

☀️ My Amazing Brain-Supporting Adventure Plan ☀️

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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 for details on how to return.

My Daily Brain-Supporting Mission 🎯

Morning Power-Up Routine 🌅

My Morning Supplements (with breakfast):

- **L-Theanine:** 100mg/ half a scoop 🧑🏻
 - *What it does:* Helps your brain feel calm and focused for school

My Morning Jobs:

- Eat protein for brain power (eggs, yogurt, or protein smoothie)

After School Power-Up 🏠

My After-School Jobs:

- Have a protein snack if hungry

Evening Wind-Down 🌙

My Bedtime Supplement:

- **Sleep X:** Up to half scoop, 1 hour before bedtime routine 🧑🏻
 - *What it does:* Helps your brain and body get ready for awesome sleep

My Evening Jobs:

- Take Sleep X at the right time
- Follow my bedtime independence plan
- Get ready for amazing brain-repairing sleep

My Brain-Boosting Food Adventures 🍎🧠

Foods That Make My Brain Happy 😊

Morning Brain Fuel:

- Protein smoothies with yogurt and berries 🍇
- Eggs cooked any way I like them 🍳
- Oats 🥣

Lunch Power Foods:

- Pasta with beans or lentils with chicken, turkey, or beef 🍝
- Fish like salmon or Barramundi with lentils 🐟
- Cheese and crackers 🧀
- Hard-boiled eggs 🥚

Special Brain Treats I Can Help Make:

- Frozen yogurt pops 🍦
- Baked apple cookies 🍏
- Smoothie popsicles 🍓

Foods I'm Taking a Break From 🛑

(Just for a few weeks while my brain gets stronger)

- Big fish like tuna (has too much mercury for my brain right now) 🐟
- Dark chocolate and nuts (too much copper for now) 🍫
- We'll add these back when my brain is ready!

Foods That Help My Brain Get Rid of Yucky Stuff ☀️

- Lentils (in soups or dal) 🍲
- Leafy greens like spinach (in smoothies!) 🥬
- Oats for breakfast 🥣
- 1-2 Brazil nuts daily (special brain protectors!) 🌰

My Screen Time Rules 📱💻

Weekdays: No gaming (helps my brain rest and focus better!)

Weekends & Over the school holidays:

- 20-30 minutes gaming
- Then 5-10 minute breaks
- Maximum 2 hours total
- Try blue light glasses if we have them 🕶️

Why this helps: Screens make the part of my brain that processes what I see work extra hard. Taking breaks helps my brain feel better and learn easier!

My Environmental Detective Mission 🕵️

After holiday Detective Work:

- We go see the GP for further advice ✨
- We ask people questions and look for products around the house that may be contributing 🧪
- We kept eating my special brain-helping foods 🍲

Things to Tell Mum and Dad 💬

If I feel any of these:

- Tummy upset or weird feelings after supplements 🤢
- Extra tired or hyper 😴⚡
- Headaches or rashes 🤔
- Any other strange feelings 😬

Good things to notice:

- More energy in the morning ⚡
- Easier time with homework 📖
- Better sleep 😴
- Happier feelings 😊

You've got this!

If you have questions about your plan, you can ask mum or dad to explain anything you want to know more about or to email Janaya.