

Foundational Wellness Plan

Prepared exclusively for: Patrick Myott
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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.

1. HEALTH GOALS

1. **Reduce OCD symptom severity**
2. **Improve sleep quality and reduce dream intensity**
3. **Build stress recovery capacity**
4. **Establish foundational nutrition habits**

2. TREATMENT AIMS

1. **Strengthen vagal tone (parasympathetic nervous system function)** through specific nervous system regulation techniques to improve the body's natural "calm down" response and enhance recovery from stress and OCD urges
2. **Support optimal neurotransmitter production** (particularly serotonin and dopamine) through strategic nutrition, adequate hydration, and targeted supplementation to reduce OCD symptom intensity
3. **Reduce neuroinflammation and systemic inflammation** through anti-inflammatory dietary changes, omega-3 supplementation, and adequate hydration to support nervous system health and cognitive function
4. **Establish sustainable foundational habits** that leverage your routine-seeking strength while introducing critical nutritional and lifestyle changes gradually to prevent overwhelm

3. DIETARY RECOMMENDATIONS

A - Hydration Protocol

Build toward 2.5-3L water daily using a scheduled approach that works with your routine-seeking strength. Start with 5 scheduled glasses (approximately 1.5-2L), building gradually over 4-6 weeks to your target based on your 98kg body weight.

Adequate hydration is essential for: neurotransmitter production, autonomic nervous system function (improving vagal tone), reducing inflammation, supporting digestion,

and maintaining energy levels. Dehydration directly worsens anxiety and makes it harder for your nervous system to calm down after stress.

Schedule:

1. Glass of water with morning protein (before coffee walk)
2. Glass of water between coffee and lunch
3. Glass of water before heading out for lunch
4. Glass of water before dinner
5. Glass of water after dinner with medications

This is the minimum water intake – of course you can drink more.

Making it easier - Herbal tea counts!

Non-caffeinated herbal teas absolutely count toward your water intake and can make hydration more enjoyable.

- Here's a perfect opportunity to practice your communication skills at your local supplement or wellness store - pop in and ask them for a suggestion on a liver-supporting tea blend. Most staff love helping with these questions!
 - For daytime, liver support teas are fantastic.
 - For evening, since you love cinnamon donuts so much, why not try a sweet tea with cinnamon notes? Another brilliant evening option is simply chamomile with honey and vanilla - Lipton makes one you can grab at Coles or Woolies on your regular walks there. Warm tea in the evening can become part of your wind-down routine and help signal to your nervous system that it's time to relax.

B - Morning Protein Addition

Add protein within 30 minutes of waking, before your morning coffee walk. This stabilises blood sugar levels and provides the amino acid building blocks (tryptophan for serotonin, tyrosine for dopamine) that your brain needs to produce the neurotransmitters involved in OCD regulation.

Protein in the morning also supports your adrenal glands and helps establish a healthier cortisol rhythm, reducing the afternoon energy crash you experience.

Options:

- **Option A:** Protein shake mixed with water (2 minutes, simple)
 - **I have added an option to your vital.**ly account you might like to try (my favourite tasting one yet) or ask for recommendations at your local healthfood/supplement store. Just ensure you ask for something “clean” without too much other stuff in it.
- **Option B:** Weekly frittata meal prep - make at beginning of week, store in fridge, heat each morning (can include bacon, mushroom, spinach, carrot, broccoli, or a combination of these mushroom)
 - Reheat one piece in microwave for 60-90 seconds each morning
 - Have with a full glass of water before your coffee walk

