



# DR. LULU SHIMEK

- NATUROPATHIC PHYSICIAN
- BOTANICAL MEDICINE FORMULATOR
- INTERNATIONAL SPEAKER
- AUTHOR
- PODCASTER



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## BIO

DR. LULU SHIMEK IS A NATUROPATHIC PHYSICIAN AND EXPERT IN WOMEN'S HEALTH AND GENETICS.

SHE WORKS WITH PATIENTS EXPERIENCING CHRONIC DISEASE: HORMONAL IMBALANCES, ADRENAL FATIGUE, THYROID DYSFUNCTIONS, AUTOIMMUNE DISEASES, DIGESTIVE DISORDERS, ENVIRONMENTAL TOXICITIES, ANXIETY AND DEPRESSION.

SHE BELIEVES THAT ONCE WE DIVE DEEP DOWN TO THE ROOT OF THE PROBLEM OF THE DISTORTION AND IGNITE OUR BODIES INNATE ABILITY TO HEAL, WE CAN SEE UNIMAGINABLE CHANGES IN OUR WELL BEING.



## SPEAKING TOPICS

### DR. LULU'S NEW BOOK

DETOX NOURISH ACTIVATE: PLANT & VIBRATIONAL MEDICINE FOR ENERGY, MOOD, AND LOVE

- HOW TO ACTIVATE YOUR DNA

### GENETIC HEALTH

HOW GENETICS IS INDIVIDUALIZED MEDICINE & EMPOWERS PEOPLE TO ACHIEVE OPTIMAL HEALTH.

- DNA TESTING & ANALYSIS

### WOMEN'S HEALTH

HOW TO ACHIEVE LONGEVITY WITH HORMONAL BALANCE AND WHY THE THYROID PLAYS SUCH AN ENORMOUS ROLE IN OPTIMAL HEALTH.

- NATURAL SOLUTIONS FOR PERIMENOPAUSE, PCOS AND MENOPAUSE

### ADRENAL BURNOUT

HOW STRESS AFFECTS THE DIFFERENT CELLULAR SYSTEMS OF THE BODY AND WHY MANY WOMEN EXPERIENCE ADRENAL BURNOUT.

- SOLUTIONS FOR INCREASING ENERGY AND COGNITION



## FEATURED IN

- BEST HOLISTIC LIFE MAGAZINE
- WLOS
- GLOWELL MAGAZINE
- WNC MAGAZINE



## TESTIMONIAL

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 Wallace

BOOK DR. LULU FOR YOUR NEXT MAGAZINE COVER, PODCAST OR EVENT

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