



Self-Care & Healthy Mindset

FOR HORMONE HEALTH

WWW.DOCLULU.COM

TABLE OF CONTENTS

MEET DR. LULU SHIMEK	3
SELF-CARE AND HEALTHY MINDSET FOR HORMONE HEALTH.....	4
It's Time to Take Control.....	4
Signs You Need to Focus on YOU	4
HOW TO PRACTICE SELF-CARE AND HAVE A HEALTHY MINDSET	5
Body Brushing	5
Oil Pulling	5
Epsom Salt Bath	6
Yoga.....	6
Resistance Training	6
Breathwork	6
Meditation	7
Gratitude Journaling	8
LEARN TO SAY NO AND CREATE BOUNDARIES	8
ARE YOU READY TO BALANCE YOUR LIFE AND CREATE A HORMONE-HEALTHY SELF-CARE ROUTINE?	9
A LOVING DISCLAIMER.....	11



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.

SELF-CARE AND HEALTHY MINDSET FOR HORMONE HEALTH

IT'S TIME TO TAKE CONTROL

The right self-care is essential for a better quality of life. On a hormonal level, it can have a lot of benefits for the endocrine system, including resting the adrenals and promoting the release of oxytocin, serotonin, and dopamine. It also plays a role in activating the parasympathetic nervous system, which is responsible for calming you, controlling your digestion and sleep, and detoxifying the body's systems.

Therefore, when you do not take some time for yourself now and then, when you have no boundaries, and when you allow stress and toxic people to control your life, your hormones will be hit hard.

Lack of self-care in your life means your nervous system will always be in high gear. This will in turn deplete your adrenals, which will have a massive impact on your progesterone production. The result of this is a hormonal system that is out of balance, which will lead to a whole host of other problems.

SIGNS YOU NEED TO FOCUS ON YOU

You feel...

- Stressed
- Anxious
- Dissatisfied with life
- Frustrated with people around you
- Exhausted

- Burned out!
- At the end of your rope
- Unhappy
- Scattered
- Pulled in too many directions

HOW TO PRACTICE SELF-CARE AND HAVE A HEALTHY MINDSET

Self-care means doing things that make you feel rested and at peace. You need to practice self-care if you want to lead a life that is physically, mentally, and emotionally fulfilling. It is a form of self-love, which is essential for building self-confidence, compassion, and for better health and well-being.

BODY BRUSHING

Body brushing has several benefits:

- It stimulates the lymphatic system to help move the lymph fluids along
- It reactivates your immune system because part of the immune system is in the lymphatic system
- It exfoliates the skin
- It makes you feel rejuvenated and energized
- It increases circulation on the skin, making it look more radiant

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

EPSOM SALT BATH

Some of the benefits of Epsom salt baths include:

- Magnesium helps to relax you, improving your sleep
- It detoxifies the body and helps with bowel movements
- It helps with aches and pains
- For women, it balances the hormones and calms the body
- Topical application of magnesium replenishes the body's reserves without the need for digestion

YOGA

Yoga comes with a lot of benefits:

- It improves respiration, energy, and vitality
- It helps improve body strength and muscle tone
- It leads to calmness and mindfulness
- It is a great form of exercise for women with adrenal issues
- It helps maintain a balanced metabolism
- It leads to better cardiovascular health

RESISTANCE TRAINING

Resistant training is AMAZING for hormone health and has many benefits:

- It is a great and safer alternative to cardiovascular training
- It improves metabolism and boosts brain function
- It boosts bone development and density
- It helps with weight loss
- It improves insulin sensitivity, decreases blood sugar levels, and reduces bad cholesterol

BREATHWORK

Some of the benefits of breathwork include:

- It helps to relax and calm you, reducing stress
- It leads to better sleep
- It stimulates the lymphatic system and detoxifies the body
- It eases bowel movements and improves digestion
- It lowers blood pressure and increases energy

MEDITATION

Meditation can have a very positive effect on our attitude towards life. Take some time to quiet your mind. This helps to soothe your nerves and relieve stress. When you don't feel stress, you get good vibes from everyone and feel happy about life and your relationships. You can also do some yoga; it includes some very good techniques to reduce tension and feel as light as a feather.

Meditation can help prevent various diseases and maintain good health. Meditating techniques such as concentration meditation focus on a single point. Mindful meditation is used to control wandering thoughts. In general, meditation can provide various benefits such as lower blood pressure, improved blood circulation, lower heart rate, less perspiration, slower respiratory rate, less anxiety, and less stress.

Meditation has many benefits for body and mind:

- It helps improve sleep
- It reduces inflammation in the body
- It is a great tool for controlling anxiety and helping with panic attacks
- It leads to better awareness of the self, which leads to kindness and forgiveness

The following steps can help you to start meditating:

- Sit back or lie as comfortably as possible. Close your eyes.
- Breathe naturally and don't try to control it.
- Now breathe by focusing your attention on it and notice how your body moves with each inhalation and exhalation. Observe how your thorax, chest, and abdomen move during breathing. Just notice the movement without controlling the breathing process. Start doing this for 2 to 3 minutes and then increase the duration.

GRATITUDE JOURNALING

Gratitude Journaling greatly benefits your hormone health!

- It calms the nervous system
- It helps to rebalance the endocrine system
- It helps to reduce the stress that comes with focusing on things beyond our control by realigning our attention to things that we have
- It helps you gain perspective on what is important in your life and what you truly appreciate
- It helps you gain clarity on what you want more of in life and what you can do away with
- Download the [free gratitude journal](#).

LEARN TO SAY NO AND CREATE BOUNDARIES

Here are some of the benefits you get by saying no and creating boundaries:

- It cultivates self-love and self-respect
- It builds confidence and earns you respect
- It frees up time for you to relax and care for yourself
- It eliminates the resentment and regret that comes with saying yes to things that infringe your boundaries
- It leaves you with more energy to focus on things that you actually care about

ARE YOU READY TO BALANCE YOUR LIFE AND CREATE A HORMONE-HEALTHY SELF-CARE ROUTINE?

Think about how amazing your body, mind and spirit 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.

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

Join me for my DIY 5 week [MINDSET RESET COURSE](#) for only \$33!

Use coupon code [MINDSETRESET](#)

What we will cover in this 5 week course:

1. The Effects of Stress on the Mind & Body
2. Daily Habits & Changes to Relieve Stress
3. Stress Relief Through Mindful Changes
4. Journaling & Self-Care
5. Natural Remedies for Stress Relief

What you will Receive with the course:

1. 5 Weekly Modules to Reset and Restore your body
2. A weekly guide with tips and tools to de-stress
3. A weekly video from your expert guide, Dr. LuLu
4. Weekly meditation videos to tune in to your higher self and soul.
5. Gratitude Journal (Ebook)

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](#)

Follow me on IG [@drlulushimek](#)

Follow me on [Facebook](#)

[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.

All materials are copyrighted and remain the property of Dr. LuLu Naturopathic Clinic, LLC. Materials made available to the private group forums, by email or any other means, may not be distributed in any fashion, print nor electronic, without the expressed written permission of the respective owner. Thank you for your professional understanding.

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.