

# Treatment Plan

## Parent Implementation & Support Guide

Prepared exclusively for: Olivia Parbery      Consultation date: 13 August 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.

### Treatment Goals

#### 1. Sleep Optimisation & Brain Function

Reduce night wakings from 5-6 nights/week to 0-1 nights/week while gradually building bedtime independence to support overall brain function, processing, focus, memory consolidation, and morning energy.

#### 2. Processing Speed & Academic Success

Optimise cognitive function and visual processing efficiency to support private school transition and improve task completion times, celebrating her unique brain type.

#### 3. Nervous System Regulation & Long-term Skills

Develop autonomous emotional regulation and anxiety management skills that will serve her throughout life, using her natural strengths as therapeutic tools.

### Recommendations

#### A. Current Supplement Protocol

##### 1. L-Theanine – increase current dose to 100mg twice daily

- **Morning dose:** 100mg, 30-60 minutes before school
- **Afternoon dose:** 100mg when arriving home before homework

##### 2. Sleep X by Metagenics - Evening (NEW)

- **Dosage:**
  - **Days 1-3:** quarter scoop mixed in water (start slow for sensitive nervous systems)
  - **Days 4-7:** half scoop mixed in water if no adverse reactions

- this dose should be enough given her weight but feel free to reach out if there have been no improvements by the end of week 2 and I'll provide specific recommendations
- **Timing:** 30-60 minutes before routine starts
- **Tip:** try getting Olivia to measure and mix it herself (independence building)

## B. Enhanced Nutrition Protocol

### Protein Optimisation (Priority Focus)

#### Morning Solutions for Low Appetite:

- **Protein smoothies:** Greek yogurt + protein powder (I have added a child friendly recommendation to your vital.ly account to try) + banana + berries
- **Warm frittata squares** - make Sunday, reheat throughout week
  - *Ingredients:* 8 eggs, 1 cup cooked chicken/turkey
  - (diced), ½ cup grated cheese, ½ cup spinach, 2 tbsp olive oil
  - *Method:* Preheat oven 180°C. Whisk eggs, mix in chicken, cheese, spinach. Pour into greased baking dish. Bake 20-25 minutes until set. Cool, cut into squares. Store in fridge, reheat as needed.
- **Enhanced oats:** Add chopped almonds, walnuts, or pumpkin seeds to current porridge

#### Lunch Enhancement Ideas:

- **Pasta with protein:** Spaghetti with diced chicken/turkey, beef meatballs, penne in oil/butter with beef strips, chicken/turkey, peas, corn, cherry tomato, mushrooms, fried egg (anything she likes really – just “beef” it up with nutrients)
- **Protein-rich snacks:** Cheese and crackers, nuts, boiled eggs

#### Weekend Prep Suggestions:

- Batch cook protein (grilled chicken, beef strips, meatballs) for easy lunch additions
- Prepare frittata squares for easy breakfast reheating
- Pre-portion nuts and seeds for easy oat enhancement

#### Healthy Treat Alternatives

- **Weekly rotation:** See detailed recipes in [Clinical Background section](#)
- **Goal:** Gradually replace conventional sweets with nutrient-dense alternatives

**Tip:** Try getting Olivia involved in the preparation process. You mentioned she bakes with the older ladies on holiday – getting her involved in making these brain-supporting treats may encourage her to want to eat them while building on her natural leadership and organising skills.

## C. Gaming & Screen Management (MAINTAIN CURRENT SUCCESS)

- **Weekdays:** No gaming (continue - working well)
- **Weekends:** 20-30 minute sessions with 5-10 minute breaks, maximum 2 hours total
- **Consider:** Getting Olivia to try blue light blocking glasses when using any screens, particularly while “gaming”
- **Phone management:** Continue to monitor and limit phone usage - set maximum time limits and stick to them

**Tip:** Discuss the implementation of screen limits based on supporting her amazing brain. Explain that her brain type processes visual information more intensively than others, so screen breaks help her brain rest and have more energy for the things she loves - like poetry, soccer, dancing, gymnastics, organising activities with her friends, and general socialising with others. Talk through the limits at the start of each week, then remind her of your agreed expectations when she begins gaming/using the phone. Monitor time and enforce breaks/end times - setting alarms on her phone can help her track this independently and use her excellent memory to follow the plan.

