



ALKALINE
Foods

WELCOME



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 am able to 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.

In health and happiness,

Dr. LuLu

ALKALINE FOODS

In the search for health, more and more people are turning their focus to dietary modification to help themselves to achieve new and positive health milestones. While the effectiveness of some diet changes can vary from person to person, it's very clear that there are a wide variety of benefits that can be gained from adjusting your diet. One of the easier dietary adjustment that can be made, is to simply incorporate more alkaline foods into your diet. These amazing foods can improve health for a range of important systems.

WHAT ARE ALKALINE FOODS?

Alkaline foods are those that have a pH above 7 or can lower acidity in the body. The majority of these types of foods have an excellent impact on the body and tend to contain many of the vitamins and minerals that we rely on to fight disease and promote healing. Though the body has a somewhat narrow pH window in which it must remain to stay alive, and many things about the relationship between acid and alkaline sources are not completely understood, it is clear that many of these foods have health benefits that everyone can enjoy. The following will be a list of foods that fall into the alkaline category.

Hummus

This wonderful snack food is made from ground chickpeas, olive oil, lemon juice and garlic. It has a number of awesome trace minerals, is high in protein, and is full of healthy fats that promote heart health. It can be flavored in a variety of

ways and comes with the added bonus that they can lower your cholesterol and contain natural chemicals that can help fight cancer causing damage.

Papaya

Papaya is a tropical fruit. This fruit is widely known for its ability to aid in calming the stomach and reducing the production of stomach acids. This can help to massively improve digestion. It's full of vitamins B, and C and is heavily antioxidant, which fights free radicals that cause cancer.

Hemp Oil

This oil is very rich in vitamin E and antioxidants. This makes it great at fighting the free radicals that cause cancer. It is often associated with slowing the effects of aging of the skin, combats signs of oxidative stress, and is high in protein. It is also a high in both omega 6 and omega 3 fatty acids which are essential.

Avocado

Avocado is among the most popular for use as a condiment, topping, or filling. One thing few people know is that they are higher in potassium than the average banana. They are also high in fiber and can help to lower your cholesterol. They contain massive amounts of vitamins and minerals that help to nourish the body as well.

Olive Oil

As a rich source of monosaturated fats, this wonderful oil can help prevent heart disease, and greatly reduces the risk of stroke. Olive oil is famous for its anti-inflammatory action, as well as its ability to combat free radicals and other oxidative effects. It can be used as a vegetable oil substitute because it produces less harmful chemicals when heated to higher temperatures.

Garlic

Garlic is an excellent alkaline vegetable with a multitude of useful properties. It has long related to healing, and medicine because of its anti-bacterial and antifungal properties. It also contains excessive amounts of vitamins and minerals like calcium, copper, potassium, selenium, B6, and B1, but retains a very low-calorie count, which makes it an excellent food additive.

Ginger

This famous root is known for its powerful odor, and antibacterial properties. It can help manage stomach issues including nausea and morning sickness. It is also a powerful anti-inflammatory and lowers blood sugar. If you have been doing strenuous work, it can also help to reduce muscular pains.

Lettuce

Along with its alkalinity, lettuce provides a lot of the important trace minerals. These include phosphorous, calcium, iron, potassium, sodium, zinc, magnesium, and the vitamins vitamin B6, vitamin K, riboflavin, niacin, folate, Vitamin C, and Vitamin A. Studies have also found that lettuce contains chemicals that help to improve mood, and can help to regulate anxiety.

Carrot

A high fiber vegetable, carrot is well known for its starchy fibrous body. It is high in pantothenic acid, folate, potassium, iron, copper, and manganese, and has excellent antioxidant properties. Carrots make an excellent addition to any meal and can be cooked in a variety of ways. They have long been associated with the improvement of eyesight, and studies have shown that carrots can prevent some forms of muscular degeneration that are common as humans age.

Rhubarb

Rhubarb is a leafy green vegetable that is packed with a wide array of vitamins, and many of the very important trace minerals. It's a great source of dietary fiber and is a terrific addition to any salad mix. Rhubarb is also connected to weight loss because of its extremely low-calorie count. Another one of its awesome attributes is that it is known for its ability to help with constipation which can prevent other conditions of the colon from developing and becoming dangerous.

