



TREATMENT PLAN

28/02/2004

Health Goals

1. Manage Anxiety & OCD Symptoms
2. Reduce PMS, including increased OCD symptoms & anxiety in the luteal phase (after ovulation).
3. Improve overall health, including improving pathology markers: -
 - a. Reducing the Anion Gap
 - b. Reducing elevated LFTs (AST, ALT & GGT)

Treatment Aims

1. Undergo further testing to identify any specific obstacles to wellness.
2. Support, nourish and regulate the nervous system.
3. Support mitochondria health.
4. Support and nourish the HPA-Axis (adrenals).
5. Support detoxification and elimination processes.

Dietary Recommendations

1. Begin educating yourself and getting ready to transition to an anti-inflammatory diet. Refer to the provided handout for more information.
2. Increase dietary sources of essential amino acid "tryptophan" to encourage serotonin and melatonin synthesis to support mood and sleep.

Fish, [tuna, whiting, snapper, salmon], eggs, sunflower seeds, cheddar cheese, chicken, nuts, turkey, beef, oats, wheat, legumes, rice, broccoli, spinach, bananas, lentils.

Tryptophan alongside its cofactor's vitamin B6 (high amounts again found in chicken, turkey, some fish, oats and bananas and in the suggested b-complex and P-Lift) and essential fatty acids (EFAs) (high amounts found in fish, nuts and seeds) support the production of the feel-good neurotransmitter serotonin involved in the regulation of proper sleep. Adequate serotonin has also been shown to promote a sense of calm, decrease appetite, reduce pain perception, and induce sleep.

3. Ensure you are drinking at least 8 glasses/2L of water each day.

Lifestyle Recommendations

1. Start doing something you love/that relaxes you for 30 minutes once a week.
2. Start utilising grounding techniques in that "crucial moment" and following it up with a positive implementation quote – refer to the handout for an example to try.
3. Commit to 25 minutes of exercise four times a week – a walk counts!

Supplement Recommendations

1. **BioMedica VegeNAC**

NAC is an antioxidant essential for mitochondria health, supports detoxification and has been shown to be helpful in people with OCD and addictions.

Dose Wk 1 – Take 1 @ b/fast & 1 @ dinner.

Wk 2 – Take 1 @ b/fast & 2 @ dinner.

Wk 3 and beyond – 2 @ b/fast & 2 @ dinner.

2. **Metagenics P-Lift**

This combination of herbs and nutrients is used to regulate hormonal balance during your cycle, relieve symptoms of stress and PMS and support healthy thyroid function.

Dose 1 @ b/fast

3. **Metagenics Adaptan**

This is an amazing combination of herbs to support, nourish and regulate both the nervous system and HPA-Axis. It will, over time, help to build your resilience to stress and keep the nervous system more at peace.

Dose 2 @ b/fast & 2 @ lunch/when you get home from work.

4. **BioCeuticals Mega B Q 10**

Vitamin B complex is important to support energy production, neurotransmitter synthesis, the body's response to stress, liver detoxification and red blood cell production. Ubiquinol (a form of Co-enzyme 10) is important for mitochondria health. It also contains Vitamin A and E, which are also important for mitochondria health.

Dose 1 @ b/fast

5. **Metagenics Silymarin IC**

Milk thistle is a liver tonic, supporting its health and function, thereby support natural detoxification processes.

Dose Wk 1 – 1 @ bedtime; Wk 2 and beyond – 1 @ b/fast & 1 @ bedtime.

Referrals

Just as a reminder for both of us. When you go back to your GP to get your pathology referral in order to get your liver enzymes tested again, I'd also recommend you ask to have your "electrolytes", including your "anion gap" and your "platelets", re-checked also in addition to the following extras: -

- a. **Full lipid profile** (Cholesterol, Triglycerides, HDL, LDL, risk ratios) so we can understand your slightly low cholesterol count, especially that low cholesterol can be linked to hormonal disturbances, anxiety and depression given its role in synthesising sex and stress hormones and is a major part of the coating of nerve cells.
- b. **Thyroid extensive profile** (TSH, free T4, free T3; reverse T3, ratios, TPO Ab, ATG Ab, TSH Receptor Ab) is given your direct family history the thyroid's role on mood and the impact chronic stress can have on the thyroid.

If your doctor refuses these tests, I can order these two tests for you at a cost of a) \$91 and b) \$226.

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.