



AUTOIMMUNE DISEASE AND *Hormonal Imbalance*

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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.

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WOMEN AT RISK

Women have a higher risk of developing an autoimmune condition than men. It's estimated that over 30 million women in the United States are living with an autoimmune condition. Since autoimmune disease is grossly misdiagnosed, the numbers are likely higher than estimated.

WHAT IS AUTOIMMUNITY?

Autoimmunity is a state of immune confusion that results in the immune system attacking the body. This attack causes severe inflammation and damage. Regardless of what type of autoimmune condition you have, the root cause is the same - a dysregulated immune system.

There are over 100 identified autoimmune disorders with the most common being:

- Hashimoto's Thyroiditis
- Grave's Disease (Autoimmunity is the leading cause of ALL thyroid disease, both hypothyroidism and hyperthyroidism. In fact, autoimmunity is the leading cause of thyroid disease.)
- Type 1 Diabetes
- Lupus
- Rheumatoid Arthritis
- Multiple Sclerosis

COMMON SIGNS OF AUTOIMMUNITY

- Achy muscles
- Fatigue
- Hair loss
- Low-grade fever
- Numbness and tingling in the hands and feet
- Skin rashes
- Swelling and redness
- Trouble concentrating¹
- (and many more)

WHAT CAUSES AUTOIMMUNITY?

While the exact mechanisms are not fully understood. It is believed there is a combination of factors such as:

- Genetics
- Endogenous Factors
- Environmental Factors

GENETICS

For autoimmunity to express, researchers believe there must be a genetic predisposition. While we cannot do anything about our genetics, research suggests that genetics alone is not enough, there must be a trigger that turns the

¹ <https://www.amymyersmd.com/2017/06/10-signs-you-have-an-autoimmune-disease-and-how-to-reverse-it/>

genes on. Triggers can be internal such as stress or hormone imbalance. Or environmental such as exposure to toxins or viruses.

ENDOGENOUS FACTORS

Endogenous means having an internal cause or origin. Examples of endogenous factors are aging, intestinal permeability (aka...leaky gut), and endocrine changes such as those that occurring during pregnancy, postpartum, and menopause.

ENVIRONMENTAL FACTORS

Some examples of environmental factors would be:

- Endocrine disrupting toxins (household, beauty care and food)
- Infections (Viral or bacterial)
- Stress (prolonged stress)
- Trauma (even childhood!)
- Certain medications

THE HORMONE AUTOIMMUNE CONNECTION

There is clear evidence for the role of female sex hormones in the immune disturbances that result in autoimmune disease². We know women go through at least two significant endocrine transitions during their lifetime, puberty, and menopause. Though there are other shifts that occur, such as pregnancy and breastfeeding. In women, these hormonal shifts exert significant effects on the immune system and can influence the susceptibility of autoimmunity.

Most women go through hormonal transitions without any problems at all. But a small percentage of women emerge with a heightened risk of developing autoimmune diseases. This is likely due to genetic susceptibility and environmental influences³. In women, there are interactions between endocrine hormones such as estrogens and androgens and immune responses. Despite this, autoimmunity is rarely discussed as a women's health issue.

WHAT CAN WE DO?

- Research suggests hormonal fluctuation, immune polarization, and transition states together drive susceptible women over the autoimmune "tipping point."⁴
- What's unknown is if autoimmunity can be prevented in women.
- Though I think we would all agree that living a healthy lifestyle and minimizing exposure to immune triggers makes good common sense for us as women.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6501433/>

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6501433/>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6501433/>

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 6 WEEK PROGRAM?

- **2 Thyroid Recovery Guides:** Hormone Reset & Hormone Mindset
- **21 DAY REGAIN YOUR THYROID POWER GUIDE**
- **Dr. LuLu's EXPERT Thyroid Protocol**
- **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 and Group Gatherings**
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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!

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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.