## **D. Gradual Bedtime Independence Protocol**

*Follow detailed "Bedtime Independence Guide" handout provided separately*

### **Phase 1 (Weeks 1-2): Foundation Building**

- Maintain current routine while introducing Sleep X
- Implement bedtime routine checklist (see handout)

### **Phase 2 (Weeks 3-4): Gentle Reduction**

- Reduce mum's room time by 5 minutes weekly
- Introduce reward system options (see handout)

### **Phase 3 (Weeks 5-8): Transitional Objects**

- Introduce self-soothing techniques and comfort items (see handout)
- Build independence celebration milestones

### **Phase 4 (Weeks 9-12): Independent Routine**

- Independent bedtime with brief check-ins
- Celebrate bedtime management expertise (see handout)

## **E. Parent Teacher Interview Questions (Feedback I {Janaya would love to get})**

**Key questions to ask:**

- "What time of day does she seem most focused and alert?"
  - First thing, before/after lunch/recess, etc.
- "How does she respond to verbal instructions versus written instructions?"
- "How has her reading improved since having the 1 to 1 sessions"
- "When she reads aloud if she tends to skip lines, lose place, or use her finger to follow?"
- "What accommodations does he suggest you communicate to the new school?"

## **F. Testing & Assessment Protocol**

### **Pathology Referral**

Please send me Olivia's current pathology referral so I can review if anything additional is needed.

### **Functional Testing (Authorised)**

I have authorised the Organic Acid Test (OAT) and Hair Mineral testing through RNLabs

### **Next steps**

1. You should shortly receive, if you haven't already, a link to these from them (please check your junk if you have not, or let me know if you don't in the next day or 2).
2. Please set up your account with them, read through the specific instructions and when you are ready order them directly through RN Labs (If you only want to do 1 at this stage that is fine).
3. They will send you the testing kit/s with instructions.
4. Once you send them off it may take 3-5 weeks to get the results, and these will come through directly to me.
5. From here I will analyse the results alongside all the information I have gathered from you and Olivia so far and let you know once we're ready to go through them together and implement strategies based on results.

### Blood Test Success Strategies you could try

**1. The "Control & Choice" Approach** Let her be the expert organiser of the appointment.

- She chooses which arm, what comfort item to bring, and what reward activity happens after (obviously within limits).
- Use her natural leadership skills - maybe she creates a "blood test preparation checklist" the night before.

**2. The "Brave Business" Strategy**

- Create a reward "contract" that she helps design (tapping into her entrepreneurial spirit). This isn't bribery - it's acknowledging her courage. Could be something like a special meal, activity, or even a certificate of bravery she can show her friends.

**3. The "Knowledge is Power" Method**

- Use her excellent memory to master the process. Watch child-friendly videos about blood tests, visit the clinic beforehand, let her meet the nurse. When kids understand exactly what's happening, anxiety often decreases significantly.

**4. The "Dad as Boundary-Setter" Option**

- Since she responds better to dad's boundaries, consider having him take her. Sometimes the parent who can stay firm and perhaps calmer during medical procedures might help her to stay calmer too.

**5. The "First Appointment & Numbing Strategy"**

- Book the very first appointment of the day (less waiting = less anxiety buildup), request the most experienced paediatric phlebotomist, and ask the GP about numbing cream 30 minutes beforehand. Her processing speed challenges mean she might need extra time to mentally prepare, so minimise the waiting time.

**Bonus tip if you think it might help:** Use her relationship motivation - maybe frame it as "helping the practitioner understand how to help your amazing brain even better" rather than focusing on the needle part.

**Important Clinical Note:** I double-checked yesterday afternoon and yes, what I told you about hair mineral analysis is correct - it's generally much better at detecting excesses and toxicities rather than deficiencies. Hair analysis excels at identifying heavy metal toxicity (lead, mercury, aluminium) and mineral imbalances that could be affecting Olivia's processing speed and anxiety. It's particularly valuable for showing

copper/zinc ratios (critical for ADHD/anxiety), adrenal stress patterns, and long-term toxic burden that might explain why medications haven't been effective. However, it can miss acute deficiencies like magnesium or current iron status due to hair growth patterns and external factors. This is why ideally combining it with blood work will give us a clearer picture - the hair analysis shows us potentially *why* her brain may not be working optimally (toxins, imbalances), while blood work shows us what she needs *right now* (current deficiencies). Together they give us the complete picture for both immediate symptom relief and long-term root cause treatment.