Easy Frittata Recipe

Ingredients	Method
<ul style="list-style-type: none"> • 8-10 large eggs cracked in a bowl • 1/2 cup milk (you can use your farmhouse milk!) • Salt and pepper to taste • 1-2 tablespoons olive oil or butter (for greasing the pan) • 200g diced ham, bacon pieces, OR cooked sausage (crumbled) • 1 cup each of 2-3 vegetables • Optional extras: <ul style="list-style-type: none"> • 1 cup grated cheese (makes it tastier!) • 1 diced onion (if you like onion) <p>STORE:</p> <ul style="list-style-type: none"> • Cut into 6-8 squares • Store in airtight container in fridge • Lasts 5-7 days 	<ol style="list-style-type: none"> 1. Preheat your oven to 180°C 2. Grease a medium-large baking dish (about 20x30cm) with butter or oil 3. Chop any ingredients that need chopping 4. Mix all ingredients in a bowl <ul style="list-style-type: none"> • Whisk eggs together with a fork until well mixed (doesn't need to be perfect) • Add your chosen protein and vegetables • Add milk, salt, and pepper • Add cheese if using • Give it all a good stir 5. BAKE (25-30 minutes) (<i>set a timer</i>) 6. Pour mixture into greased baking dish 7. Put in oven for 25-30 minutes 8. It's done when the centre doesn't jiggle when you shake the pan 9. Let it cool for 5-10 minutes before cutting

C - Evening Vegetable Addition

Add frozen steam bags /oven baked vegetable to your evening meal alongside your current steak/sausages and pasta salad - we're not taking anything away, just adding good stuff! Stick with vegetables you already like: carrot, broccoli, mushroom, pumpkin, corn mixes. These colourful additions provide fibre for gut health, antioxidants to reduce inflammation, prebiotic support for beneficial gut bacteria (which produce 90% of your body's serotonin), and additional nutrients to support nervous system function. Microwave straight from freezer - literally 3-5 minutes, zero prep, zero chopping. Simple, easy, achievable.

Supermarket exploration tip: Since you walk to the shops regularly anyway, why not take 5 minutes on one of your walks to explore what's actually available? The fresh produce section often has pre-cut veggie packs or oven-ready vegetables that just need to be popped in the oven or microwave. The freezer section has an entire rainbow of options - steam bags, roasting mixes, stir-fry blends. You might discover some you didn't know existed!

- This isn't homework - just a gentle nudge to browse when you're there anyway. You know that shop well after 20+ years of going there, so this is just looking at it with fresh eyes.

Why variety matters: While it's completely okay to eat familiar foods that bring you comfort (seriously, there's nothing wrong with eating the same meals when they work for you), gradually increasing the variety of foods you eat over time ensures you're

getting the full spectrum of vitamins, minerals, and phytonutrients your body needs. Different coloured vegetables feed different beneficial gut bacteria - it's like giving them a buffet instead of the same meal every day. A diverse gut microbiome is essential for optimal nervous system regulation, mood stability, and neurotransmitter production. We're starting with adding vegetables you already like, and as you feel more comfortable, we can explore adding new options to further support your gut-brain connection. No pressure, just possibilities.

4. LIFESTYLE RECOMMENDATIONS

A - Movement/Exercise: Daily Walking (MAINTAIN + OPTIMISE)

Continue your current daily walks to shops (15 minutes each way, plus walking around shops). This is excellent baseline activity providing: stress reduction, natural vagal toning effect, exposure to daylight (supports circadian rhythm and sleep), movement without overwhelm, and routine structure. Your walking is already a strength - we're not adding more, just ensuring you recognise its value. If energy allows, consider adding 5-10 minutes to one walk per week, but only if it feels natural

B - Nervous System Regulation: Vagal Toning Practices

Practice specific vagal nerve stimulation techniques daily to directly improve your parasympathetic nervous system's ability to calm you down after stress, reduce OCD urge intensity, improve panic attack recovery, and enhance sleep quality. These are the "brake pedal" for your nervous system that we discussed - the physiological tools to help you stop worrying.


Three Techniques (detailed instructions to be provided):

1. **5-4-3-2-1 Grounding Technique** - Use during visual fixation on floaters when delaying compulsions, when feeling overwhelmed or future-focused, and any time you need to return to the present moment
2. **4-7-8 Diaphragmatic Breathing** - Practice 5 minutes morning and 5 minutes evening (establish routine), plus use during anxiety spikes or OCD urges
3. **Cold Water Face Immersion** - Emergency tool for intense panic attacks or very strong OCD urges (two methods will be provided)

Why these work: They directly stimulate the vagus nerve through specific physiological pathways, creating an immediate shift from sympathetic ("fight or flight") to parasympathetic ("rest and digest") activation. This is not just distraction - it's actual nervous system retraining.

