

**3 DAY IMMUNE**

# Boosting Reset



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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

# THE 3-DAY IMMUNE BOOSTING RESET

Poor dietary choices and unhealthy lifestyles that expose the body to stress and toxins can lead to low resistance and less than optimal immune function. When the body is under stress (stress is not just emotional), immune cells become less sensitive to cortisol. Suppose your cells are not responding to the effects of cortisol. In that case, your body cannot regulate inflammatory responses and, when exposed to a potential threat, you are more likely to be susceptible to it. It's not just about exposure; it's exposure + susceptibility. The 3-Day Immune Boosting Reset is your perfect solution.

## SIGNS YOU NEED AN IMMUNE BOOSTING RESET

Have you been experiencing any of the following?

- Brain fog
- Constipation
- Fatigue
- Food allergies or intolerances
- Gas and pain in lower abdomen
- Headaches
- IBS
- Itchy skin
- Joint pain
- Sleep disturbances

## HOW DO WE GET RUNDOWN?

### **Environmental Factors:**

- Stress (even good stress)
- Trauma
- Exhaustion
- Poor diet
- Nutritional weakness
- Exposure to toxins

### **Internal Factors:**

- Pregnancy, birth and postpartum
- Recent illness
- Infections like candida, SIBO, yeast, bacteria, etc.
- Negative emotions or negative self-dialogue
- Adrenal glands are exhausted
- Leaky gut
- Microbiome disturbed from antibiotics
- The body became too acidic
- The blood sugar is too high or low

## **DON'T MAKE THESE MISTAKES**

When we are rundown, it's tempting to say, "Forget it! I feel like crap anyway; I'm going to eat what I want and just push through it." But indulging in unhealthy foods and ignoring your symptoms will lead to an inevitable crash and burn.

**Don't do this...**

1. Push through with more caffeine and energy drinks
2. Self-medicate with sugar
3. Consume inflammatory "comfort" foods
4. Judge yourself
5. Indulge in negative self-talk
6. Rely on over the counter medications
7. Ignore your body when it tells you to rest

# 5 WAYS TO BOOST IMMUNITY NATURALLY

## **#1 Mind Your Food Allergies/Sensitivities**

Eating foods, you are allergic or sensitive to stresses the immune system. When you eat these foods, it continually triggers inflammation and damages the lining of your gut. As a result, the gut becomes permeable leading to more inflammation and lowered resistance. Eat a healthy diet while avoiding trigger foods to prevent any side effects. The most common food allergens are grains, eggs, soy, dairy, and nuts.

## **#2 Get Enough Sleep**

Many of us also suffer from low immunity and poor resistance due to a lack of sleep. When you disrupt your sleep cycle, your whole body is affected - especially your immune system. Getting too little sleep (below 7-9 hours) or too much sleep (more than 9 hours) every night can lead to inflammation and make you tired throughout the day. The body treats inadequate sleep or too much sleep in the same way that it does an illness.

## **#3 Breathe!**

Breathing exercises are well-known for their ability to reduce stress and calm the mind. Breathing can have amazing benefits for both your physical and mental well-being. When you experience feelings of anxiety, depression, and stress, the inflammatory molecules in your body increase; therefore, your symptoms worsen. When you practice controlled, intentional breathing, your body makes the switch from a sympathetic state to a parasympathetic state. Studies have shown that individuals who practice breathing regularly have significantly lower levels of circulating inflammatory molecules.

## **#4 Boost with Vitamin C and Vitamin D**

Vitamin C and D are powerful agents to boost one's immune system dramatically. Getting enough vitamin C and Vitamin D can do wonders, along with other essential nutrients. You can get vitamin C from many foods such as broccoli, kale, peppers, sweet potatoes, oranges, and strawberries. Vitamin D, on the other

hand, is a little trickier. The best way to get vitamin D is through supplementation or getting enough sunshine each day. These two nutrients play a significant role in empowering our immune system and other body functions.

## **#5 Practice Self-Care**

Another essential aspect of robust immunity is self-care. Even if you follow all the above steps, you won't get the desired results if you ignore self-care. Self-care is essential for every person to enjoy good health, a powerful immune system, and a good mood. Additionally, proper self-care makes you feel valued and loved that ultimately improves mental and emotional health. Among the most practical ways for self-care, exercising and stress management comes at the list's top. Walking every day is a great daily habit. You can also exercise at home by following along with a yoga video. Besides daily activities, stress management also empowers the immune system and enables it to fight for you.

### **Are you ready?**

If you are ready to start the Immune Boosting Reset, here is the suggested 3-day menu.