### Future Supplement Considerations

- **Ubiquinol & NAC:** Potential additions after 6 weeks if energy/processing challenges persist

I will talk you through these options at our next consultation if we decide more support is needed.

## G. Monitoring & Assessment

### What to Track (First 4 Weeks)

#### Sleep Patterns

- Night waking frequency and duration
- Bedtime routine independence progress
- Morning energy levels (1-10 scale)

#### Processing & Academic Function

- Teacher feedback on focus and task completion
- Homework completion times
- Academic engagement levels
- Reading improvements and visual tracking

#### Supplement Response

- L-Theanine continued tolerance and benefits
- Sleep X tolerance and benefits
- Energy levels throughout the day

#### Family System

- Mum's sleep quality and stress levels
- Family harmony during evening routines
- Olivia's creative expression and leadership behaviours

### Progress Indicators

#### 4-Week Targets

- Night wakings reduced to 3-4 nights per week
- Bedtime mum-dependency reduced by 10-15 minutes
- Continued teacher-reported improvements
- Morning energy improved to 7-8/10

#### 3-Month Goals

- Night wakings 0-1 times per week
- Independent bedtime routine with brief check-ins
- Successful private school transition with accommodations
- Test-guided optimization of processing speed support

## H. Timeline & Expectations

### Treatment Phase Progression

#### Weeks 1-2: Foundation Building

- Sleep X introduction alongside continued L-Theanine
- Beginning of gradual bedtime independence protocol
- Nutrition optimisation implementation

#### Weeks 3-4: Integration & Assessment

- Sleep X effectiveness evaluation
- Teacher interview insights

#### Weeks 5-8: Refinement & Progression

- Testing results beginning to return
- Bedtime independence advancing
- Potential addition of energy support supplements based on testing
- Private school transition preparation

### Normal Patterns

- Some variability in sleep improvement during transition
- Processing speed changes may be gradual rather than dramatic
- Family patience and consistency essential during bedtime changes
- Academic demands may increase with private school transition

### Why patience supports success:

Processing speed differences are neurological - they require time for new neural pathways to develop and strengthen.

### When to Contact Me

- Processing speed or academic function worsens

## Clinical Background & "Why" Information

### Understanding L-Theanine

L-Theanine is an amino acid that promotes calm alertness without sedation by increasing alpha brain waves and supporting GABA production. L-Theanine provides the perfect balance of mental clarity and nervous system calm for children with ADD and processing speed differences.

### The Vision-Processing Speed Connection

As I mentioned briefly in our session yesterday, there's a really interesting connection between vision and processing speed that many people don't realise. When we talk about vision, there are really two parts: can someone see clearly (which is what glasses usually fix), and how efficiently the brain process what the eyes see. It's like having a great camera but a slow computer to process the photos.

From my understanding, the processing speed test that Olivia struggled with in the testing actually measured how quickly she could scan visual information and solve visual problems. So, her processing speed profile might partly involve visual processing differences.

This could also explain why screens and gaming make her symptoms worse - they're putting extra demand on a visual processing system that's already working really hard:

- **Blue light exposure** - disrupts sleep and can worsen processing
- **Visual overstimulation** - more than her processing system can handle
- **Rapid visual changes** - gaming/videos require fast visual processing
- **Convergence demand** - close-up screen work is visually demanding

And why rest helps - it gives her visual system a break.

### Why Sleep X Addresses Multiple Challenges

Sleep X contains targeted ingredients that work synergistically:

**Magnesium bisglycinate** promotes muscle relaxation and activates the parasympathetic nervous system, directly addressing her bedtime anxiety and supporting self-soothing.

**L-ornithine** helps reduce cortisol levels that may be elevated from separation anxiety and school masking demands.

**Ashwagandha/Withania** supports stress adaptation and nervous system regulation during this challenging developmental phase.

**Lutein and Zeaxanthin** specifically protect visual processing pathways in the brain, supporting the efficiency of visual information processing for a child whose processing speed profile may have visual components.

