Foundational "Holiday Friendly" Wellness Plan

Parent Implementation & Support Guide

Prepared exclusively for: Olivia Parbery
Practitioner: Janaya Karloci, Naturopath

Consultation date: 23 September 2025

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.

PRIMARY HEALTH GOALS (2 weeks)

1. **Maintain current successful interventions** (L-Theanine, Sleep X showing clear benefits)
2. **Identify and eliminate obvious environmental exposures** while building detoxification capacity
3. **Optimise copper elimination** through food choices and molybdenum support
4. **Support iron absorption** to begin BH4 cofactor restoration
5. **Complete environmental investigation** (pool caretaker, water filtration assessment)

Symptom Targets - Realistic for Travel Period:

- **Maintain recent improvements** in sleep quality when protocol consistently followed
- **Continue academic engagement gains** (requesting extra worksheets from teacher)
- **Support emotional regulation** during holiday routine changes
- **Begin addressing copper burden** through dietary modifications

TREATMENT AIMS - SIMPLIFIED APPROACH

Environmental Protection:

- **Complete pool assessment** - interview caretaker about chemicals and copper-based treatments
    - Review "Targeted Environmental Investigation Guide (TEIG)" attached for more information
- **Water filtration investigation** - get specifications from filtration company about metals removed from the system installed in your home.
    - Review TEIG attached for more information
- **Check around the house checklist**
    - Review TEIG attached for more information
- **Eliminate obvious ongoing exposures** (high-mercury fish, high-copper foods temporarily)
- **Maintain successful current protocols** while away from home (as best you can)

Biochemical Foundation:

- **Support molybdenum-copper elimination cycle** through food choices (critical while copper foods avoided)
- **Optimise iron absorption** using timing and food combination techniques
- **Continue selenium support** for mercury protection

SUPPLEMENT PROTOCOL - NO CHANGES UNTIL BLOOD WORK

Current Successful Protocol (Continue Exactly as Is):

MORNING (with breakfast)

SUPPLEMENT	DOSAGE	WHY
L-Theanine	100mg / half a scoop in water	Calm alertness for school focus

EVENING (bedtime routine)

SUPPLEMENT	DOSAGE	WHY
Sleep X	Up to half scoop in water	Provides 150mg magnesium plus L-ornithine and ashwagandha

DIETARY PROTOCOL - TRAVEL-FRIENDLY MODIFICATIONS

Week 1: Environmental Protection + Molybdenum Support

IMMEDIATE ELIMINATIONS (Continue While Away):

High-Mercury Fish - COMPLETE AVOIDANCE:

- **Eliminate:** Tuna, swordfish, king mackerel, shark
- **Choose instead:** Salmon, sardines, anchovies, herring (if available while traveling)
- **Why:** Reduce mercury burden while selenium and detox capacity rebuild

Copper Reduction (Temporary - Critical During Travel):

- **Eliminate temporarily:** Dark chocolate, shellfish, organ meats, nuts (except 1-2 Brazil nuts daily), seeds
- **Why:** Reduce copper burden while molybdenum elimination pathway restores
- **Note:** Will reintroduce gradually once copper levels improve

MOLYBDENUM-RICH FOODS (Daily Priority - Even While Away):

Essential Daily Inclusions:

- **Lentils:** In soups, dal, curries (widely available in many cuisines)
- **Leafy greens:** Spinach, kale in any preparation
- **Oats:** For breakfast when available
- **Why:** Critical for copper elimination enzyme function - must be consistent

A more complete guide of Molybdenum -Rich Foods can be found on page 6.

SELENIUM SUPPORT:

- **Brazil nuts:** 1-2 daily (pack these for travel) – remember Brazil nuts from Brazil.
- **Eggs:** When available (good selenium source plus protein)
- **Seafood:** Except high-mercury fish and copper-rich shellfish
- **Why:** Support mercury protection and thyroid function

PHOSPHORUS-RICH FOODS (For Energy):

- **Eggs, dairy, meat, fish:** Support cellular energy production
- **Why:** Deficiency (133 vs 150-220) affects ATP synthesis and contributes to fatigue

Week 2: Iron Absorption Optimization (Travel-Adaptable)

CONTINUE Week 1 protocols PLUS:

Iron Absorption Techniques (Easy to Apply While Away):
Food Combination Strategy:

- **Red meat + vitamin C source:** Beef with tomatoes/peppers, citrus
- **Spinach + strawberries:** In salads or smoothies if available
- **Lentils + lemon juice:** Easy addition to any lentil dish
- **Why:** Vitamin C significantly enhances iron absorption for BH4 synthesis

Timing Strategy:

- **Separate dairy from iron-rich meals** by 2+ hours
- **Include meat/fish with plant iron sources** when possible
- **Why:** Prevents calcium-iron competition, enhances absorption

ENVIRONMENTAL ACTIONS - URGENT PRIORITIES

Review and Undertake suggestions in the TEIG handout attached

- ☐ Pool Assessment
- ☐ Water Filtration Investigation:
- ☐ Plumbing Assessment
- ☐ Check around the house checklist

