

# Personal Wellness Guide

## Gentle Steps Forward

Prepared exclusively for: MJ Hamblin Consultation date: 3 September 2025  
Practitioner: Janaya Karloci, Naturopath

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](mailto:wellness@janayakarlocinaturopath.com.au) for details on how to return.

***This naturopathic treatment plan is designed to work supportively alongside your current medical care.***

***Please share this plan with your treating doctors and healthcare team.***

***If any member of your healthcare team has questions or concerns about these recommendations, they are welcome to contact me on my details at the conclusion of this plan to discuss how we can best coordinate care.***

### Health Goals (Over the Next Month)

#### Primary Objectives:

- Improve sleep initiation time consistently
- Maintain current OCD symptom stability
- Support continued digestive and menstrual health
- Establish independent wellness routine foundations
- Optimise hydration and mineral status

#### Secondary Objectives:

- Build confidence in self-care decision making
- Develop tools for bedtime anxiety management
- Prepare for mother's return to work
- Enhance overall energy and mood stability

## Treatment Approach - Initial Phase

### Morning Support - Gentle Awakening

#### Light & Nervous System Reset

- **Open curtains/blinds immediately** - Natural light signals healthy dopamine production
- **A few deep breaths while stretching in bed** - Activates parasympathetic nervous system
- **Brief gratitude moment:** Name one thing you're looking forward to today (however small)

### Hydration Focus

#### Water Intake Goal:

- First Week: three glasses daily
- Second Week: Three & a half glasses daily
- Third Week: Four glasses daily
  - Include: a glass upon waking, one with each meal
  - Quality: Filtered water, glass containers preferred
  - Monitor: Energy levels, mood stability, digestive comfort

***Tip- herbal teas (non-caffeinated ones) count as water – treat yourself to some new different non-caffeinated herbal teas – There is generally a really good selection at most supermarkets.***

### Sleep & Reset

Set a consistent bedtime regardless of how long sleep onset takes

Introduce a sleep routine

- An hour before bed
- Avoid the use of any screens (phone, laptop, TV)
- Take your Magnesium L'Threonate Powder mixed with water
- Make yourself a camomile tea to drink while completing a “wind down activity” once it cools down
  - Choose from the following “wind down activities” or come up with some others
    - Colouring in (treat yourself to a pretty and intricate colouring in book and new pencils – a bit cleaner and easier than painting and a great way to take your mind off your mind.
    - Read a physical book
    - Listen to an audiobook but keep your eyes away from the screen
    - Chat with your family or a friend
    - Have a bath or shower
    - Listen to some calming music
    - Try a Bedtime Breathing Technique (next page)

## Breathing Technique for Bedtime

- Practice: Breathe in slowly and deeply, hold gently for a moment, breathe out slowly and completely, pause naturally - repeat in whatever rhythm feels most comfortable for you
- Continue until you feel calmer and more relaxed

## 🌀 Daily Balance - Whenever you feel like it

### 🧘 Vagal Tone & Emotional Regulation

Choose based on your needs:

#### For Anxiety/OCD Activation:

- **Humming or singing** (few minutes) - Literally vibrates the vagus nerve
- **Flower Breathing**
  - Imagine smelling a beautiful flower
  - Breathe in slowly as if drawing in the gentle fragrance
  - Breathe out slowly as if blowing on dandelion seeds
  - Let each breath be soft and natural
  - Continue until you feel as peaceful as a garden
- **Colour Breathing**
  - Choose a calming colour (blue, green, purple)
  - Breathe in your chosen peaceful colour
  - Breathe out any tension or worry (imagine it as grey or dark)
  - Visualise the calming colour filling your entire body
  - Continue until you feel surrounded by that peaceful colour

#### For Low Mood/Motivation:

- **Bilateral stimulation** - Cross-body movements while walking
- **Energising breath:** Quick, sharp inhales through nose (30 seconds)

## Supplementation

### 🌀 All Things Better – Natal Support

- Take a capsule with breakfast (please take alongside food)

### 🌀 RN Labs – Magnesium L-Threonate

- Mix ½ a scoop (scoop is contained within the bottle) in water and drink an hour before bed

