



FLOURISHING WITH

Hashimoto's

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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.

WELCOME

Thank you so much for setting aside time to join me today, and I promise you it will be totally worthwhile. Today, I am going to be letting you in on some secrets behind Hashimoto's Thyroiditis, one of the most common and most taxing autoimmune disorders that women face. In fact, women are 8-10 times more likely to be diagnosed with this condition than men.

So, ladies - you're in the right place if you want to finally get your energy back and let go of that extra weight. More specific...want to get your energy back and stop gaining weight.

I'll walk you through the deeply-rooted cause behind Hashimoto's and reveal to you the one secret that your doctor isn't sharing with you about your symptoms. If you're tired of the exhaustion and holding onto that extra twenty pounds, know that the frustration and emotional pain is over. I'll lead you in a direction that finally helps you shed that extra weight and take your body back for good.

So, grab a pencil and paper, and get ready to take some notes because this information is imperative to rejuvenating your body and overcoming your symptoms once and for all!

"Be your true-self and speak your truth! Even if you are the only one doing it."

-Anonymous Saying

HASHIMOTO'S

Hashimoto's disease, or Hashimoto's thyroiditis, is an **autoimmune disease** that damages the thyroid gland. Hashimoto's disease often leads to hypothyroidism. Hypothyroidism, when severe, can cause your metabolism to slowdown, which can lead to weight gain, fatigue, and other symptoms.

*Many women are not aware of this fact because their doctors have not informed them. Understanding that Hashimoto's is autoimmune related is essential to recovery. Treating the thyroid is only a partial solution.

WHAT IS AUTOIMMUNE DISEASE?

In people with Hashimoto's disease, the **immune system** makes **antibodies** that **attack** the thyroid gland. This damages your thyroid gland, so it does not make enough thyroid hormone.

HASHIMOTO'S RISK FACTORS?

- A family history of the disease
- Previous thyroid disorder
- Pregnancy
- Postpartum
- Presence of other autoimmune conditions
- Surgery or radiotherapy affecting the thyroid
- Iodine deficiency
- Diabetes
- Goiter or nodules
- Exposure to radiation
- Exposure to environmental toxins
- Age

WHAT ARE THE SIGNS OF HASHIMOTO'S?

- Acid Reflux
- Body Pain
- Cold
- Cold hands/feet
- Comprehension, brain fog
- Constipation
- Depression
- Difficulty getting pregnant and
- Miscarriages
- Fatigue
- High Cholesterol
- Hives with too much sun
- Inability to lose weight
- Increased Blood Pressure
- Increased weight gain
- Irregular cycles
- Irritability
- Less sweating than everyone else
- Lifeless skin and hair
- Limbs feel very weak
- Loss of appetite
- Low growth rate in children
- Memory loss
- Outer 1/3 of eyebrows missing
- Sleep all the time (over 10hours)
- Slow Heart Rate
- Swelling/edema/puffiness all over your body,
- Undigested food in stool Weakness

WHAT CAUSES HASHIMOTO'S

Autoimmune disease!

The exact mechanisms of autoimmunity are not understood. It is believed by many autoimmune specialists that infections, toxins, stress, genetics, diet, gluten intolerance, and environmental triggers (especially exposure to endocrine system disrupting toxins) are a factor in the development of autoimmune thyroid disease.

- Female sex hormones (such as estrogen) also play a role in thyroid disease; as thyroid dysfunction is most common during times of significant hormonal shifts (pregnancy, postpartum, menopause or use of synthetic hormones)

WOMEN AT RISK

Hashimoto's is most prevalent in women between 20 – 60 years old. In fact, women are eight times more likely to develop autoimmune thyroid disease than men. Statistically speaking, one in every eight women will develop a thyroid condition at some point in her life. And consider this; experts say thyroid disorders are frequently misdiagnosed. So, the numbers are likely far higher than even estimated.

THYROID TESTING

If you are confused about your thyroid health, ask your doctor to test your thyroid. Unfortunately, many doctors have not updated their protocol for thyroid testing, so it is imperative that you are informed before your doctor orders tests. Below is a list of the necessary thyroid tests your doctor should order. If your doctor denies your request for some of these tests – you can order these tests for yourself online.

1. TSH
2. T3
3. T4
4. FREE T3
5. FREE T4
6. REVERSE T3

ANTIBODY TESTS

Antibody testing is used to diagnose autoimmune thyroid disorders such as Hashimoto's and Graves' Disease. If you suspect you have Hashimoto's, ask your doctor to order these tests to measure antibodies:

- Thyroid Peroxidase Antibodies
(TPOAb)
- Thyroglobulin Antibodies
(TgAb)

THYROID HORMONES THE BASICS

- The pituitary gland releases a hormone called Thyroid Stimulating Hormone or TSH.
- TSH is the hormone we always hear about and the one that is usually first checked by your medical team if there is a suspected thyroid issue.
- When the TSH makes its way to the thyroid, it stimulates the release of two thyroid hormones T3 and T4. Two more familiar terms, I'm sure.
- T4 is the storage or inactive form of thyroid hormone.
- T3 is known as the active form of thyroid hormones and is five times more active than T4.
- The majority hormone released by the thyroid is T4.
- Approx. 80% - 93% of the hormone released by the thyroid is T4.
- Only small amounts of T3 are released.

