



10 STEPS FOR A HEALTHY

Thyroid

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MEET DR. LULU SHIMEK

Hi! It's wonderful to meet you.

I'm Dr. LuLu Shimek

I'm a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety, and fatigue. I believe that once we dive deep down to the root of the problem of the distortion and ignite our body's innate ability to heal, we see unimaginable changes in our well-being.

My passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, I journeyed through many careers, a true "renaissance woman." I studied interior design at the University of Georgia and have a doctorate from the prestigious Bastyr University. I also am an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing.

Check out my new book - [*Detox Nourish Activate: Plant & Vibrational Medicine for Energy, Mood and Love.*](#) My podcast, *The Genetic Genius*, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing, and enhancing cellular performance.

I facilitate ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, I can share my expertise with the veteran community about using plants to help heal and elevate their lives. I am invigorated by traveling and seeing the world with my husband visiting botanical gardens and anything related to delicious food.

THYROID HEALTH

Thyroid disease affects one in every eight women throughout their lifetime. Women have a 5-8 times greater risk of developing thyroid problems compared to men. Hashimoto's thyroiditis, an autoimmune disease in which the immune cells attack the thyroid, is the most common type of thyroid disease. It is estimated that millions of women suffer from thyroid disease symptoms without ever being diagnosed, searching for short-term treatments for their symptoms without knowing the root cause. What's worse, thanks to toxins in our environment and other factors, the age of affected women is getting younger and younger.

Symptoms of Thyroid Imbalance

- Acid reflux
- Body pain
- Cold or hot despite the weather
- Cold hands/feet
- Comprehension, brain fog
- Constipation
- Depression
- Difficulty getting pregnant and Miscarriages
- Digestive Issues
- Fatigue
- High Cholesterol
- Hives with too much sun
- Inability to lose weight
- Increased Blood Pressure
- Increased weight gain
- Irregular cycles
- Irritability

- Lifeless skin and hair
- Limbs feel very weak
- Loss of appetite
- Memory loss
- Outer 1/3 of eyebrows missing
- Sleep all the time (over 10hours)
- Slow Heart Rate
- Swelling/edema/puffiness all over your body,
- Weakness

SHOULD I GET TESTED?

TEST DON'T GUESS!

If you've been experiencing several symptoms that thyroid disease causes, it's worthwhile to get tested. However, the problem with hypothyroidism is that its symptoms are broad and overlap with many other conditions. You must get tested and have definitive results before you start any thyroid medication. Taking thyroid medication without having a thyroid problem could be as harmful as not taking it if you do.

Take the right medication at the right dose: Medication should make you feel better, and you should be able to see the progress you are making in your labs: your numbers should be heading in the right direction. The proper medication for you will result in more energy, better appetite, and reduce symptoms. It is normal for thyroid medication to need consistent adjustment, depending on how you respond to it. It is crucial to find a doctor who will work with you, listen to you, and is willing to monitor your progress. Test your thyroid hormones and antibodies every three months while actively involved in treatment and once per year after that.

THE PROBLEMS OF THYROID DISEASE FOR WOMEN

The thyroid affects multiple organs and pathways in the body. Thyroid disease has a huge effect on energy levels, and as a result, your libido is affected as well. When you're running on low energy levels, you won't be in the mood for much. Thyroid hormones affect the pathways of other hormones so thyroid disease can create other hormonal imbalances.

If you have an autoimmune thyroid condition (Hashimoto's and Graves), there is an increased risk that your immune cells will begin to attack other tissues in your body, and you may develop another autoimmune disease. Living with thyroid disease can significantly impact a woman's self-confidence, energy levels, work performance, and even relationships.

The constant struggle to treat the symptoms, such as weight gain and fatigue, without getting any lasting improvements can take a toll on your mental health. Therefore, getting diagnosed and starting treatment can completely change your life.

WHY ARE SO MANY WOMEN GETTING THYROID DISEASE?