# DAY 1

## BREAKFAST:

### **IMMUNE BUILDER SMOOTHIE**

SERVES 1



1 ½ cups dairy-free milk  
1 cup kale  
1 cup spinach  
1 banana  
1 teaspoon flax meal  
1 scoop plant-based protein powder  
1 teaspoon bee pollen

## LUNCH:

### KALE SALAD WITH HEMP SEEDS

SERVES 2

1 bunch kale  
1 garlic clove, minced  
1 scallion, chopped  
1 avocado  
2 tablespoons extra-virgin olive oil  
1 teaspoon sea salt  
1 lemon, juiced  
3 to 5 fresh sage leaves, minced (OR 1 teaspoon dried)  
1 apple, chopped, any variety  
1 tablespoon hemp seeds

**ASSEMBLE THE SALAD.** Wash the kale. Chop or tear into bite-sized pieces and add it to a large salad bowl. Add the garlic, scallion, avocado, olive oil, sea salt, lemon juice and sage to the bowl. Massage the contents until the kale is soft and wilted. Top with chopped apples and hemp seeds.

## DINNER:

## SWEET POTATO MASH

SERVES 2

2 large, sweet potatoes  
1 tablespoon coconut oil  
Sprinkle of sea salt  
½ lemon, juiced  
2 tablespoons hemp seeds

**ROAST THE SWEET POTATOES.** Preheat your oven to 350°F for 10 minutes. Cover your sweet potatoes individually with aluminum foil. Place in a glass or aluminum pan. Bake for 35 to 40 minutes (maybe longer, depending upon the size). Your sweet potato is fully cooked when you can easily pierce it with a fork through the center. When the sweet potatoes are fully cooked, remove them from the oven and cool for 10 to 15 minutes.

**ASSEMBLE THE MEAL.** Remove the sweet potatoes from the foil and split in half. Empty the contents of the sweet potato and put into a mixing bowl. Add the coconut oil and sea salt. Mix well. Serve with lemon juice and hemp seeds.

## EASY MISO SOUP

SERVES 3 to 4

4 cups water  
2 cups bok choy, roughly chopped  
3 scallions, chopped  
4 tablespoons miso (any kind)  
2 tablespoons chives

**PREPARE THE SOUP.** Add water, bok choy and scallions to a soup pot. Cover and bring the soup to a boil. When the soup is boiling, remove from heat. Add miso and mix until it's dissolved. Top with chives and serve.

# DAY 2

## BREAKFAST:

### CHOCOLATE BANANA PUDDING

SERVES 1

4 tablespoons chia seeds  
1 cup dairy-free milk  
1 small banana, mashed  
1 heaping teaspoon raw cacao  
Stevia (to taste, optional)  
Hemp seeds (garnish, optional)  
Shredded coconut (garnish, optional)

**MIX THE PUDDING.** For best results, assemble the ingredients the night before and let it set in the refrigerator. The next morning, you can eat the pudding cold.

**WARM OPTION.** If you would like to enjoy the pudding warm, simply warm the milk in the morning (warm, not boiling). Add it to a bowl with the remaining ingredients and enjoy.

**SERVING SUGGESTION.** Add stevia (if desired), hemp seeds and shredded coconut.

## LUNCH:

### CHOPPED VEGGIES AND GREENS

SERVES 4

8 cups mixed greens  
1 large cucumber, chopped  
½ cup shredded carrots  
½ cup shredded beets  
½ cup sprouts of your choice  
¼ cup sunflower seeds

**ASSEMBLE THE SALAD.** Add mixed greens to a large salad bowl. Top with cucumber, carrots, beets, sprouts and sunflower seeds. Top with the Simple Lemon Dressing.

## SIMPLE LEMON DRESSING

SERVES 4

1 cup extra-virgin olive oil  
2 to 3 lemons, juiced  
2 garlic cloves, minced  
2 teaspoons sea salt  
2 teaspoons black pepper

**ASSEMBLE THE DRESSING.** Add salad dressing ingredients to a glass jar with a lid for easy storage (Mason jars work well). Close the jar and shake vigorously until well mixed. Allow the dressing to sit for 15 minutes before serving with the salad

## DINNER:

### ROASTED LEMON BROCCOLI

SERVES 2

2 heads of broccoli, chopped

2 heaping tablespoons of coconut oil  
1 lemon, juiced  
2 teaspoons hemp seeds  
2 sweet potatoes (optional)

**ROAST THE BROCCOLI.** Preheat your oven for 10 minutes at 350°F. Add chopped broccoli to a baking pan or cookie sheet. Lightly massage the broccoli with coconut oil. Bake for 10 minutes. Remove from the oven and turn over each piece of broccoli to its opposite side. Bake for another 8 to 10 minutes. Remove from the oven and sprinkle with lemon juice. Top with hemp seeds and eat alone or serve on top of baked sweet potatoes (see below).

