



# DR. LULU'S FERTILITY

*Tips for Success*

Steps you can start taking today to ensure a  
happy and healthy pregnancy.

[www.doiclulu.com](http://www.doiclulu.com)

# Meet Dr. LuLu



Dr. LuLu Shimek is a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety and fatigue. 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 see unimaginable changes in our well being.

Her 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, she journeyed through many careers, a true “renaissance woman”. Dr. LuLu studied interior design at the University of Georgia and has a doctorate from the prestigious Bastyr University. She also is an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Her 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.

Her new book Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love offers a visionary approach to empower readers on the path of self-discovery and self-mastery. This three step system is designed to heal trauma at the core level from this lifetime and many previous generations. These three areas of well-being are explored, in depth, with eleven primary alchemical interventions to facilitate healing down to the DNA level. With a series of introspective explorations, meditations, plant based formulas and profound insight, readers connect deeply to Detox, Nourish and Activate the brain, adrenal glands and heart for holistic healing and personal growth. The power for your healing journey is at your fingertips. Transform your health, your life, and your world.

Dr. LuLu facilitates 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, she is able to share her expertise with the veteran community about using plants to help heal and elevate their lives. She is invigorated by traveling and seeing the world with her husband visiting botanical gardens and anything related to delicious food.

*Dr. LuLu Shimek*



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# welcome

## NICE TO E-MEET YOU

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Deciding to get pregnant is an exciting time in life; you have made the decision you are ready to bring forth new life! Even though you are mentally ready, is your body? It is easy to get caught up in the daydreams of pregnancy and what your baby will be like, but have you thought about what important steps can be done to improve your chances of a healthy pregnancy and baby? Are you prepared for conception, and what comes after?

Why should anyone prepare for pregnancy? The body will be carrying extra weight, close to double the blood volume, and will require a lot more energy from all parts of the body to grow a baby and sustain a pregnancy. So what can you do to get your body baby ready? Let us share with you these simple steps for healthy pregnancy preparation.

Dr. LuLu






# THE 7 BEST SUPPLEMENTS FOR PREGNANCY

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The need for vital nutrients increases during pregnancy. Here are some of the best supplements for pregnancy to support the health of you and your baby.

## Why Take Pregnancy Supplements?


Although it is always important to get all of the vitamins and minerals your body needs, it's vital during pregnancy. You need to consume enough nutrients for yourself and your baby in order to have a healthy pregnancy.

Pregnancy increases the need for these vitamins and minerals and there are several reasons why you may not get everything you need from diet alone.

- ☐ Severe morning sickness
- ☐ Carrying more than one baby
- ☐ Having to follow a specific diet, for example, vegetarians or people on a restricted diet for health
- ☐ Poor diet, may be due to a small appetite or food preferences

The best thing you can do to support the health of you and your baby is to take prenatal vitamins but there are other supplements that you may wish to consider.

“Increased productivity because we learn to “say no” to the unimportant items and focus on what truly matters



Here are 7 of the best supplements for pregnancy.  
Just remember to consult your healthcare provider  
before taking anything.

## The Best Supplements For Pregnancy

01

### Probiotics

Probiotics are live microorganisms that are thought to improve and restore the flora in the gut. They are considered to be friendly bacteria and help to keep the digestive system healthy. They are safe to consume and can be found in pickles, yoghurt, sauerkraut, and cottage cheese.

Taking a probiotic supplement during pregnancy is thought to help with constipation and diarrhoea, and bacterial vaginosis. This is an infection that may increase your risk of premature labour.