TOXINS IN OUR ENVIRONMENT

Without even realizing it, we are exposed to thousands of toxins every single day. They are hidden in our cleaning products, fragrances, and even the foods we eat. Of course, there are also the obvious ones, such as air pollution. These toxins can interfere with thyroid hormone production at various levels. Some toxins affect the liver and

therefore impact the liver's ability to metabolize thyroid hormones. Others directly affect the thyroid gland or its hormones.

By encountering so many of these toxins daily, our bodies have a hard time detoxifying them fast enough. Over time, these damaging effects add up and can have serious impacts on our health and thyroid hormones. Try to switch out some of your cleaning products for clean, toxin-free alternatives over time, eat as organic as you can, and replace toxic fragrances and cosmetics with natural ones.

VITAMIN AND MINERAL INSUFFICIENCIES

Nutrient deficiencies rarely go undiagnosed because they cause severe and specific symptoms. However, many of us have vitamin and/or mineral insufficiencies, which means we aren't getting an adequate amount to be healthy, but we still have enough to avoid any serious problems. Iron, vitamin D, iodine, zinc, and selenium are all important micronutrients for thyroid health, and many women have insufficiencies in at least one of them.

Insufficiencies in some of these minerals, such as zinc or selenium, are linked to Hashimoto's disease. Many other conditions and health problems are also linked to insufficiencies in these micronutrients. Make sure you're eating a variety of fruits and vegetables every day. It helps to eat different colors of fruits and veggies as a way to get your micronutrients. You might also want to take a multivitamin if you find you're still not getting enough of the necessary vitamins and minerals through food alone.

WE'RE CONSTANTLY STRESSED

Your thyroid gland is strongly affected by stress levels. So many of us are feeling overly stressed way too often. This chronic stress is causing us way more damage than to just our thyroid, but it could be a cause of your thyroid disease. When we feel stressed, the adrenal glands release cortisol—our stress hormone. When cortisol is continuously released, it inhibits the production of thyroid hormones, and we get hypothyroidism. By finding ways to destress, such as exercise, meditation, or practicing self-care, you may

significantly improve your thyroid health and will see a dramatic improvement in your overall well-being as well. Start prioritizing yourself and treat your downtime with as much importance as a work meeting or commitment with a friend. You owe it to yourself!

DIGESTIVE ISSUES

Your digestive system is full of bacteria, proteins, and broken-down nutrients. Digestive issues such as leaky gut syndrome can create a mess out of the immune system and lead to an autoimmune response in the entire body, which may be a cause of your Hashimoto's disease. An imbalance in the gut microbiota, known as dysbiosis, can also trigger an autoimmune response if there are not enough healthy bacteria to out-colonize the invasive pathogens. Either of these conditions can trigger the gut-associated lymphoid tissue (GALT), which is the immune system in your gut.

They can be caused by food intolerances, processed or artificial foods, or taking too many antibiotics. Food intolerances, such as to gluten or dairy, can create subtle chronic inflammation in the gut that disrupts the intestinal wall barrier. Once this barrier is compromised, you develop leaky gut syndrome, and intestinal contents such as bacteria spill into the circulation. This triggers the immune response because the body sees these as foreign pathogens, and ultimately, the overwhelming inflammatory response can trigger autoimmune disease.

HORMONE IMBALANCES

Many products that we use in our everyday lives contain synthetic estrogen-like chemicals known as xenoestrogens. These chemicals are found in cosmetics, fragrances, and even plastic containers. Xenoestrogens are pro-inflammatory and play a role in the development of autoimmune diseases by affecting the immune cells. Even natural estrogen can trigger autoimmune disease in some women who have more of the pro-inflammatory estrogen type.

10 STEPS FOR A HEALTHY THYROID

#1 ROUTINE

SAMPLE DAYTIME ROUTINE

UPON RISING

To stimulate digestion, encourage a.m. bowel movement, and eliminate toxins.

BEFORE BREAKFAST

To connect with yourself and release your creativity so you set the tone for your day.

BREAKFAST

- Establish regular mealtimes.
- Take supplements.

MID-MORNING

- Drink warm bone broth, herbal teas or green teas and have a healthy snack.

LUNCH

- Establish regular mealtimes.
- Take supplements.

