding on the body like swimming and walking would be of benefit to you.

## Mindfulness

### Meditation

Continue with your meditation routine – Aim for a minimum of 3 days a week and build on from there 5 minutes daily or 15 minutes daily – it all adds up to support your overall emotional resilience as well as your sense of calm.

### Mind-Body Awareness Chart

To help you develop greater awareness of your mental and physical patterns, we'll implement a simple daily check-in system. You'll find your "Mind-Body Awareness Chart" attached to your email. Print this out and keep it somewhere to complete every day, maybe before bed as a nice way to reflect on your day.

This awareness practice helps identify patterns in your mental and physical wellbeing, allowing us to refine support strategies and helping you recognise early signs that may benefit from additional self-care.

***As you complete your Mind-Body Awareness Chart, highlight any patterns or questions you'd like us to discuss at our next session. This helps us refine your approach based on your unique responses***

### In-the-Moment Techniques

Each week I'll also send you an "In-the-Moment" technique to try in that crucial moment i.e. when feeling overwhelmed/irritated/anxious, to potentially delay having a cigarette or even compulsions if you have them.

## Smoking Reduction

- Structured support through the "OneLeaf" app
  - As I mentioned I reached out to OneLeaf Health and arranged a discount for my clients - 50% on the first period of the quarterly subscription so US\$29.99 for first quarter instead of US\$59.99
  - promo code **JANAYA**
  - Sign up at <https://www.oneleafhealth.com/signup>, choose the quarterly plan, and enter the code at the checkout – see the associated text for reference.
  - **Please just remember to cancel this before the end of the first quarter (unless you want to continue that is) as it will be recharged at \$59.99 the following quarter.** Maybe set a reminder in your calendar.

## Mindful Exercise Approach

Over the next 6 weeks, we're optimising your movement patterns to support hormonal balance while maintaining fitness:

- **Duration Boundary:** Commit to 60-minute maximum workout duration to avoid excessive stress hormone elevation.
- **Intensity Variation:** Include a minimum of 2 days per week where you split workouts to incorporate 15-30 minutes of lower-intensity movement such as swimming or walking.
- **Recovery Emphasis:** Focus on the quality of your movement rather than only quantifying distance or intensity.
- **Breath Awareness:** During lower-intensity sessions, practice nasal breathing and notice your breath-to-movement rhythm as a form of moving meditation.
- **Body Feedback:** Use these movement sessions as opportunities to check in with how your body feels, noticing areas of tension or ease.

This mindful approach to exercise helps maintain your connection to physical activity while creating space for your hormonal systems to rebalance.

## Your Supplement Support

As we discussed I'm suggesting we adjust your supplement regimen to better support your body's natural daily rhythm:

- **Morning:** Switch from Pre-Seraton to **MagDuo Adapt**
  - Provides better energy and stress resilience during the day
  - Contains significantly more magnesium than Pre-Seraton (which only has about 42mg)
  - Supports your increased magnesium needs due to exercise, ADHD, and anxiety
  - Also contains a small amount of zinc which will help to support increasing those levels alongside your dietary intake.
  - We may consider increasing to an additional dose over time as your body adjusts
- **Progressive Increase:** Vege-NAC
  - We'll gradually increase your Vege-NAC dose to enhance glutathione production - a crucial component for histamine breakdown
    - NAC (N-acetylcysteine) supports your body's natural histamine degradation pathways
    - NAC also helps modulate glutamate (often overactive in OCD and anxiety), supporting calmer brain function
  - The gradual increase allows your digestive system to adjust while maximizing the anti-inflammatory benefits
  - By week 4, the higher doses will provide enhanced support for both histamine processing and cognitive function
- **Continue:** Bio Fem
  - 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 challenge

### Our Approach: Gentle and Gradual Support

This step-by-step plan is designed to allow your body to adjust comfortably while giving us clear feedback about what's working. Each week builds on the previous one, introducing supportive elements in a manageable way.

Our comprehensive approach addresses multiple factors simultaneously, focusing on reducing your overall inflammatory burden while supporting brain health.

### What to Expect During Adaptation

As your body adjusts to these new supportive practices, you may notice temporary changes that are actually signs of positive adaptation:

- **Digestive Shifts:** Increased caloric intake and supplement adjustments might temporarily affect digestion (mild bloating or changes in bowel movements). These typically resolve within 5-7 days as your system adapts.
- **Energy Fluctuations:** You may experience periods of increased energy followed by fatigue as your body recalibrates its energy distribution. This "energy recalibration" is normal and typically stabilises by weeks 2-3.
- **Mood Variations:** As neurotransmitter and hormone levels begin to shift, you might notice subtle changes in mood or motivation. These are signs your neurochemistry is responding and will gradually stabilise into more consistent patterns.
- **Heightened Body Awareness:** The mindfulness practices may initially make you more aware of physical sensations or discomfort that were previously in the background. This increased awareness is a valuable tool that will help inform your self-care decisions.

These temporary adjustments indicate your body is responding to the interventions. If any reaction seems intense or persists beyond 7-10 days, please reach out so we can refine your approach.

## Implementation Priority Guide

If implementing everything at once feels overwhelming, focus on these elements in order of priority:

1. **Calorie Increases:** This is the foundation that makes everything else more effective. Aim for +100 calories/day in week 1, even if other elements need to wait.
2. **MagDuo Adapt Supplement:** Take this in the morning to establish better nervous system regulation from the start of each day.
3. **Low-Histamine Food Choices:** Focus first on freshness and avoiding the highest histamine foods rather than perfect adherence.
4. **Daily Mindfulness Practice:** Even 5 minutes will provide significant benefits for nervous system regulation.
5. **Mind-Body Awareness Chart:** This helps you connect with patterns even if you can only complete it every other day initially.
6. **Smoking Reduction Strategy:** The OneLeaf app can guide this process at whatever pace works for you.

Remember that imperfect implementation is still beneficial—progress over perfection! And to celebrate small improvements along the way. Even subtle shifts—like slightly more stable energy or moments of clearer thinking—are meaningful signs that your body is responding to these supportive practices.

## More on How High Histamine can lead to night Sweats

Some people experience an attack of histamine-related symptoms at night, which makes sense since the body naturally produces more histamine during nighttime hours. These nighttime histamine reactions commonly include night sweats, insomnia, itchy skin, heartburn, and restlessness.

The mechanism works in several ways:

1. **Thermoregulation Disruption**  
Histamine can make it difficult for your body to self-regulate and maintain homeostasis, leading to episodes of "overheating with severe sweating" and an overall sensitivity to temperature changes.
2. **Vasodilation**  
Increased histamine levels can lead to vasodilation (widening of blood vessels), which may cause night sweats and a feeling of being overly warm.
3. **Autonomic Nervous System Effects**  
Allergic reactions mediated by histamine can include symptoms like "palpitations, sweating, shaking," along with other physical and psychological effects.

## Why Histamine Issues Often Worsen at Night

There are several reasons histamine symptoms (including night sweats) often intensify during sleeping hours:

1. **Natural Circadian Rhythm**  
Blood histamine levels peak in the early morning hours and begin rising again



after midnight, which accounts for more intense allergic reactions during this time.

## 2. **Evening Meals**

Eating a high-histamine meal for dinner can result in a "histamine dump" at night, especially when consuming foods like aged cheeses, fermented foods, shellfish, and certain fruits.

## 3. **Cortisol Patterns**

Cortisol, which normally helps regulate inflammation and histamine, naturally decreases at night, potentially allowing histamine activity to increase.

**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.

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