**For the Science Behind these recommendations please review the separate handout.**

## Monitoring Parameters

### Weekly Check-ins Track:

- Sleep initiation experience (how easy it feels to fall asleep)
- OCD thought frequency at bedtime
- Energy levels throughout the day

- Mood stability
- Water intake adherence
- Any supplement side effects

### **Concerning Symptoms to Report:**

- Increased OCD symptoms or time consumption
- Sleep quality worsening
- Digestive disturbances
- Mood deterioration
- Any food restriction behaviours returning
- Family conflict escalation

### **Success Indicators:**

- Consistent sleep routine establishment
- Reduced bedtime anxiety
- Stable energy and mood
- Comfortable supplement tolerance
- Increased confidence in self-care decision making

### **Realistic Expectations:**

- Sleep improvements may be gradual over several weeks
- Supplement benefits typically emerge after a month of consistent use
- OCD symptom changes should be monitored alongside your psychological treatment
- Routine establishment provides crucial foundation for future interventions

### **Coordination Requirements**

#### **Medical Team Communication:**

- Share this wellness plan with your GP along with the referral provided.
- Coordinate any supplement additions with prescribing physician
- I am maintaining clear boundaries regarding dietary advice until you establish a relationship with an eating disorder dietitian as recommended. Please continue with your current regular meal structure and family support until establishing care with an eating disorder specialist.
- Respect eating disorder team protocols absolutely
- No dietary modifications without dietitian approval

#### **Family Involvement:**

- Parents informed of sleep hygiene recommendations
- Mother to monitor water intake supportively
- Weekly weight monitoring by mother (you don't need to know the numbers)
- Gradual independence building discussions

### **Additional Eating Disorder Support Resources**

They are there for you to use and have fantastic information and support

## Butterfly Foundation - National Eating Disorder Support

- **Phone:** 1800 333 4673 (ED HOPE)
- **Website:** [butterfly.org.au](http://butterfly.org.au)
- **Hours:** Morning until midnight, every day
- **Services:** Crisis support, counselling, referral guidance, online support groups
- **How They Help:** Butterfly provides immediate support for anyone concerned about eating disorders or body image issues. Their qualified mental health professionals can offer crisis intervention, referral guidance to appropriate specialists, and connection to support groups. Particularly valuable for families navigating eating disorder recovery.

## Eating Disorders Queensland (EDQ)

- **Contact:** Visit website or call through Butterfly Foundation for connection
- **Address:** Edmondstone Street, South Brisbane
- **Website:** [eatingdisordersqueensland.org.au](http://eatingdisordersqueensland.org.au)
- **Services:** Individual counselling, group therapy, family support programs
- **How They Help:** EDQ specialises in Queensland-based eating disorder support with particular strength in family and carer services. They offer Family Skills workshops, peer mentoring, and practical support programs designed for your recovery phase.
- Many services are funded by Queensland Health, making them accessible and cost-effective.

## Queensland Eating Disorder Service (QuEDS) - Professional Coordination

- **Contact:** Through your GP or treatment team
- **Email:** [QuEDS@health.qld.gov.au](mailto:QuEDS@health.qld.gov.au)
- **Hours:** Weekdays, business hours
- **How They Help:** QuEDS provides professional consultation services and can assist in coordinating care between different providers. Useful for complex cases requiring multi-disciplinary coordination.

## Eating Disorder Service Sunshine Coast (SC EDS) – a hub of QuEDS

- Phone: 5459 6900 (Monday to Friday 9am to 12pm)  
Email: [SC-MHAS-EDS@health.qld.gov.au](mailto:SC-MHAS-EDS@health.qld.gov.au)  
Fax: 5443 7047
- After hours: 1300 MH CALL (1300 642 255).

## When to Contact These Services:

- **Butterfly Foundation:** For immediate support, crisis situations, or when needing guidance on next steps in treatment
- **SC EDS:** Make contact to see if you are eligible for any local support services (although note you may need that GP Referral)
- **EDQ:** For ongoing family support, skill-building workshops, and local community connections
- **QuEDS:** For professional coordination or when additional specialised assessment is needed

**You've Got This!**

Our Next Session is scheduled for 10am, Thursday 18 September 2025

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

This guide focuses on foundational wellbeing support that works alongside your current medical treatment and 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.

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