MID AFTERNOON

- Power smoothies or protein shakes are great options to help prevent the 3 p.m. late-afternoon energy crash.
- Take a yoga class or take a walk

SAMPLE NIGHTTIME ROUTINE

DINNER

- Establish regular mealtimes.
- Take supplements and digestive enzymes.

BEDTIME

Evening detox rituals set the tone for relaxation so you can shift into restorative sleep.

#2 NUTRITIONAL SUPPORT

- **Anti-inflammatory Foods:** Reducing chronic inflammation is essential. Add foods such as turmeric, ginger, cinnamon, colorful vegetables, and bone broth to your diet daily.
- **Selenium-rich foods:** Selenium is a vital mineral for the thyroid gland. Selenium aids in the conversion of inactive thyroid hormone T4 to the

active thyroid hormone T2. The best food sources of selenium are grass-fed beef, scallops, shrimp, and brazil nuts.

- **Iodine-rich foods:** Iodine's most significant role in the body is the synthesis of thyroid hormones. Your thyroid depends on iodine so much that an iodine deficiency can lead to thyroid disease. The best food sources of iodine are eggs, seafood, and sea vegetables like kelp. ***Do not increase iodine foods if you have hyperthyroidism or Graves' disease.**
- **Zinc-rich foods:** Zinc is an essential mineral with many vital functions in our bodies, including metabolism and supporting the immune system. Zinc also plays a critical role in thyroid hormone balance. It lowers cortisol levels (our stress hormone), which balances levels of our thyroid hormones. Zinc is also important for the conversion of T4 into T3. The best food sources of zinc are beef, turkey, salmon, chickpeas, brown rice, and flaxseeds.
- **Inositol-rich foods:** Inositol, also known as vitamin B8, is not a vitamin but rather a sugar molecule. Inositol has been shown to reduce levels of thyroid antibodies and, along with selenium, can reduce inflammation, reduce autoantibodies, and improve thyroid function. The best food sources of inositol are grains, legumes, and beans such as oats, buckwheat, and chickpeas.
- **Cultured Foods:** Healthy thyroid function relies heavily on the health of gut bacteria. It depends on gut bacteria to convert a portion of your T4, the inactive thyroid hormone, to T3, the active, usable form. The body also relies on these gut bacteria to properly utilize the T3 in the blood. This process happens efficiently when you have a healthy balance of good bacteria and good gut health. Sauerkraut, Kimchi, kefir, and yogurts are good options for adding more cultured foods to your diet. **I suggest dairy-free.*

#3 SUPPLEMENT SUPPORT

Selenium

Selenium is an essential mineral for our health. This element combines with other polypeptides to form the amino acid selenocysteine. The thyroid has a particularly high concentration of proteins that contain selenocysteine. These proteins are required to convert T4 into the more active thyroid hormone T3 and, therefore, they play an important role in hormone balance. Selenium has also been shown to reduce thyroid antibodies, which can help alleviate symptoms of autoimmune thyroid disease. However, selenium can worsen your disease if you also have an iodine deficiency, so be sure to check your iodine levels before taking this supplement.

Therapeutic range is between 200 – 400mcg (Wentz, 019).

- Selenium reduces thyroid antibodies.
- Selenium helps with anxiety.
- Selenium aids in reducing hair loss.

Iodine

Iodine is an essential mineral whose largest role in the body is the synthesis of thyroid hormones. Your thyroid depends on iodine so much that an iodine deficiency can lead to thyroid disease. If you aren't getting enough iodine in your diet, you also can't make enough thyroid hormones, leading to hypothyroidism. **However, a high dosage of iodine can be equally as damaging.** Interestingly, too much iodine can lead to thyroid problems as well because your body will end up synthesizing too many thyroid hormones, which leads to hyperthyroidism. If you are taking iodine supplements, it is important to get your dosage right. The RDA is 150 mcg.