The combination works to:

- Address her bedtime anxiety (immediate family relief)
- Support visual processing (her documented difference)
- Enhance central processing (her primary support need)
- Provide overnight repair (maximizes each day's potential)
- Natural approach (aligns with family's supplement preference)

### Why Protein is Crucial for Olivia's Brain Type

Protein provides amino acids that are the building blocks for neurotransmitters essential for focus and processing:

- **Tyrosine** → dopamine and norepinephrine (focus and attention)
  - *Food sources:* Chicken, turkey, fish, cheese, almonds, avocados
- **Tryptophan** → serotonin (mood regulation and sleep)
  - *Food sources:* Turkey, chicken, salmon, eggs, cheese, milk, bananas
- **GABA precursors** (calming and anxiety reduction)
  - *Food sources:* Yogurt, kefir, aged cheeses, sprouted grains

The gut produces about 90% of the body's serotonin, and proper protein digestion is essential for neurotransmitter production. For children with processing speed differences, ensuring adequate protein quality and consistent intake throughout the day becomes even more important for optimal brain function and emotional regulation.

### The Gradual Bedtime Approach Rationale

Children with processing speed differences often need more time to adjust to changes. The gradual approach respects her processing style while building on her natural leadership and organising strengths. By using her excellent memory and



caring nature, we're going to try to make the transition feel like an achievement and building lifelong skills.

### **Academic Accommodations Importance**

Her processing speed profile means she processes information at her own optimal pace. As you know this isn't about intelligence - it's like having a high-quality computer with its own processing style. The accommodations ensure she has adequate time to demonstrate her knowledge and strengths without being rushed.

### **Healthy Treat Recipes to Try**

#### **Chocolate Protein Energy Balls**

*Ingredients:* 1 cup dates (pitted), ½ cup almond butter, 2 tbsp protein powder, 2 tbsp cocoa powder, ¼ cup shredded coconut

*Method:* Blend dates until paste-like. Mix with other ingredients. Roll into balls. Refrigerate 1 hour.

#### **Frozen Yogurt Pops**

*Ingredients:* 2 cups Greek yogurt, ½ cup berries, 2 tbsp honey, 1 tbsp protein powder

*Method:* Blend all ingredients. Pour into popsicle moulds. Freeze 4+ hours.

#### **Baked Apple Cookies**

*Ingredients:* 2 apples (sliced), 1 cup oats, ¼ cup almond butter, 1 tsp cinnamon, 1 tbsp protein powder

*Method:* Mix oats, almond butter, cinnamon, protein powder. Top apple slices. Bake 175°C for 15 minutes.

#### **Trail Mix Bars**

*Ingredients:* 1 cup mixed nuts, ½ cup dried fruit, ¼ cup protein powder, ¼ cup honey, 2 tbsp coconut oil

*Method:* Mix dry ingredients. Warm honey and oil, combine. Press into pan. Refrigerate 2 hours. Cut into bars.

#### **Smoothie Popsicles**

*Ingredients:* 1 banana, 1 cup Greek yogurt, 1 tbsp protein powder, ½ cup berries, 1 tbsp almond butter

*Method:* Blend all ingredients. Pour into moulds. Freeze 4+ hours.

### **The Interconnected Approach**

What's really interesting is that visual processing differences often respond to the same things we're already planning to address - nutrition support for the brain, reducing inflammation, and calming the nervous system. The good news is that if there are visual processing components to her challenges, they often improve significantly when we support the underlying brain health. It's all connected - the same nutrition or lifestyle factors that support processing speed can also support how efficiently her brain interprets visual information.



## I. Key Reminders

### For Parents

- **Processing speed differences require patience** - brain changes take time
- **Consistency with sleep protocol is crucial** - avoid introducing new helping habits
- **Her strengths are powerful tools** - leadership, memory, and creativity support treatment

### For Long-term Success

- The multi-system approach addresses interconnected challenges
- Sleep foundation enables all other improvements
- Strengths-based strategies build confidence alongside skills
- Testing guides targeted interventions for optimal outcomes

**Next Appointment scheduled for 11:30am 17 September**

**You've got this and so does Olivia!**

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.