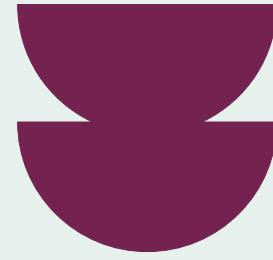


# BRIDGING THE GAP

A Naturopathic  
Approach to Mental  
Wellness and  
Neurodiversity



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# IMPORTANT INFORMATION

Tonight's webinar will be recorded.

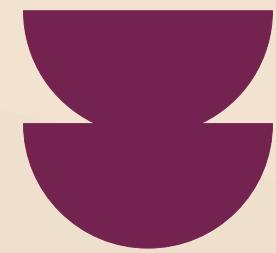
The content in this presentation and document is for educational purposes only and should not be taken as professional health advice.

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](http://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](mailto: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.

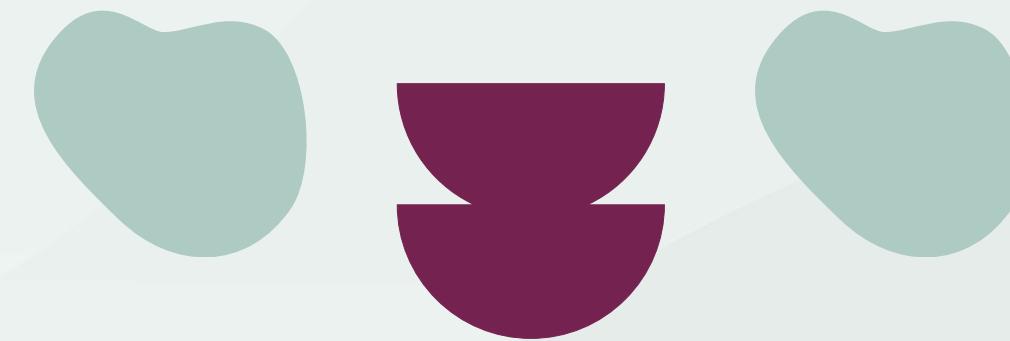
My goal is to support my clients overcome obstacles and improve their overall health so they can lead well, peaceful, fulfilling, and empowered lives.

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.

# 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

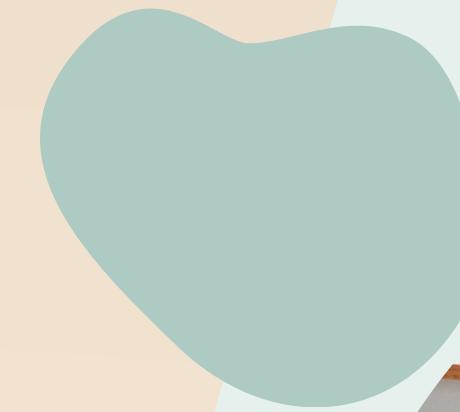
# THE IMPORTANCE OF THERAPY

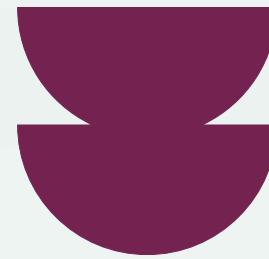


“While I am not a therapist, both my clinical experience and personal journey managing OCD have taught me the invaluable importance of **the right therapy with the right therapist** who is well-versed in the individual's specific condition.”



“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



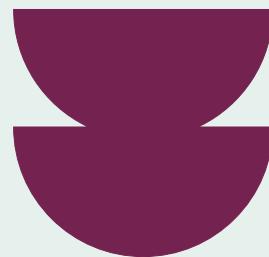
In-depth initial consultation (1 hour)



Comprehensive discussion of overall health



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



# SOME KEY TESTS IN HOLISTIC ASSESSMENT

More  
Answers

Hair Mineral  
Analysis

MycoTox  
Profile

01 Basic Chemistry  
Panel Blood Test

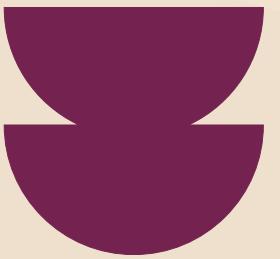
02 MTHFR (Buccal  
Swab Test)

03 Organic Acid  
Test (OAT)

04 05 06

# CONNECTING THE DOTS:

*OCD, Anxiety, Depression, ADHD, and ASD*



## **Common underlying factors**

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

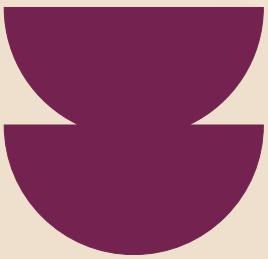
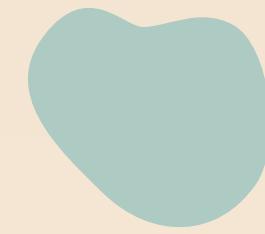
## **Gut-Brain Connection**