5. SUPPLEMENT PROTOCOL

Brand & Product	Dosage & Timing	How This Supports Your Goals
Ethical Nutrients Mega Magnesium (Relax) - with MagActive® blend and lavender oil	2 tablets daily - Continue current timing: 1 at lunch, 1 in the evening WHEN you start taking Swiss Nutra formula at night reduce this down to 1 at breakfast OR Lunch	Magnesium is essential for over 300 enzymatic reactions including neurotransmitter production and nervous system regulation. The specific forms in this blend (glycinate, diglycinate, amino acid chelate) are highly absorbable and support GABA production (your brain's main calming neurotransmitter). The lavender oil provides additional anxiolytic effects. Continue until finished, then we'll transition to optimise timing.
Swiss Nutra+ Advanced Mag Night	1 teaspoon in water, 30-60 minutes before bed -	This nighttime magnesium formula combines magnesium with Californian poppy and passionflower (both traditionally used for sleep support and anxiety reduction). This targets your intense dream issue and supports natural down-regulation at bedtime. By providing magnesium plus gentle nervine herbs at night, we're working to reduce the sympathetic activation causing your intense dreams after 3am and helping you wake with less anxiety.
Designs for Health OmegaAvail 1250 - High-potency EPA/DHA fish oil 	Week 1: 1 capsule daily with food Week 2: 1 capsule twice daily with food Week 3: 1 capsule 3 x three times daily with food (target dose)	Omega-3 fatty acids (EPA and DHA) are powerful anti-inflammatories that reduce neuroinflammation - a key contributor to OCD severity. EPA specifically supports mood regulation and has been shown in research to reduce anxiety and compulsive behaviours. DHA is essential for brain cell membrane health and neurotransmitter receptor function. The gradual increase allows assessment of tolerance while building to a therapeutic dose for neurological and inflammatory support.

 **INTERACTION NOTE:** Omega-3 can lower blood pressure. Since you're on Clonidine (also lowers BP), we're starting low and building gradually. Watch for excessive dizziness or light-headedness. This is usually well-tolerated but contact me if you notice these symptoms.

Phased Introduction Rationale

We're introducing supplements gradually over 3 weeks to: allow your body to adjust to each addition, assess tolerance individually (easier to identify if any issues arise), prevent overwhelm (both physically and mentally), and respect your tendency to get overwhelmed when too much changes at once.

6. FURTHER INVESTIGATIONS

A - Tracking/Monitoring (START IMMEDIATELY)

Food, Symptom & Hydration Diary - Complete for 7 consecutive days (Week 2 or 3):

- **Food intake:** Record what you eat, timing, and portion sizes. You can write "as before" for repeated meals.
- **Hydration:** Track glasses of water consumed (use the scheduled 5 glasses as checklist)
- **Symptoms:** Rate daily:
 - OCD severity (0-10) and approximate hours consumed
 - Panic attacks (yes/no, intensity if yes)
 - Sleep quality (0-10)
 - Dream intensity (0-10) and whether you woke sweating
 - Energy levels (0-10, note afternoon crash)
 - Headaches (yes/no, intensity if yes)
 - Brain fog (yes/no, when it occurred)
- **Vagal toning practice:** Check off which techniques you used and when

Purpose: This diary will help us identify patterns (food-symptom connections, timing of symptoms, hydration impact, technique effectiveness) and assess how well the initial protocol is being implemented.

Important: *Try to ensure it's a normal week – you are not being judged on your dietary choices – this is all information that helps to spot contributing factors.*

B - Blood Testing Recommendations

CURRENT - No immediate testing required. Given your medical system distrust and white coat syndrome, I'm not recommending any blood tests at this initial stage. Building trust and establishing the foundational protocol takes priority.