Vitamin D3

Vitamin D3 is a fat-soluble vitamin that your skin can produce when exposed to sunlight. Worldwide, many are deficient in vitamin D, especially individuals who live in colder climates and who don't see enough of the sun. Getting enough vitamin D from your diet alone can be tricky, and supplements are often required. Recent studies have shown a correlation between low levels of vitamin D and autoimmune thyroid disease. Vitamin D3 has anti-inflammatory properties and can suppress the immune system. As a result, it decreases the number of antibodies in the thyroid and lessens the severity of the autoimmune disease.

- Vitamin D supports healthy immunity.
- Vitamin D helps prevent seasonal mood changes.
- Vitamin D protects the parathyroid.

Probiotics

The gut microbiome has a tremendous impact on our health, more than we had previously ever thought. It most likely affects every single system in our body, so naturally, it also affects thyroid hormone synthesis and balance. Probiotics lead to a healthy gut microbiome, which helps thyroid hormone conversion from T4 to the more active T3. Additionally, an abundant and diverse gut flora decreases inflammation in the body, which can alleviate many symptoms of autoimmune thyroid disease.

- Probiotics effect thyroid hormone synthesis.
- Probiotics aid in the conversion of inactive thyroid hormone T4 to the active thyroid hormone T3.

Zinc

Zinc is an essential mineral that has many important functions in our bodies, including metabolism and supporting the immune system. Zinc also plays an important role in thyroid hormone balance. It lowers levels of cortisol (our stress hormone), which in turn, balances levels of our thyroid hormones. Zinc is also important for the conversion of T4 into T3.

#4 HERBAL SUPPORT

Ashwagandha or Guggul (underactive thyroid): Ashwagandha is a well-known plant in herbal medicine. It is often used to reduce feelings of stress and anxiety. It is considered an adaptogen because it helps your body adapt to stressors or changes in your environment. A big part of its ability to do this is its role in balancing hormones. Studies have shown that taking Ashwagandha supplements can improve levels of thyroid hormones and can restore nearly normal functioning of the thyroid gland.

Guggul has shown thyroid-stimulating activity (Room, 2018). It accomplishes this by acting adding in the conversion of T4 to T2, increasing T3 levels without affecting T4 levels (Room, 2018). ** Check with your doctor before using ashwagandha if you take thyroid medication.*

Motherwort and Lemon balm (overactive thyroid): Motherwort is used by herbalists for anxiety and heart palpitations making it an excellent choice for the relief of hyperthyroid symptoms. Studies show lemon balm can block TSH receptors and inhibit the binding of autoantibodies (Room, 2018). The best herbal preparations for these two herbs are teas or infusions so I suggest purchasing dried loose herb.

#4 AROMATHERAPEUTIC SUPPORT

Apply 1-2 drops of oil to the base of the neck just over the thyroid and on the lower lumbar area of the back over the adrenals. When selecting essential oils for the thyroid, choose oils with stimulating properties for symptoms of an underactive thyroid and choose oils with sedating and calming properties for symptoms of an overactive thyroid.

- **ESSENTIAL OILS FOR UNDERACTIVE THYROID**

Cedarwood essential oil, frankincense essential oil, lemongrass essential oil, myrrh essential oil, peppermint essential oil, rose essential oil, rose geranium essential oil, and spearmint essential oil.

- **ESSENTIAL FOR OVERACTIVE THYROID**

Black spruce essential oil, frankincense essential oil, lemongrass essential oil, myrrh essential oil, sandalwood essential oil, and wintergreen essential oil.

#5 CRYSTAL SUPPORT

QUARTZ

This is one of the most common and popular crystals to use for healing powers. What you will find is that there are many forms of quartz, including rose quartz which is also on this list due to its unique healing powers. But when you just see 'quartz', they are usually referring to the basic quartz, which is a clear and almost translucent crystal.

Healing Powers of Quartz

Quartz helps with improving your focus, alertness, and stimulating your brain function. It is often used to provide general positive energy, helping you feel body and making you more conscious during work and school. It is also great because it is easy to get a hold of.

ONYX

Next on the list is onyx, an interesting black crystal that usually has more of an opaque appearance. You will find onyx used a lot in jewelry as a black gemstone. Onyx, like quartz, comes in different colors, but we are talking about the dark, black onyx here.

