

JANAYA KARLOCI
Naturopath

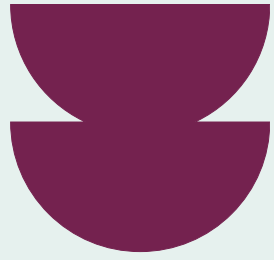


BRIDGING THE GAP

A Naturopathic
Approach to Mental
Wellness and
Neurodiversity



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IMPORTANT INFORMATION

Tonight's webinar will be recorded.

The content in this presentation and document is for educational purposes only and should not be taken as professional health advice.

Before making any changes to your diet and lifestyle, including medications, supplements and/or embarking on a new exercise regime, it is essential that you first consult with your personal qualified health professional.

If you want to know more about me, Janaya Karloci Naturopath or Naturopathy itself, please visit my website at www.janayakarlocinaturopath.com.au or if you have any questions, or would like to work with me please email me at wellness@janayakarlocinaturopath.com.au

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JANAYA KARLOCI NATUROPATH



I am a degree-qualified Naturopathic practitioner with a passion for helping others, mental wellness, OCD awareness and nature itself.

I am dedicated to transforming the lives of individuals of all ages who are dissatisfied with suboptimal health and wellbeing.

My goal is to support my clients overcome obstacles and improve their overall health so they can lead well, peaceful, fulfilling, and empowered lives.

I have a special interest in supporting those individuals affected by conditions of the mind. Whether dealing with stress, life transitions, anxiety, obsessive-compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), or autism spectrum disorder (ASD). I am here to provide compassionate and effective support.

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UNDERSTANDING MENTAL HEALTH AND NEURODIVERGENCE

- **Mental health conditions:** (OCD, Depression, Anxiety)- Persistent changes in thinking, emotion, or behavior
- **Neurodivergence:** (ADHD, ASD)- Variations in brain function regarding sociability, learning, attention, and other mental functions
- Conditions often intersect and are influenced by various life stages and transitions.





LIMITATIONS OF CONVENTIONAL TREATMENTS ALONE



- May not address root causes / contributing factors
- Generally, focus on symptom management

THE IMPORTANCE OF THERAPY

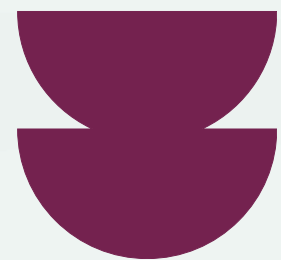


“While I am not a therapist, both my clinical experience and personal journey managing OCD have taught me the invaluable importance of **the right therapy with the right therapist** who is well-versed in the individual's specific condition.”



“Therapy can be slow, long and difficult but the evidence to support it's benefit is there to back it up - It just has to be given a red hot go!”





INTRODUCING A HOLISTIC APPROACH



In-depth initial
consultation (1 hour)

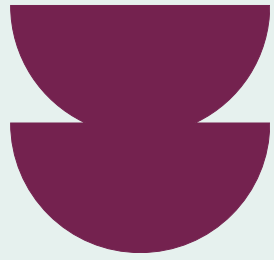


Comprehensive
discussion of overall
health



Exploration of past
experiences, travel history,
personal and family medical
history, living conditions, diet,
likes, and dislikes

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SOME KEY TESTS IN HOLISTIC ASSESSMENT



CONNECTING THE DOTS:

OCD, Anxiety, Depression, ADHD, and ASD

Common underlying factors

- Neurotransmitter imbalances
- Nutrient deficiencies
- Genetic variations
- Environmental toxins

Gut-Brain Connection

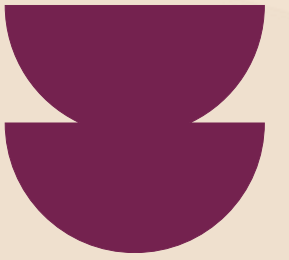
Holistic approach attempts to address underlying contributing factors



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CONNECTING THE DOTS:

Neurotransmitter Imbalances



Serotonin:

