

TREATMENT PLAN

13/02/2025

Health Goals

1. Create an optimal internal environment for conception and pregnancy
 - **#1 priority of supporting smoking cessation.**
2. Continue managing Anxiety, OCD & PMS by support emotional wellbeing and stress resilience
3. Enhance detoxification capacity
4. Continue improving overall health, including improving pathology markers: -
 - a. Reducing elevated and sub-optimally high liver enzymes (AST, ALT & GGT)
 - b. Remedying mild thrombocytopenia
 - c. Reducing sub-optimally high anion gap

Treatment Aims

1. Optimise nutrient status, environment and egg quality.
2. Support detoxification and elimination pathways.
3. Support, nourish and regulate the nervous system.
4. Undergo further testing to identify any specific obstacles to wellness and to support healthy conception.

Primary Focus Areas

1. **CONTINUE WITH YOUR SMOKING CESSATION REGIME**

Limit with the goal to avoid smoking to create the healthiest possible eggs

- Aim for no more than 2 cigarettes in the evening and a maximum of 3 cigarettes in a 24hour cycle.
- Each time you “feel like” a cigarette, or feel compelled to tap practice this 4-7-8 Breathing Technique first to see if the craving passes:
 - Find a comfortable seated position
 - Inhale quietly through your nose for 4 counts
 - Hold your breath for 7 counts
 - Exhale completely through your mouth for 8 counts

- Make a whooshing sound while exhaling
- Repeat 4 times

This technique can also be used when you're feeling irritable and need a moment. I will text this to you so you can keep it on your phone for easy access.

2. NUTRIENT OPTIMISATION FOR EGG QUALITY

Nourish your body with extra nutrients to create the healthiest possible eggs

Daily Priorities:

- 1 egg for choline and healthy cholesterol
- 3 portions of antioxidant-rich foods - choose 3 portions daily from:
 - Berries (1 portion = ½ cup)
 - Dark Leafy Greens (1 portion = 1 cup raw) - spinach, kale, rocket, Swiss chard, watercress
 - Colorful Vegetables (1 portion = 1 cup raw or 1/2 cup cooked) - red capsicum, beetroot, sweet potato, carrots
 - Other Power Sources
 - 2 squares dark chocolate (85%+), 1/4 cup pecans, 1/4 cup walnuts, 1 small pomegranate, 1/2 cup green tea
- 2 portions of liver-supporting vegetables - choose 2 portions daily from:
 - Cruciferous Vegetables (*Standard portion = 1 cup raw or 1/2 cup cooked*)
 - broccoli, cauliflower, Brussels sprouts, cabbage, Bok choy
 - Sulfur-Rich Vegetables
 - garlic (2-3 cloves), onions (1/4 cup), leeks (1/2 cup), shallots (1/4 cup), chives (2 tablespoons)
 - Green Vegetables
 - Artichoke (1 medium), asparagus (6 spears), celery (2 stalks), dandelion greens (1 cup), fresh herbs (1/4 cup)
- 1 portion of omega-3 rich food - choose 1 portion daily from:
 - Fish
 - Wild salmon (150g), Sardines (120g), mackerel (150g), herring (150g), anchovies (30g)
 - Plant-Based Sources
 - Chia seeds (2 tablespoons), ground flaxseeds (2 tablespoons), walnuts (1/4 cup), hemp seeds (2 tablespoons), algae/seaweed (1 sheet nori)
- 20-25g of protein at each meal - see attached "protein sources" handout
- 2L of filtered water

I have included "Fertile Foundations" recipe handout for inspiration

3. DETOXIFICATION SUPPORT

Support your body's natural cleaning systems

Morning Routine:

- Warm lemon water upon waking

- do not directly brush your teeth directly after this, fine to do so once you eat
- Deep breathing exercises before breakfast
 - Aim for 3 to 5 deep breaths in and out.
- Eat breakfast outside when possible or directly next to an open window and without sunglasses (fresh air + vitamin D)

Evening Routine:

- Dry body brushing before shower
- Epsom salt bath 2-3 times weekly
- Herbal tea blend for liver support (“Feel New” in the Pukka Range is a great one)
- Follow the JKN Sleep Support Protocol handout attached
 - Remember you can always include the dry body brushing, your shower and your Epsom salt bath into the self-care routine of this protocol.

4. STRESS MANAGEMENT & NERVOUS SYSTEM SUPPORT

Create a calm internal environment

- ☐ Start incorporating a daily breathing practice (start with 5 minutes a day - anytime that works for you).
 - **Box Breathing:**
 - Inhale 4 counts
 - Hold 4 counts
 - Exhale 4 counts
 - Hold 4 counts
 - Repeat for 5 minutes

I will text this to you so you can keep it on your phone for easy access.

- ☐ Start incorporating an “In-The-Moment” breathing activity when you feel the urge to “compulse”, in those moments you just feel you need a quick reset and even when settling into bed.
 - **4-7-8 Breathing:**
 - Inhale for 4 counts
 - Hold for 7 counts
 - Exhale for 8 counts

This is the same technique I want you to try when you want the cigarette.

- ☐ Commit to regular movement throughout the day - Start with Thursday, Saturday and Sunday and work your way up to 5 activities a week. Anything as long as you get your body moving.

5. ENVIRONMENTAL OPTIMISATION

Continue creating the healthiest possible environment

Home Environment:

- Use air purifier in bedroom
- Open windows daily for ventilation
- Switch to natural cleaning products
 - I love [Simply Clean](#)
- Avoid synthetic fragrances in products purchased, especially those you wear on the skin i.e. perfumes, fabric softeners, toilet cleaner, hand sanitiser, air fresheners etc.
- Consider house plants for air purification

Personal Care:

- Switch to natural personal care products where possible
- Avoid plastic food containers especially when heating or freezing
- Filter drinking water

Supplement Recommendations

*Indicates will support egg health and healthy conception.

When to take	Pre-Conception	When Positive
With Breakfast	Vitamin D - 2 sprays Vitamin E - 1 capsule VegeNAC - 1 capsules* Clinical Lipids - 2 capsules Ubiquinol - 1 capsule* NaturoBest Preconception Multi - 1 capsule*	Vitamin D - 2 sprays Clinical Lipids - 1 capsule Ubiquinol - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
With Dinner	Vitamin D - 2 sprays VegeNAC - 1 capsule* Clinical Lipids - 2 capsules NaturoBest Preconception Multi - 1 capsule*	VegeNAC - 1 capsule NaturoBest Prenatal - Trimester One - 1 capsule
30 minutes Before Bed	MagRegulate - 1 scoop mixed with water	Nothing

Reminders

1. **Keep up the great work!**
2. **Remember: Every positive choice you make supports your body's preparation for conception. Focus on adding good things rather than removing - as you add more healthy practices, less supportive habits will naturally decrease.**
3. **When you go to see your GP tell her you're trying for a baby and want to make sure everything is in order before you get started. Here are just some of the tests that would be ideal for you to get done:-**
 - i. **Full Blood Count (FBC)**
 - ii. **ELFTs**
 - iii. **Full Iron Profile.**
 - iv. **Full lipid profile** (Cholesterol, Triglycerides, HDL, LDL, risk ratios)
 - v. **Thyroid extensive profile** (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab)
 - vi. **Iodine**
 - vii. **Red cell folate & Vitamin B12**
4. **I have tentatively booked you in again for your treatment plan review next month, Thursday 13 March at 12noon.**

You've got this!

If you have any questions regarding your treatment plan, please email me at
wellness@janayakarlocinaturopath.com.au.

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.