***Holistic approach attempts to address underlying contributing factors***



# CONNECTING THE DOTS:

## *Neurotransmitter Imbalances*



### **Serotonin:**

- Mood, anxiety, cognitive flexibility

### **Dopamine:**

- Reward, motivation, focus, impulse control

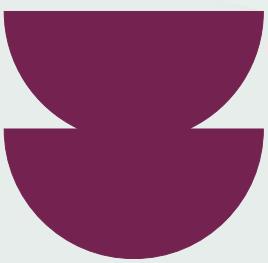
### **Glutamate/GABA:**

- 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

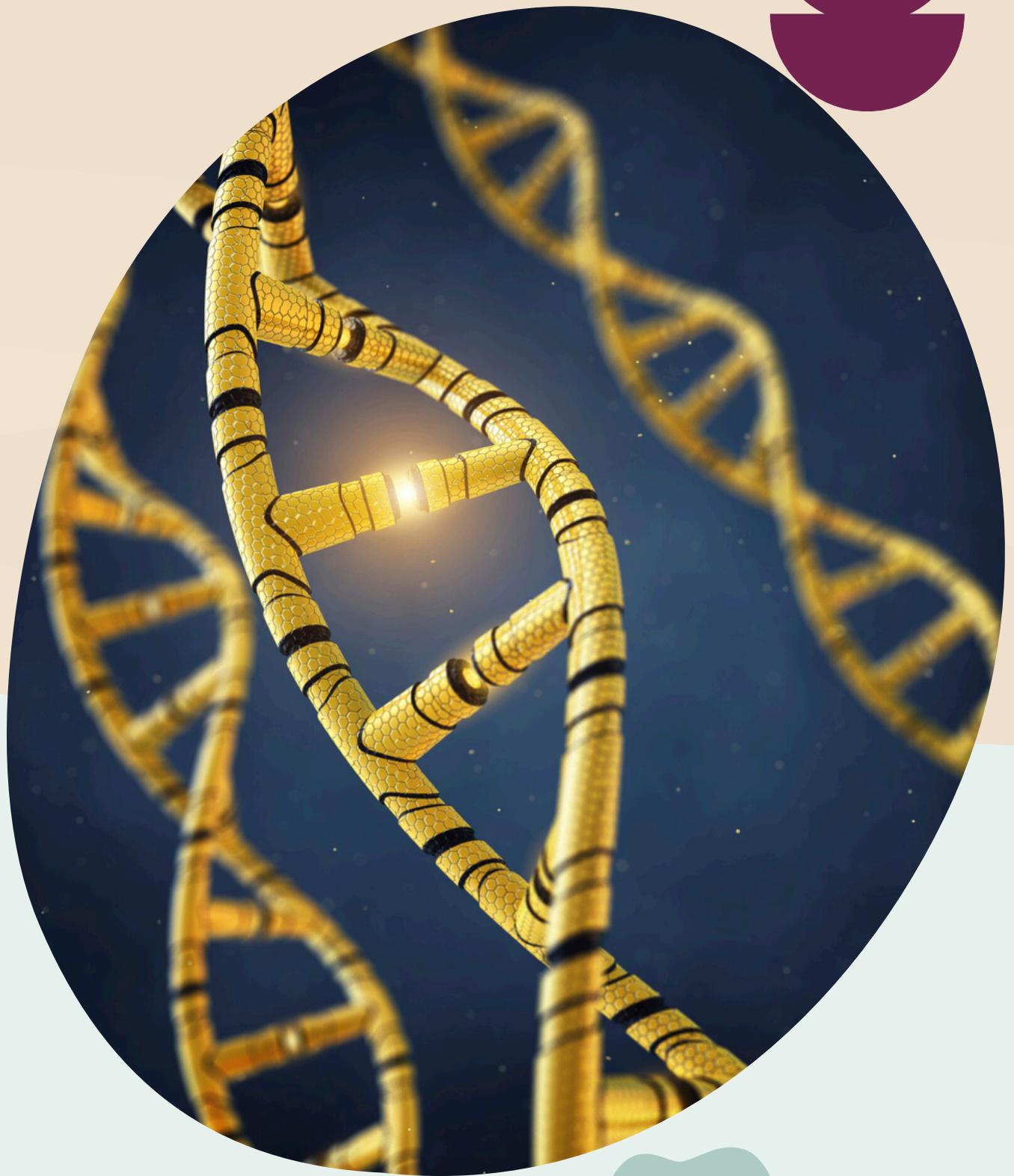


# CONNECTING THE DOTS:

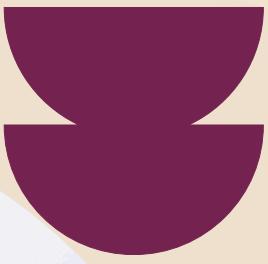
## *Genetic Variations*

### 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

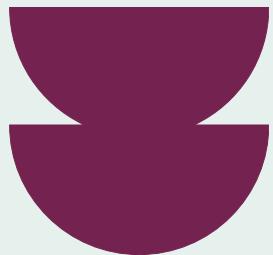


# CONNECTING THE DOTS:

## *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

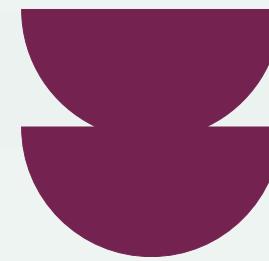
**May enhance effectiveness of conventional treatments**

# 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



# QUESTIONS?

*Janaya Karloci*

NATUROPATH & DIRECTOR

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J A N A Y A K A R L O C I  
*Naturopath*

# 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](mailto: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!