Healing Powers of Black Onyx

With black onyx, you will use it when you are experiencing emotional stress in most cases. It can help with high amounts of stress and anxiety, or when you are grieving after losing a loved one or pet. It can also help with confusion, as well as provide some physical benefits like improving your stamina. If you feel like your energy is being drained from emotional causes, black onyx is a good crystal to have on hand.

BLUE AGATE

Agate on its own can be a powerful healing crystal, but this often comes in a yellowish orange and brown tinted gemstone. While agates themselves are excellent for protection and emotional strength, we want to go over a type of agate called blue lace agate, or blue agate.

Healing Powers of Blue Agate

This healing stone is used very often when you have chakra healing done with different stones and crystals. It is of course a blue crystal, which is often used for throat chakra. In throat chakra, you are improving your voice, opening it up and clearing it. You can use this for physical and emotional expressions and improve the positive energy in this part of your body. Blue lace agate is also great for balancing out the positive energy in your body.

You will see blue agate frequently used in necklaces or chokers, since it sits on your skin close to your throat.

AQUAMARINE

This is a beautiful healing crystal that many people are familiar with. You might have chosen a pair of earrings or ring with aquamarine because you enjoyed the beautiful blue green appearance but had no idea of its healing properties. Aquamarine looks like the sea, so it helps a lot with promoting calm and relaxation.

Healing Powers of Aquamarine

When you use aquamarine as a healing crystal, it can balance out your emotions and help with relaxing you in times of stress or anxiety. It can clear your mind, so it is great for holding onto during a meditation session. In chakra healing, aquamarine is used with heart chakra to help you with your self-expression and find your identity.

TOPAZ

This is one of those excellent gemstone crystals that comes in a wide range of colors and varieties. You should know that each type of topaz does have some unique healing properties and benefits, but any topaz will also have the general healing powers.

You can find topaz in a colorless form, like quartz. It is also frequently found in oranges and browns, red, pink, yellow, green, and even a bright blue color.

Healing Powers of Topaz

Topaz is all about restoring positive energy in your body and removing the negative energy. When you need motivation and to be re-charged, this is a good healing crystal to use. It can help with many things affecting your body's energy, from healing and soothing physical ailments, to providing joy and abundance when you need it. If you need to forgive someone, it can help you find peace with that as well.

JADE

If you have ever purchased a piece of jewelry with a gemstone that isn't translucent, but more of a solid, matte appearance, you might have jade. Aside from onyx, this is one of the only healing crystals that looks like this. It is a deep green crystal, though some are darker or lighter. Jade is often used in Asian-inspired designs and has been used as a good luck charm for many years.

Healing Powers of Jade

So, what can jade help with? It is the crystal to use when you are setting goals and trying to manifest positive dreams. Jade stands for transformation, so people will use the crystal when they have fears they are trying to get rid of, as well as work on their future self. You can also use jade for encouraging feelings of generosity and courage.

With jade, it is all about finding a more fulfilling life.

ROSE QUARTZ

If you were born in April-May or September-October, you might be a big fan of rose quartz. It is often associated with Libras and Taurus's. Rose quartz is a type of quartz that has more of a pinkish hue. This is also frequently associated with love

and romance, often being a gemstone people put in jewelry that they will gift their significant other. However, it has many other healing properties as well.

Healing Powers of Rose Quartz

When you use rose quartz, it will provide a relaxing and calming atmosphere. If you have a lot of negative energy that you feel is harming your emotional energy, this is a good crystal to use. You can also use it to help promote a healthy relationship and secure the bond between you and a loved one. Rose quartz is a good healing crystal for yourself or to give to others. It also makes a good apology gift for a loved one to improve the positive energy between the two of you.

CITRINE

The last healing crystal we want to talk about is citrine. If you were born in November, you might have had birthstone jewelry with the bright orange color of citrine. Both bluish-green topaz and orange citrine have been associated with the November birthdays.

Citrine is powered by the sun, so you will see that a lot of its health properties have to do with light and sunshine.

Healing Powers of Citrine

Cleansing your aura of negative energy is one of the bigger health benefits of citrine as a healing crystal. It will provide happiness and joy to your life, bringing out your inner light, and providing you with positive energy. You can also get more focus and clarity when you use citrine, along with energizing your body and mind.