FUTURE CONSIDERATION (Week 6-8+, when ready):

- **Basic liver function panel** - If continuing Olanzapine long-term, responsible monitoring
- **Vitamin D, B12, folate** - Common deficiencies that impact mood and nervous system function
- **Iron studies** - Fatigue and anxiety can be impacted by iron status
- **Timing:** Only when you feel comfortable, and we can explore strategies for managing the anxiety around testing (e.g., home collection, lying down during draw, bringing support person)

No functional testing recommended at this stage. Let's establish the foundations first and reassess in 3-6 months based on your response to initial interventions.

Specialist Referrals

NONE currently required. You're already under GP care for medications. We'll coordinate with your GP as needed, particularly regarding:

- Blood pressure monitoring strategy (when you're ready)
- Medication review if/when appropriate (especially Olanzapine)
- Any necessary medical testing

7. IMPLEMENTATION TIMELINE

This phased approach respects your tendency to feel overwhelmed and your history of not finishing things when too much is introduced at once.

WEEK 1 - Foundation Building

DIETARY:

- ✓ Begin 5-glass hydration schedule
- ✓ Start morning protein (choose Option A or B)
- ✓ Add frozen veggie bag to dinner
- ✓ Optional: Try liver support herbal tea in evening

SUPPLEMENTS:

- ✓ CONTINUE: Ethical Nutrients Mega Magnesium (2 tabs daily - current schedule) **UNTIL Swiss Nutra arrives then reduce down to 1 tab daily.**
- ✓ ADD: Swiss Nutra+ Advanced Mag Night (1 tsp before bed)
- ✓ ADD: OmegaAvail 1250 (1 capsule daily with food)

PRACTICES:

- ✓ Learn all three vagal toning techniques (instructions provided)
- ✓ Practice 5-4-3-2-1 grounding when needed
- ✓ Morning & evening 4-7-8 breathing (5 minutes each)
- ✓ Cold water technique available for emergencies

FOCUS:

Just getting started, building the habits, learning the techniques. Don't expect dramatic changes yet - focus on consistency.

WEEK 2 - Habit Reinforcement

DIETARY:

- ✓ Continue all Week 1 dietary changes
- ✓ Aim for 80% consistency (don't be perfect - that's overwhelming)
- ✓ Troubleshoot any challenges

SUPPLEMENTS:

- ✓ CONTINUE: Ethical Nutrients Mega Magnesium (1 tab daily – breakfast or lunch)
- ✓ CONTINUE: Swiss Nutra+ Advanced Mag Night (1 tsp in water before bed)
- ✓ INCREASE: OmegaAvail 1250 to **2 capsules daily** with food (1 morning, 1 evening)

PRACTICES:

- ✓ Daily vagal toning (morning & evening breathing, grounding as needed)
- ✓ Track which techniques help most
- ✓ Notice any changes in stress recovery

FOCUS:

Consistency, not perfection. Start tracking in food/symptom diary during this week if ready.

WEEK 3 - Building Momentum

DIETARY:

- ✓ Continue all dietary changes
- ✓ Hydration goal: Consistently hitting 5 glasses (1.5-2L)
- ✓ Consider adding 6th glass if feeling good

SUPPLEMENTS:

- ✓ CONTINUE: Ethical Nutrients Mega Magnesium (1 tab daily – breakfast or lunch)
- ✓ CONTINUE: Swiss Nutra+ Advanced Mag Night (1 tsp in water before bed)
- ✓ INCREASE: OmegaAval 1250 to **3 capsules daily** with food (1 morning, 1 midday, 1 evening) - TARGET DOSE

PRACTICES:

- ✓ Vagal toning techniques becoming more automatic
- ✓ Complete 7-day food/symptom diary if not yet done
- ✓ Prepare for next session review

FOCUS:

Completing first phase, assessing what's working, preparing for next session discussion.