Herbal Tea

Tea has a long 2000-year-old history with medicine. Herbal teas have been known to provide nourishment due to their high vitamin content and promote healing, emotional wellbeing, as well as aid with calmness and sleeping. Teas are also very effective in helping the body to prevent bone loss due to aging. Drinking at least 2 cups of tea a day will help boost your immune system, and keep you feeling energized through the day.

Cauliflower

This interesting vegetable is highly anti-inflammatory and provides a good amount of choline which is an important B vitamin for brain health. Studies have been known to show that it can help reduce the speed of brain deterioration due to old age. It is also an excellent source of antioxidants and phytonutrients which give the body a better chance at fighting free radicals. Cauliflower also helps cardiovascular health because of the agent sulforaphane which promotes proper cell formation of the veins and arteries.

Celery

Celery is a heavily fibrous plant that has its roots deep in history as an anti-high blood pressure medicine. It is highly anti-inflammatory and powerful antioxidant properties. Celery also contains quite a few trace minerals and vitamins. Another amazing effect of celery is its ability to stimulate liver functions. It does this by helping the liver to produce liver cleansing enzymes. It can help you to both lower your cholesterol, and to fight microbial infections in the body.

Coconut

This hard-shelled fruit is packed with a ton of benefits. Coconut has a history of improving skin by aiding elasticity and fighting oxidative stress. It is also great for your immune system, because it has a large amount of antiparasitic and antimicrobial properties. Coconut can also help to improve digestion of food and make it easier for the body to absorb valuable nutrients, but one of the best attributes of coconut is that it can even help regulate insulin, which can help to prevent diabetes.

Grapefruit

This larger citrus fruit can help with cholesterol levels, and greatly impacts lipid levels. Grapefruit is associated with weight loss because of its effect on fats in the body and is full of vitamins like Vitamin C. It can also help to erode build ups of calcium like the calcium found in painful kidney stones. To help prevent stones, you can try consuming at least a cup of grapefruit juice a day. It is also popular to use as a late-night snack instead of eating carb filled junk foods.

Lemon

Lemon juice is a great way to stimulate action in the liver because it contains uric acid, which breaks down a number of toxins in the body. Lemon is also effective at dissolving kidney stones and can help to improve digestion. If you were to consume at least a glass of lemon juice a day, the acids can stimulate your intestines to create a bowel movement, and the juice can help to dissolve various substances that form plaque on the intestinal walls.

Green beans

More than just a staple food for some cultures, green beans are another highly antioxidant and anti-inflammatory food with great health benefits. Green beans have been found to be effective at reducing risks associated with heart disease. This is believed to be due to the high number of flavonoids. Green beans are also a major source of antioxidants.

Tomatoes

Tomatoes are heavily antioxidant makeup because they are very high in lycopene. Lycopene is very effective at preventing different type of dangerous oxidation that can lead to various diseases and conditions. One such effect that has been studied, is lycopene's ability to prevent lipids from building up in the veins and arteries. These free-floating fats are a primary cause of heart disease and arterial obstructions that can cause stroke. Tomatoes also have a positive effect on bone development in post-menopausal women. Fresh tomatoes can be cut up and placed directly on food.

Cherries

Cherries are an amazing natural source of melatonin which is a hormone produced by your pineal gland. Science has discovered that eating cherries or drinking cherry juice can greatly help you to stay asleep for longer periods. Melatonin is also an antioxidant that can help to combat free radicals. Cherries are also full of powerful naturally occurring anti-inflammatory chemicals.

Radishes

Radishes are known to have a cooling effect on the body and was used by ancient Chinese doctors to help people deal with heat during hot weather. There are also diuretic and help the body to flush toxins by passing them into urine and out of the body. They are high in vitamin C and other trace minerals.

Bananas

This yellow tree fruit is packed with great carbs and vitamins. Even though it contains a healthy dose of nutrition, it still has less than 120 calories. Eating a banana won't spike your blood sugar, and they are absorbed quickly. They are very high in fiber, can help you to have proper elimination, and are very filling. This absorption and high fiber will make you to feel more satisfied and fuller. Bananas also have a positive effect on moods and can help you to relax and be able to sleep better.

SCHEDULE A DISCOVERY SESSION WITH ME

Think about how amazing your body could feel with even more nourishing food and healthy habits.

If you're ready to love the body you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Book a [free 15-minute discovery](#) call or jump in and take charge of your health today by [booking an initial consult](#).

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

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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.

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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.