



THE POWER OF THYROID HEALTH

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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.

THYROID HEALTH

Thyroid disease affects one in every eight women throughout their lifetime. Women have a 5-8 times greater risk of developing thyroid problems compared to men. Hashimoto's thyroiditis, an autoimmune disease in which the immune cells attack the thyroid, is the most common type of thyroid disease. It is estimated that millions of women suffer from thyroid disease symptoms without ever being diagnosed, searching for short-term treatments for their symptoms without knowing the root cause. What's worse, thanks to toxins in our environment and other factors, the age of affected women is getting younger and younger.

Symptoms of Thyroid Imbalance

- Acid reflux
- Body pain
- Cold or hot despite the weather
- Cold hands/feet
- Comprehension, brain fog
- Constipation
- Depression
- Difficulty getting pregnant and Miscarriages
- Digestive Issues
- Fatigue
- High Cholesterol
- Hives with too much sun
- Inability to lose weight
- Increased Blood Pressure
- Increased weight gain
- Irregular cycles
- Irritability
- Lifeless skin and hair
- Limbs feel very weak
- Loss of appetite
- Memory loss
- Outer 1/3 of eyebrows missing
- Sleep all the time (over 10hours)
- Slow Heart Rate
- Swelling/edema/puffiness all over your body,
- Weakness

THE PROBLEMS OF THYROID DISEASE FOR WOMEN

The thyroid affects multiple organs and pathways in the body. Thyroid disease has a huge effect on energy levels, and as a result, your libido is affected as well. When you're running on low energy levels, you won't be in the mood for much. Thyroid hormones affect the pathways of other hormones so thyroid disease can create other hormonal imbalances.

If you have an autoimmune thyroid condition (Hashimoto's and Graves), there is an increased risk that your immune cells will begin to attack other tissues in your body, and you may develop another autoimmune disease. Living with thyroid disease can significantly impact a woman's self-confidence, energy levels, work performance, and even relationships.

The constant struggle to treat the symptoms, such as weight gain and fatigue, without getting any lasting improvements can take a toll on your mental health. Therefore, getting diagnosed and starting treatment can completely change your life.

SHOULD I GET TESTED?

If you've been experiencing several symptoms that thyroid disease causes, it's worthwhile to get tested. However, the problem with hypothyroidism is that its symptoms are broad and overlap with many other conditions. You must get tested and have definitive results before you start any thyroid medication. Taking thyroid medication without having a thyroid problem could be as harmful as not taking it if you do.

See the Handout - Thyroid Labs for Dr. LuLu's expert recommendations

WHY ARE SO MANY WOMEN GETTING THYROID DISEASE?

TOXINS IN OUR ENVIRONMENT

Without even realizing it, we are exposed to thousands of toxins every single day. They are hidden in our cleaning products, fragrances, and even the foods we eat. Of course, there are also the obvious ones, such as air pollution. These toxins can interfere with thyroid hormone production at various levels. Some toxins affect the liver and therefore impact the liver's ability to metabolize thyroid hormones. Others directly affect the thyroid gland or its hormones.

By encountering so many of these toxins daily, our bodies have a hard time detoxifying them fast enough. Over time, these damaging effects add up and can have serious impacts on our health and thyroid hormones. Try to switch out some of your cleaning products for clean, toxin-free alternatives over time, eat as organic as you can, and replace toxic fragrances and cosmetics with natural ones.

VITAMIN AND MINERAL INSUFFICIENCIES

Nutrient deficiencies rarely go undiagnosed because they cause severe and specific symptoms. However, many of us have vitamin and/or mineral insufficiencies, which means we aren't getting an adequate amount to be healthy, but we still have enough to avoid any serious problems. Iron, vitamin D, iodine, zinc, and selenium are all important micronutrients for thyroid health, and many women have insufficiencies in at least one of them.

Insufficiencies in some of these minerals, such as zinc or selenium, are linked to Hashimoto's disease. Many other conditions and health problems are also linked to insufficiencies in these micronutrients. Make sure you're eating a variety of fruits and vegetables every day. It helps to eat different colors of fruits and veggies as a way to get your micronutrients. You might also want to take a multivitamin if you find you're still not getting enough of the necessary vitamins and minerals through food alone.

WE'RE CONSTANTLY STRESSED

Your thyroid gland is strongly affected by stress levels. So many of us are feeling overly stressed way too often. This chronic stress is causing us way more damage than to just our thyroid, but it could be a cause of your thyroid disease. When we feel stressed, the adrenal glands release cortisol—our stress hormone. When cortisol is continuously

released, it inhibits the production of thyroid hormones and we get hypothyroidism. By finding ways to destress, such as exercise, meditation, or practicing self-care, you may significantly improve your thyroid health and will see a dramatic improvement in your overall well-being as well. Start prioritizing yourself and treat your downtime with as much importance as a work meeting or commitment with a friend. You owe it to yourself!

DIGESTIVE ISSUES

Your digestive system is full of bacteria, proteins, and broken-down nutrients. Digestive issues such as leaky gut syndrome can create a mess out of the immune system and lead to an autoimmune response in the entire body, which may be a cause of your Hashimoto's disease. An imbalance in the gut microbiota, known as dysbiosis, can also trigger an autoimmune response if there are not enough healthy bacteria to out-colonize the invasive pathogens. Either of these conditions can trigger the gut-associated lymphoid tissue (GALT), which is the immune system in your gut.

They can be caused by food intolerances, processed or artificial foods, or taking too many antibiotics. Food intolerances, such as to gluten or dairy, can create subtle chronic inflammation in the gut that disrupts the intestinal wall barrier. Once this barrier is compromised, you develop leaky gut syndrome, and intestinal contents such as bacteria spill into the circulation. This triggers the immune response because the body sees these as foreign pathogens, and ultimately, the overwhelming inflammatory response can trigger autoimmune disease.