**BAKE SWEET POTATOES.** Preheat your oven to 350°F for 10 minutes. Wash each sweet potato and cover individually with aluminum foil. Place in a glass or aluminum pan and bake until tender for 35 to 45 minutes. Tip: Prick each sweet potato with a fork in the center to check if it's done all the way through.

## SPICED BUTTERNUT SQUASH SOUP

SERVES 4

1 large butternut squash, peeled, seeded, and roughly chopped  
4 large carrots, peeled and roughly chopped  
1 to 2 tablespoons of coconut oil  
1 teaspoon cumin  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
4 cups organic vegetable broth  
1 can organic coconut milk (BPA-free can)  
1 bunch parsley, chopped

**ROAST THE VEGETABLES.** Heat your oven to 350°F. Take your chopped butternut squash and carrots and massage with coconut oil, cumin, cinnamon, and nutmeg. Bake on a cookie sheet for 20 to 25 minutes until tender. Remove from the oven and allow to cool.

**ASSEMBLE THE SOUP.** Add the vegetable broth and coconut milk to a large pot. Mix together thoroughly. Add the cooled, roasted vegetables to a high-speed blender in batches with just enough broth/coconut milk mixture to cover. Blend until smooth. Add it back to the soup pot and set it on medium heat for 3 to 5 minutes. Serve topped with chopped parsley.

## DAY 3

### BREAKFAST:

#### IMMUNE BOOSTING SMOOTHIE

SERVES 1

- 1 ½ cups dairy-free milk
- 1 cup kale
- 1 cup spinach
- 1 cup pineapple, fresh or frozen
- 1 teaspoon fresh turmeric
- 1 teaspoon flax meal
- 1 scoop plant-based protein powder

## LUNCH:

### KALE SALAD WITH HEMP SEEDS

SERVES 2

- 1 bunch kale
- 1 garlic clove, minced
- 1 scallion, chopped
- 1 avocado
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1 lemon, juiced
- 3 to 5 fresh sage leaves, minced (OR 1 teaspoon dried)
- 1 apple, chopped, any variety
- 1 tablespoon hemp seeds

**ASSEMBLE THE SALAD.** Wash the kale. Chop or tear into bite-sized pieces and add it to a large salad bowl. Add the garlic, scallion, avocado, olive oil, sea salt, lemon juice and sage to the bowl. Massage the contents until the kale is soft and wilted. Top with chopped apples and hemp seeds.

## DINNER:

### STUFFED ACORN SQUASH WITH SPINACH

SERVES 2

#### SQUASH

1 large acorn squash  
1 tablespoon coconut oil  
1-inch piece of fresh ginger, grated (OR 1 to 2 teaspoons dried ginger)  
1 teaspoon cinnamon  
Pinch of sea salt

### **SAUTÉED SPINACH**

1 tablespoon coconut oil  
1 small onion, chopped  
1 clove garlic, minced  
4 cups spinach

**BAKE THE SQUASH.** Preheat your oven to 400°F for 10 minutes. Slice your acorn squash in half from the stem to the tip. Remove the seeds with a spoon. Add the coconut oil, ginger, cinnamon and sea salt to the flesh of the squash. Bake for 1 hour. Serve with sautéed spinach (below).

**PREPARE SAUTEED SPINACH.** Add 1 tablespoon of coconut oil to a sauté pan. Add chopped onion and garlic. Sauté for 3 to 5 minutes. Add washed spinach. Sauté for another 3 minutes. Remove from the pan and serve with acorn squash.



## READY TO TAKE YOUR IMMUNE SYSTEM TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits. If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It has worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that takes your health, life, and energy to the next level?

**Join me for my guided 3-week [GENETIC DETOX PROGRAM](#) for only \$149 that's a savings of \$100!**

**Use coupon code [GENETICDETOX22](#)**

You'll receive an in-depth guide, tons of mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

## COMPLIMENTARY 30 MINUTE CONSULTATION WITH DR. LULU INCLUDED IN PROGRAM!

### **Phase 1 of Genetic Detox = Preparation & Essentials**

Seven days of preparation to set you up for success. Shopping guides, recipes, tips & hacks, meal prep, how to eat out, how to travel, how to feed your family, etc.

### **Phase 2 = Detox**

Seven days of the Genetic Detox™ program following both the Rules and the Recommendations, Daily accountability, access to our private Facebook page with all the resources, recipes and more.

### **Phase 3 = Reintroduction**

Seven days of "Fast Track Reintroduction". This is where we systematically reintroduce the non-compliant foods, one category at a time, to determine what is right for YOU.

# 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?

[Book an appointment with Dr. LuLu](#)

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[For more health tips check out the blog!](#)

# 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.