- Mood, anxiety, cognitive flexibility

Dopamine:

- Reward, motivation, focus, impulse control

Glutamate/GABA:

- Brain excitation/inhibition balance



CONNECTING THE DOTS:

Nutrient Deficiencies

Cholesterol:

- Brain cell structure, neurotransmitter synthesis

Vitamin D:

- Brain function, hormone regulation, and immune system support

Omega-3:

- Brain cell membrane fluidity, cognitive function

Magnesium:

- Stress response, GABA function



CONNECTING THE DOTS:

Genetic Variations

MTFHR Genetic Mutation:

- **Affects methylation:**
 - Neurotransmitter production
 - DNA repair
 - Detoxification
- **Can elevate homocysteine:**
 - Neurotoxic effects
 - Increases oxidative stress



Environmental Toxins

Mycotoxins:

- Contribute to brain fog and cognitive issues
- Cause neuroinflammation
- Disrupt normal brain function

Heavy Metals:

- Lead linked to ADHD symptoms
- Interfere with neurotransmitter function
- Cause oxidative stress in the brain

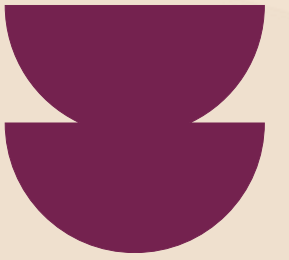
Overall toxic Load:

- Impacts detoxification pathways
- Overwhelms body's natural processes
- Leads to systemic effects on mental health



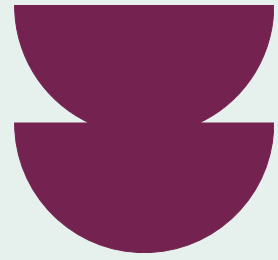
CONNECTING THE DOTS:

The Gut-Brain Connection



- Protein digestion and neurotransmitter production
- Bacterial metabolites affect brain function
 - Dopamine dysregulation
 - Neurotoxicity
 - Norepinephrine deficiency
- Bidirectional communication
- Microbiome influence on brain function





BENEFITS OF A HOLISTIC APPROACH



01

Empowers individuals with knowledge about their unique biochemistry

02

Addresses root causes and individual drivers

03

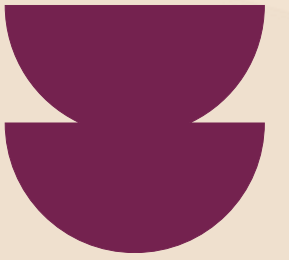
Supports the body's innate ability to achieve balance and wellness

04

May enhance effectiveness of conventional treatments

5 SIMPLE STEPS TO

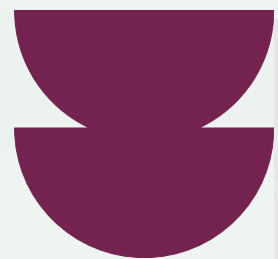
To Support Mental Health and Neurodiversity



1. Keep well hydrated with water
2. Engage in regular exercise
3. Avoid foods you react negatively to
4. Eat a balanced diet
 - complex carbohydrates
 - lean proteins
 - healthy fats
5. Prioritise quality sleep