8. MONITORING PARAMETERS

What to Watch For (POSITIVE CHANGES)

Weeks 1-3 (May be subtle):

- Slightly improved stress recovery (bouncing back faster from anxiety spikes)
- Morning energy feeling more stable (less reliant on coffee for function)
- Afternoon energy crash less severe
- Sleep: Possibly fewer intense dreams or waking less sweaty
- Waking anxiety: May start to notice marginally less anxiety upon waking
- Physical: Fewer or less severe tension headaches
- OCD urges: Might notice slightly more time before acting on compulsions (even if just seconds longer)

When to Contact Me

URGENT (Contact immediately or same day and reach out to GP or emergency services):

- Severe allergic reaction to any supplement (rash, difficulty breathing, swelling)
- Severe worsening of mental health symptoms
- Any thoughts of self-harm
- Uncontrollable side effects from supplements

SOON (Within 1-2 days):

- Moderate supplement side effects (significant digestive upset, headaches, etc.)
- Consistent inability to implement any part of the protocol
- Questions about supplement dosing or timing

- Unexpected physical symptoms
- Feeling very overwhelmed by the protocol

NON-URGENT (Can wait for next session or email when convenient):

- Questions about the rationale for recommendations
- Wanting additional recipe ideas or meal suggestions
- Updates on progress
- Curious about adding or changing something
- General questions about the approach

Remember:

- Changes will be gradual, not dramatic overnight shifts
- You may have good days and challenging days - that's normal
- Some weeks may feel like nothing is changing - trust the process
- The first 3 weeks are about building habits, not seeing results
- Your nervous system has been in "high alert" for 18+ years - it takes time to retrain
- Consistency matters more than perfection (aim for 80%, not 100%)

You're looking for trends over weeks, not perfection every day.

9. CAUTIONS & SPECIAL CONSIDERATIONS

Supplement-Medication Interactions

⚠ **MODERATE INTERACTION - Please Monitor:**

Omega-3 (EPA/DHA) + Clonidine (Catapres):

- **The interaction:** Both omega-3 fish oils and Clonidine can lower blood pressure. When taken together, there's a theoretical risk they might have an additive effect, potentially lowering blood pressure more than intended.
- **Severity:** Moderate (occurrence: probable, evidence level: B)
- **However:** This interaction is dose-dependent and rarely problematic at the supplemental doses we're using. We're starting low and building gradually (1 capsule → 2 → 3 over 3 weeks) specifically to monitor for this.

What to watch for:

- Excessive dizziness or lightheadedness, especially when standing up
- Feeling unusually tired or weak
- Unusual headaches
- Feeling "spaced out" or disconnected

What to do:

- **If you notice mild dizziness when standing:** This may settle as your body adjusts. Stand up slowly, give yourself a moment before walking.
- **If symptoms are moderate or persistent:** Contact me - we may need to reduce the omega-3 dose or adjust the timing of when you take it versus your Clonidine.
- **If symptoms are severe (very dizzy, fainting, can't function):** Contact your GP same day.

Why we're still using omega-3 despite this interaction: The anti-inflammatory and mood-stabilising benefits of omega-3 for OCD and anxiety are significant, and most people tolerate this combination well. The gradual introduction allows us to monitor carefully. Your blood pressure may actually benefit from a slight reduction (given your

genetic risk and being on medication since age 25), but we want any changes to be gradual and monitored.

OTHER INTERACTIONS:

Magnesium + Clonidine (Catapres): Magnesium may also slightly enhance blood pressure-lowering effect. Combined with omega-3, we're monitoring the cumulative effect. Watch for same symptoms as above.

Omega-3 + Fluoxetine: No known interactions. Omega-3 may actually enhance the effectiveness of SSRIs - this is beneficial.

All supplements + Olanzapine: No known concerning interactions.