Water Precautions:

- **Bottled water:** For drinking and cooking
  - **continue until home assessment complete and while away**
- **Shower modifications:** Shorter duration, lower temperature if unsure about piping

Why: Prevents additional metal exposure while investigation ongoing

Environmental Awareness:

- **Accommodation away water:** Use bottled water for drinking/cooking regardless of location
- **Local water quality:** Don't worry about investigating while away - focus on protection
- **Swimming:** Avoid heavily chlorinated pools if possible & rinse immediately after regardless of where you swim

LIFESTYLE SUPPORT

Sleep Optimisation (Critical Consistency):

- **Maintain Sleep X timing**
- **Routine adaptation:** Flexible timing but maintain supplement sequence
- **Monitor response:** Continue tracking correlation between consistency and sleep quality

Activity and Stress Management:

- **Maintain protein emphasis:** Support neurotransmitter precursor availability
- **Gaming guidelines:** Continue current successful restrictions

MONITORING & ASSESSMENT

Daily Tracking (Use attached tracker):

- **Morning energy levels** (1-10 scale)
- **Bedtime anxiety intensity** (1-10 scale)
- **Night wakings** (frequency and duration)
- **Supplement adherence** (Yes/No with notes)

Environmental Investigation Progress:

- ☐ **Pool caretaker interview completed**
- ☐ **Water filtration information gathered**
- ☐ **Plumbing documentation** (photos/notes of older bathroom)
- ☐ **Check around the house checklist**

Don't Worry About While Away:

- **Perfect dietary adherence** – main focus is to avoid major sources (mercury fish, copper foods)
- **Detailed symptom tracking** - normal vacation disruptions expected
- **New supplement introductions** - wait until home and blood work complete

Red Flag Symptoms (Contact Immediately):

- **Significant worsening** of existing symptoms
- **New neurological symptoms** (tremors, severe headaches, vision changes)
- **New physical symptoms** (rashes, persistent stomach pain)
- **Extreme behavioural changes** beyond normal vacation adjustment

PREPARATION FOR NEXT APPOINTMENT – Wednesday 22 October 2025

Information to gather and send once completed to me

(ideally, no later than Friday 17 October)

1. Pool caretaker interview results
2. Water filtration system specifications
3. Check around the house checklist
4. Blood work results
5. Daily tracker
6. Water testing results (if completed)

Questions to Consider for Next Session:

- Are molybdenum-rich foods being consumed consistently?
- Any obvious environmental sources identified through investigation?
- Which symptoms showing most improvement (even if travel disrupts patterns)?
- Any concerning changes or unexpected reactions?

You've got this!

The foundation is already working – Olivia's improvements show her system is responding well. The goal now is maintaining progress while completing the investigations and getting medical clearance for the next phase.

Next Appointment: Wednesday 22 October at 12:30pm.

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au or call 0415 575 788 for urgent concerns.
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.

Next Page contains more High-Molybdenum Foods

High-Molybdenum Foods

Food	Serving Size	Molybdenum Content (mcg)	Practical Application
Lentils (cooked)	1 cup (198g)	148 mcg	Add to soups, make dal, mix into salads
Split peas (cooked)	1 cup (196g)	148 mcg	Make split pea soup, add to stews
Cannellini beans (cooked)	1 cup (177g)	Approx 130mcg	Side dish, add to casseroles and salads
Black beans (cooked)	1 cup (172g)	130 mcg	Bean burritos, add to rice dishes
Lima beans / butter beans (cooked)	1 cup (188g)	142 mcg	Side dish, add to casseroles
Kidney beans (cooked)	1 cup (177g)	132 mcg	Chili, bean salads, Mexican dishes
Chickpeas (cooked)	1 cup (164g)	58 mcg	Hummus, roasted snacks, curries
Beef liver (cooked)	3 oz (85g)	104 mcg	**Avoid temporarily** (very high copper)
Spinach (cooked)	1 cup (180g)	29 mcg	Add to smoothies, omelettes, pasta
Kale (cooked)	1 cup (130g)	23 mcg	Smoothies, sautéed as side dish
Oats (dry)	1 cup (81g)	38 mcg	Breakfast porridge, overnight oats
Buckwheat flour	1 cup (120g)	34 mcg	Pancakes, baking substitute
Sunflower seeds	1 oz (28g)	19 mcg	**Avoid temporarily** (high copper)

Daily Target Planning:

To reach therapeutic molybdenum levels (targeting 100+ mcg daily):

- **1/2 cup cooked lentils** = ~74 mcg
- **1 cup cooked spinach** = ~29 mcg
- **1/2 cup oats** = ~19 mcg
- **Total: ~122 mcg daily**

Note: The recommended daily intake for molybdenum is 45 mcg for adults, but given her severe deficiency (0.017 vs 0.030 in HTMA), higher dietary intake is warranted to restore tissue levels while the molybdenum-copper cycle repairs.