**Remember: Consult your personal
healthcare professional before
making significant changes**

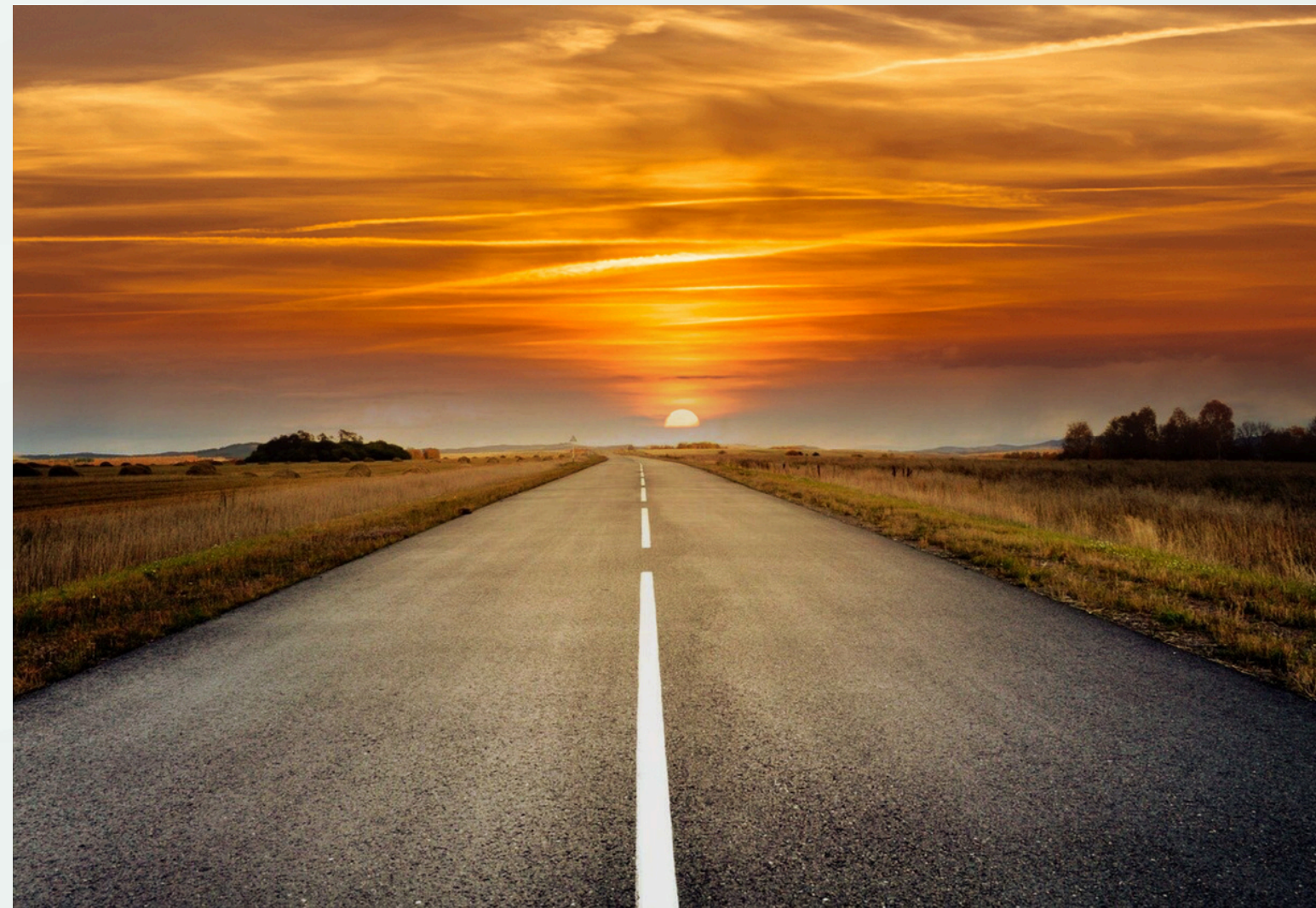




FURTHER WAYS NATUROPATHY MAY SUPPORT YOUR MENTAL HEALTH JOURNEY



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CONCLUSION

A Naturopathic approach: -

- Addresses underlying root causes and driving factors
- Complements conventional mental health care
- Provides personalised care based on individual biochemistry
- Is a proactive approach to mental health journey

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QUESTIONS?

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THANK YOU FOR ATTENDING TONIGHT'S *Webinar*

If you found the information valuable, I'd greatly appreciate your feedback.

Please consider sending a brief review to
wellness@janayakarlocinaturopath.com.au

By sharing your thoughts, you grant permission for me to use your comments in
my marketing.

Your insights not only help me enhance future presentations but also allow me to
reach others who might benefit from this knowledge.

Your support in spreading the word is invaluable.

Thank you for your time and participation!