Individual Considerations for YOU

Perfectionism Alert:

- You don't need to implement this perfectly
- Some days you'll forget morning protein or miss a glass of water - **that's okay**
- If you miss a supplement dose, just take it when you remember (or skip and resume next scheduled dose)
- **Progress, not perfection** is the goal
- Be gentle with yourself - your nervous system responds better to kindness than harsh self-criticism

Overwhelm Management:

- If this feels like too much, tell me - we can adjust
- You can implement gradually (e.g., master hydration before adding protein)
- It's okay to take longer than 3 weeks for full implementation
- Your pace, not a race

Job Starting:

- Don't add extra pressure on yourself if EB Games job starts during this phase
- The protocol is designed to support you, not add stress
- If job starts and feels overwhelming, focus on the simplest pieces (hydration, breathing) and don't worry about being perfect with everything else

Medication Review Reminder

- Continue all prescribed medications as directed by your GP
- Do NOT stop or change any medications without GP consultation
- We'll work with your GP if/when medication adjustments are appropriate
- Recent change (Fluoxetine timing) - let me know at next session if you notice any difference in dream intensity

10. RESOURCES PROVIDED

Handouts Included:

✅ **Vagal Tone & OCD Connection** - Customised handout explaining your specific hypotonic presentation with your indicators from our session and contains

✅ **4-7-8 Diaphragmatic Breathing** - Detailed instructions with images showing proper technique

✅ **Cold Water Face Immersion** - Two method options for emergency nervous system reset

✅ **Food, Symptom & Hydration Diary** - 7-day tracking template with specific instructions

✅ **5-4-3-2-1 Grounding Technique** - Step-by-step instructions for present-moment anchoring

Before Next Session - Please Complete:

1. **Implement the protocol** - aim for 80% consistency, not 100% perfection
2. **Complete 7-day food, symptom & hydration diary** (ideally Week 2 or 3)
3. **Practice vagal toning techniques daily** - become familiar with all three
4. **Track your progress** - note what's working well and any challenges
5. **Write down questions** that come up so we can address them
6. **If job starts:** Note how first shifts go, any anxiety patterns, confidence moments
7. **Start noticing:** How you feel, any changes (even tiny ones), patterns you observe

Please Send Me Before Your Next Session:

- Completed 7-day diary (or whatever you've tracked)

Please Bring With You To Your Next Session

- Any questions or concerns that have come up
- List of any challenges with protocol implementation
- Notes about what's been particularly helpful
- Updates on job situation (if applicable)

My Availability Between Sessions:

- **Email:** wellness@janayakarlocinaturopath.com.au
- **Text:** 0415 575 788
- **Response time:** Typically within 24-48 hours on business days
- **For urgent concerns:** Email/Text with "URGENT" in subject line
- **Medical emergencies:** Contact your GP immediately or call emergency services (000)

10-Minute Follow-Up Call (Optional):

If after reviewing these materials you have questions or want to chat briefly before implementing, I'm happy to offer a complimentary 10-minute phone call. Just email to arrange a time. This is optional - only if you feel you need it. Otherwise, I'll see you in 3 weeks!

CLOSING NOTES

You're taking an important step in addressing the root causes of your OCD rather than just managing symptoms. This protocol is designed specifically for YOUR presentation - hypotonic vagal tone, health anxiety, perfectionism, overwhelm tendency, and your unique strengths (routine-seeking, motivation, intelligence, willingness).

The key principles:

1. **One step at a time** - Don't look at the whole mountain, just the next step
2. **Deal with outcomes as they come** - Don't catastrophise about what might happen
3. **Consistency over perfection** - 80% is excellent, 100% is unnecessary
4. **Be kind to yourself** - Your nervous system has been "stuck" for 18+ years; it takes time to retrain
5. **Trust the process** - Changes will be gradual but real

Remember what we discussed: You've been intellectually understanding anxiety for years, but you haven't had the physiological tools to actually calm your nervous system down. That's what this protocol provides - the "brake pedal" you've been missing. The vagal toning techniques are not distraction or mind tricks; they're actual nervous system retraining through specific physiological pathways.

You got this. And I'm here to support you through the process.

P.S. - About the job: You GOT the job in the group interview. They chose YOU. That's not luck - that's because they saw something in you. Try to take it one shift at a time, remembering that everyone makes mistakes when they start, and that's completely expected and normal. You've been going to this shop for 20+ years - you know the environment, you know the people. Trust yourself. And use that 4-7-8 breathing before your shifts if you need it. 🌿

Next Appointment: Monday 17 October at 11:00am

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.