THYROID HORMONE CONVERSION

- Now pay close attention here because this is key to understanding your thyroid hormones; of the T4 released by the thyroid, only a small percentage of it is available or free. So, the body only has a small amount of T4 to work with.
- And guess what? Before that small amount of free T4 is put to good use, it must be converted to T3! Your body now must turn that small amount of T4 into something you can use!
- We see it is NOT enough that the thyroid makes adequate amounts of thyroid hormone – these hormones need to get converted to be utilized.
- Even if you're taking thyroid medication. Levothyroxine is synthetic T4 and it also must be converted before it can be utilized by the body.

IMPROVE YOUR CONVERSION

- Keep your liver clean: green foods, liquid chlorophyll, smoothies, juicing, burdock tea, dandelion tea and lemon water.
- Support your kidneys: Do not overuse over the counter or prescription medications, stay hydrated, keep blood pressure in check, keep blood sugar stable, and do not drink alcohol.
- Improve gut health: Eliminate food allergens, take a probiotic, eat cultured foods, do not overeat, and keep your colon moving. is converted into useable T3 partly in the liver, kidneys, and gut (20% in the gut).

THE IMMUNE SYSTEM

- While medication is often required, it may not be enough to energize you and help you lose weight. One thing your doctor may not have explained to you is thyroid medication ONLY addresses the hormonal component of Hashimoto's.
- Thyroid medication is essentially hormone replacement. It does not treat the autoimmune component of Hashimoto's.
- It is up to you to take good care of yourself and adopt a healthy immune supportive diet and lifestyle.
- If your immune system does not get some much-needed TLC, it will continue to attack your thyroid and overtime cause serious health problems. Studies show women with Hashimoto's are at a higher risk for developing other autoimmune disorders.

ENDOCRINE DISRUPTING CHEMICALS

- Toxins are everywhere and especially in women's beauty care! Many chemicals are KNOWN endocrine system disruptors and can make Hashimoto's worse. Reducing your exposure to EDCs is essential if you have Hashimoto's.
- There are several environmental toxins found in today's standard personal and beauty care products including:
 - Aluminum Chips (found in anti-perspirants)
 - Phthalates (found in skin care items, perfumes, nail polish and hairsprays)
 - Furans & Dioxins (found in tampons)
 - Chemical Solvents (found in dishwasher detergent & laundry care items)
 - Parabens (found in lotions, makeup, shampoos, and conditioners)
 - Detox your bathroom and stock up on safe chemical free products and start protecting your thyroid.

POSITIVE INTERNAL SELF DIALOGUE

This means letting go of negative, internal self-dialogue and stress. Both things can suppress your immune system's ability to function and aren't serving you on your thyroid health journey.

You can do this by simply adding "I AM" affirmations to your morning and evening routine. Things like "I Am Whole", "I Am Healing", "I Am Perfect", and "I Am Happy" are great ones to start with. Find the "I AM" statements that resonate with you the most and start saying them out loud every morning and night (and for even stronger results, say these statements to yourself while looking in the mirror).

THE AUTOIMMUNE PROTOCOL

The Autoimmune Protocol (AIP) is an elimination diet to help individuals suffering from autoimmune disease discover their food triggers, resolve nutrient deficiencies, improve gut health, and restore their bodies to wellness.

The AIP diet is quickly becoming one of the most popular dietary approaches for Hashimoto's due to its effectiveness in reducing symptoms and improving quality of life.

This diet is an excellent integrative approach to your existing Hashimoto's treatment plan.

THE AIP ELIMINATION

- Dairy
- Eggs
- Grains
- Seeds and Nuts
- Legumes and Beans
- Nightshades
- Refined sugar
- Processed Foods

HOW LONG SHOULD I STAY ON THE PROTOCOL?

The elimination phase of the Autoimmune Protocol is not intended to be followed forever. Experts suggest starting with 30 days. However, how long you remain on the elimination will ultimately depend on your unique body. Some people find that 30 days is long enough to see an improvement in their health, while others may need to follow the elimination for up to 90 days.

HOW CAN THE AIP DIET HELP ME?

- Supports healthy thyroid conversion as it improves gut health and reduces inflammation.
- Eliminates common allergens that may be driving symptoms.
- Removes foods that promote permeable gut (aka leaky gut).
- Nourishes the body with nutrient-dense foods to improve energy.
- Reduces swelling, bloating, and weight gain.

DR. LULU'S THYROID RECOVERY PROGRAM



Dr. Lulu's
Thyroid Recovery Program

Are you exhausted, gaining weight, moody? Just plain feel like crap???

You been to all the doctors – been poked, prodded, and tested but nothing has changed? The medicines and treatments haven't done anything?

WHAT'S INCLUDED DR. LULU'S AMAZING PROGRAM?

- **2 Thyroid Recovery Guides: Hormone Reset & Hormone Mindset**
- **Dr. LuLu's EXPERT Thyroid Protocol**
- **Regain Your THYROID POWER Guide**
- **30 minute visit with Dr. LuLu to discuss Recommendations & Labs**
- **Omnivore & Vegetarian Recipe Guides**
- **Bonus handouts:** Going Grain Free, Hormones & Detox, Probiotics & Hormones, Teas for Liver Detox, Thyroid Balancing Foods
- **Gratitude Journal & Law of Attraction Planner**
- **Weekly Manifestation Meditations**
- **Group Support**

It's time to reclaim your health from your thyroid disease!

Cost of entire Program only \$599!

EARLY BIRD Bonus to workshop attendees - \$100 of the program plus my 5 Week Mindset Reset Course!

Use coupon [THYROIDPOWER](#) SIGN UP NOW! [CLICK HERE](#)

PROGRAM STARTS JANUARY 17, 2022

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.