#6 LIFESTYLE SUPPORT

Autoimmune Protocol: An autoimmune cause accounts for approximately 90% of adult hypothyroidism, mostly due to Hashimoto's disease⁷. While treatment with thyroid hormone replacement is often necessary, it does not treat the autoimmune aspect of this condition. The Autoimmune Protocol (AIP) focuses on making dietary and lifestyle changes to alleviate symptoms of and manage your autoimmune disease by healing the gut and reducing inflammation. The diet component is like paleo, but it is an elimination diet, meaning that certain foods are eliminated for 30-90 days and then slowly reintroduced one by one to

pinpoint which specific foods may be triggering symptoms. Please note that the AIP is not a long-term diet and should not be followed longer than 90 days.

#7 DETOXIFICATION

Reduce endocrine-disrupting compounds: Endocrine-disrupting compounds are found almost everywhere in the environment. They disrupt hormones in various ways, like they affect the synthesis, metabolism, and the binding of hormones to receptors⁹. Do what you can to clean up your immediate environments, such as swap out beauty care, makeup, and household cleaners to non-toxic varieties. Check out the database Skin Deep for more information on beauty care.

<https://www.ewg.org/skindeep/>

Support detox pathways: Endocrine disrupting toxins and Xenoestrogens have a profound effect on the thyroid gland. It is essential to keep your detox pathways open so you can clear toxins from your body naturally. See the self-care section below for some key strategies such as castor oil packs and Epsom salt baths.

Maintain hormone balance: Studies suggest that women are more prone to developing a thyroid condition during times of significant hormonal shifts such as during pregnancy, postpartum, and menopause. The hormonal changes, especially a decline or excess of estrogen, have a substantial impact on the thyroid and immune health.

#8 SLEEP HYGIENE

Evening self-care rituals set the tone for relaxation so you can shift into restful sleep. Begin getting ready for sleep 30 minutes prior to bedtime. Turn off your devices and make time for self-care.

- Consider herbs and supplements to support sleep.
- Incorporate an evening self-care ritual like an Epsom salt bath, gentle yoga flow, or meditation.
- Feng shui your room and make sure it is uncluttered, temperature-controlled and comfortable.
- Journal what you are grateful for from the day and then write down anything you want to release and let go of before you go to bed.

#9 STRESS REDUCTION

- **Manage stress:** Studies have demonstrated that psychological and physiologic stressors can induce changes in immune regulation. Both direct and indirect stressors can cause imbalances, such as direct stress from the nervous system and indirect stress from the endocrine system. These immune changes may contribute to the development of autoimmunity and make you more susceptible to autoimmunity if there is a genetic predisposition. Stress may be one of the environmental factors for thyroid autoimmunity.
- **Mindful Breathing:** Breathing activates the body's rest and digest nervous system (the parasympathetic nervous system). When we activate this part of our nervous system, the stress response is turned off and the body can reset.

#10 SELF-CARE

- **Oil Pulling:** Some of the benefits of oil pulling include it naturally whitens the teeth, it kills harmful bacteria in the mouth and reduces bad breath, it restores the mouth microbiome, preventing cavities and gum diseases. To oil pull, use 1 tbsp. of oil, such as coconut or sesame and swish it around in

your mouth for 5 -15 minutes, being careful not to swallow, and then spit the oil into the trash when finished (do not put down the drain).

- **Tongue Scrapping:** Tongue scrapping is a simple strategy to support detoxification. You can purchase a tongue scrapper on Amazon for under \$10. I like Dr. Tung's. Follow the directions on the package.
- **Body Brushing:** Regular body brushing stimulates the lymphatic system, reactivates your immune system, and increases circulation. Simply brush your body with a soft natural bristle brush before taking your shower.
- **Juicing or Smoothie Batch Days:** Make a large batch and drink it over several days.
- **Daily Movement:** Gentle movement such as Yoga, Qigong or stretching.
- **Epsom Salt Bath:** Epsom salt baths have shown to support hormone balance, improve sleep, and enhance detoxification. To make an Epsom salt bath, add 1 cup of Epsom salt to your bath.
- **Castor Oil Pack:** Castor oil packs help detox the body, flush the liver, and support estrogen metabolism and bowel movements. It is generally advised to do 2-3 castor oil packs per week for four to six weeks. Here is a handout on making a castor oil pack.
- **Daily Visualization and Goal Setting:** Regular visualization and goal setting helps you gain perspective and brings clarity of mind.