HORMONE IMBALANCES

Many products that we use in our everyday lives contain synthetic estrogen-like chemicals known as xenoestrogens. These chemicals are found in cosmetics, fragrances, and even plastic containers. Xenoestrogens are pro-inflammatory and play a role in the development of autoimmune diseases by affecting the immune cells. Even natural estrogen can trigger autoimmune disease in some women who have more of the pro-inflammatory estrogen type.

10 SUPPLEMENTS FOR THYROID HEALTH

Selenium

Selenium is an essential mineral for our health. This element combines with other polypeptides to form the amino acid selenocysteine. The thyroid has a particularly high concentration of proteins that contain selenocysteine. These proteins are required to convert T4 into the more active thyroid hormone T3 and, therefore, they play an important role in hormone balance. Selenium has also been shown to reduce thyroid antibodies, which can help alleviate symptoms of autoimmune thyroid disease. However, selenium can worsen your disease if you also have an iodine deficiency, so be sure to check your iodine levels before taking this supplement.

Collagen

Collagen is the most abundant protein in your body. It makes up the majority of your cartilage, helps to give your skin structure and elasticity, comprises some of your muscle tissue, and keeps your nails and hair growing strong and healthy. Two quite common symptoms of hypothyroidism are brittle nails and hair thinning. Collagen can counteract these symptoms because this protein is comprised of amino acids that are essential for hair and nail strength. The main amino acids that collagen is made up of are proline and glycine. Proline is also the main component of keratin, the protein your hair is made up of. Therefore, collagen supplements can provide your body with the necessary molecules to build proteins that strengthen and grow your hair and nails.

Iodine

Iodine is an essential mineral whose largest role in the body is the synthesis of thyroid hormones. Your thyroid depends on iodine so much that an iodine deficiency can lead to thyroid disease. If you aren't getting enough iodine in your diet, you also can't make enough thyroid hormones, leading to hypothyroidism. **However, a high dosage of iodine can be equally as damaging.** Interestingly, too much iodine can lead to thyroid problems as well because your body will end up synthesizing too many thyroid hormones, which leads to hyperthyroidism. If you are taking iodine supplements, it is important to get your dosage right. The RDA is 150 mcg.

Vitamin D3

Vitamin D3 is a fat-soluble vitamin that your skin can produce when exposed to sunlight. Worldwide, many are deficient in vitamin D, especially individuals who live in colder climates and who don't see enough of the sun. Getting enough vitamin D from your diet alone can be tricky, and supplements are often required. Recent studies have shown a correlation between low levels of vitamin D and autoimmune thyroid disease. Vitamin D3 has anti-inflammatory properties and can suppress the immune system. As a result, it decreases the number of antibodies in the thyroid and lessens the severity of the autoimmune disease.

Inositol

Inositol, also known as vitamin B8, is not actually a vitamin at all but rather a sugar molecule. Our bodies can synthesize inositol and therefore, it is not considered a true vitamin. Inositol supplements can reduce levels of thyroid antibodies and are often taken in conjunction with selenium in order to reduce inflammation in the thyroid and ensure that it is functioning properly.

Probiotics

The gut microbiome has a tremendous impact on our health, more than we had previously ever thought. It most likely affects every single system in our body, so naturally, it also affects thyroid hormone synthesis and balance. Probiotics lead to a healthy gut microbiome, which helps thyroid hormone conversion from T4 to the more active T3. Additionally, an abundant and diverse gut flora decreases inflammation in the body, which can alleviate many symptoms of autoimmune thyroid disease.

Zinc

Zinc is an essential mineral that has many important functions in our bodies, including metabolism and supporting the immune system. Zinc also plays an important role in thyroid hormone balance. It lowers levels of cortisol (our stress hormone), which in turn, balances levels of our thyroid hormones. Zinc is also important for the conversion of T4 into T3.

Digestive Enzymes

Digestive enzymes are the enzymes necessary for breaking down and absorbing the nutrients from the food that you eat. Eating foods with the right nutrients will be completely ineffective if you have a problem with breaking these foods down and absorbing the nutrients into your bloodstream. These enzymes will ensure that the zinc, selenium, iodine, and other nutrients that you are taking to help support your thyroid will be available for your cells.

Amino Acids

Amino acids are like the building blocks of all the protein in our bodies. Although our bodies can produce some of them, there are many amino acids that are considered essential because we must get them from our diet. The thyroid

hormones are essentially made up of iodine and a specific amino acid known as tyrosine. Similar to how an iodine deficiency can lead to thyroid problems, so can a deficiency in tyrosine, although it is not as common. However, tyrosine is not the only amino acid that is necessary for thyroid health—other amino acids can indirectly improve thyroid functioning. For example, the collagen protein contains high levels of the amino acid glycine, which itself is extremely beneficial for thyroid function.

Ashwagandha

Ashwagandha is a well-known plant in herbal medicine. It is often used to reduce feelings of stress and anxiety. It is considered an adaptogen because it helps your body adapt to stressors or changes in your environment. A big part of its ability to do this is its role in balancing hormones. Studies have shown that taking Ashwagandha supplements can improve levels of thyroid hormones and can restore nearly normal functioning of the thyroid gland. Do not take with thyroid medication.

SIGN UP FOR THE 30 DAY 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 in this amazing program?

- 2 Thyroid Recovery Guides: Hormone Reset & Hormone Mindset
Dr. LuLu's Thyroid Protocol
- 1 30 minute visit with Dr. LuLu to discuss Recommendations & labs
Recipe Guides
Gratitude Journal & Law of Attraction Planner
Weekly Manifestation Meditations

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?

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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.

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.