THYROID RECOVERY PROGRAM



It's Time to Get Rid of Endless Thyroid Exhaustion for GOOD!

Have you been feeling "off" - like you're just not yourself - for a long time??

Do you wake up feeling tired and struggle with fatigue all day long?

Do you find yourself "zoning out" a lot, forgetting important information and events, and always feel distracted?

Are you battling weight gain no matter how much you try to diet and exercise?

WELL, IT'S TIME TO REGAIN YOUR LIFE BACK AND ENDLESS ENERGY!

[Dr. LuLu's Thyroid Recovery Program](#)

- **Thyroid Recovery Guides:** Hormone Reset & Hormone Mindset
- **Regain Your Power:** Guide to reclaiming your thyroid power, truth and voice
- **Naturopathic Consultation with Dr. LuLu:** 30 min consultation to discuss labs for ultimate success. *Suggested labs not included in program cost - [Click Here](#) for more info
- **Empowered Education:** Weekly mini educational videos and meditations to empower your healing.
- **Nutraceutical Thyroid Blueprint** - Dr. LuLu's top evidence-based recommendations for wellness.
- **Thyroid Nutrition** - Delicious, healthy, and supportive recipes for vegans and omnivores alike.

- **Meal Plans and Shopping Lists** - Six full weeks of meal planning done for you.
- **Bonus handouts:** Going Grain Free, Hormones & Detox, Probiotics & Hormones, Teas for Liver Detox, Thyroid Balancing Foods
- **Mindset guides:** Gratitude Journal and Law of Attraction Planner
- **Personal Support** - Daily emails with information, tips, tricks, support, advice and so much more.
- **Community Group Support** - Access to the community group, where you can share your stories and get support.

BY THE END OF THE 6 WEEK PROGRAM, YOU WILL FIND THAT YOU HAVE:

1. Tons of long-lasting, all-day energy
2. More restful sleep
3. Clearer thoughts, a sharper memory, and mental acuity
4. Healthier, glowing skin
5. More joyful, peaceful mindset free from stress, anxiety, and overwhelm

WHAT ARE YOU WAITING FOR?

Your body and mind are crying out for healing.

Take the first step toward reclaiming the health, energy, and happiness that has escaped you for so long!

Join me for my guided 6-week

[Thyroid Recovery Program](#)

Use coupon code THYROIDHEALTH22 and save \$100

VISIT: <https://doclulu.com/thyroid-recovery>

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

Dr LuLu empowered me to take control of my own health to find ways to treat root cause. She opened my eyes to other options to healing, balancing and thriving--- healthier and more bio-individual approaches to wellness. - Julie W

I have known Dr LuLu since she first came to Asheville. I liked her as soon as I met her. My father came to live out his last days with me and Dr LuLu was part of my self-care team. I would not have made it through such a rough time without her. I was so stressed from no sleep, the stress of caring for a dying parent. The herbs for rest were like gold for my soul. Her kind and encouraging words and she kept checking up on me. I never felt alone. All I had to do was ask and Dr Lulu was there for me. I would recommend her to anyone. She walks her talk. - Sandra G

CONNECT WITH ME

Need more help getting started?

Email: info@doclulu.com

Website: <https://doclulu.com/>

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A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my patients—spiritually, mentally, emotionally, and physically. I am a medical doctor and hold a degree in medicine and functional medicine.

This content is not intended to diagnose or treat any diseases.

It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

Please consult with your doctor or wellness team if you have any questions regarding this information, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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PLEASE NOTE: All contents within this guide are based on my professional knowledge, opinions, and experience as naturopathic physician. Please consult your doctor regarding medications or medical advice.