02

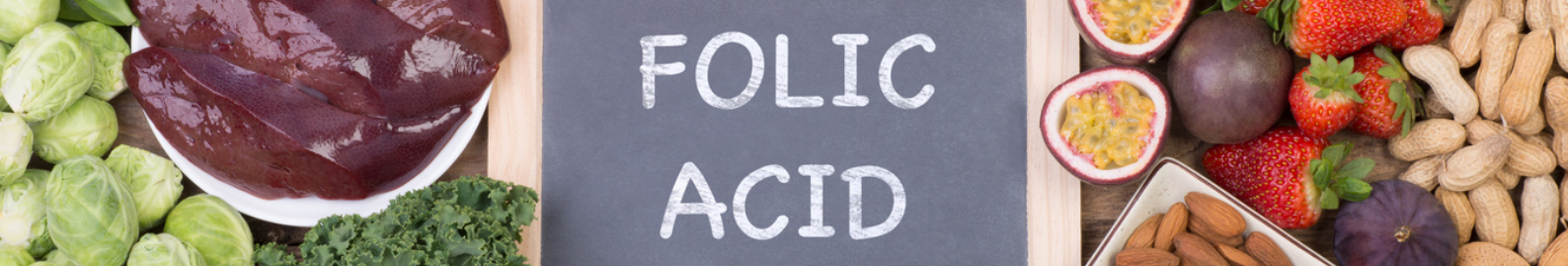
### Red Raspberry Leaf Tea

Red raspberry leaf is a plant that is well known for its therapeutic qualities. It was discovered that red raspberry leaf tea could be used as a uterine relaxant. If the uterus is more relaxed this could mean much easier labor and delivery.

As red raspberry leaf tea can stimulate the uterus it is recommended not to start drinking it until the second trimester of your pregnancy. I waited until my third trimester and began drinking it at around 34 weeks. It is safe to drink between 1 and 3 cups per day.

Drinking red raspberry leaf tea during pregnancy can have several benefits.

- It can help you have a shorter labor.
- The pain from your contractions can be reduced.
- Can reduce the risk of complications and the need for interventions during labor and delivery.



## 03

### Folic Acid

Folic acid is a form of B vitamin folate. Folate helps with red blood cell production and is crucial to the development of your baby's brain and spinal cord.

Taking folic acid during pregnancy helps to prevent a number of conditions in your baby.

- Cleft Palate
- Low birth weight
- Spina Bifida
- Incomplete brain development
- Premature Birth

It is also thought that folic acid can reduce the risk of miscarriage and pregnancy complications like pre-eclampsia.

It is recommended that you take 400mcg to 800mcg of folic acid every day while you are trying to conceive and all the way through your pregnancy. It is also recommended that you carry on taking it if you are breastfeeding your baby.

There are many foods that contain folate, like cereals, spinach, beef liver, and lentils.

## 04

### Vitamin D

If you don't get enough vitamin D while you are pregnant your baby may not get enough calcium and phosphate.

Not getting enough calcium during fetal development may cause your baby to have weak bones and teeth. They could also develop rickets although this is rare.

We get most of our vitamin D from the sun. We also get a certain amount from foods like oily fish, red meat, and, egg yolks. If you are mostly pregnant during fall and winter or if you live in a cooler climate then it is important to take a supplement so you and your baby are getting enough vitamin D.

It is recommended that pregnant women take 10mcg of vitamin D each day to help with their baby's bone development.

Vitamin D may be included in your prenatal vitamins so its worth checking before buying them separately.



## 05

### Vitamin B6

Vitamin B6 is important for your baby's nervous system and brain development. It is thought to help prevent eczema in your baby. It can also help with morning sickness and helping your blood sugar levels remain healthy.

A pregnant woman can take a supplement of 10mg to 25mg vitamin B6 per day. This is another one that may be found in your vitamins so always check with your doctor before taking it.

## 06

### Iron

During your pregnancy you will need twice as much iron as you usually do because your body is making extra blood for your baby.

You need to make sure that you are eating foods with high iron content. These include liver, kidney beans, lentils, and raisins.

It is also recommended that you take a supplement of 30mg per day, this can usually be found in your prenatal vitamins.


## 07

### Magnesium

Magnesium has a role in many functions in your body including immune, nerve, and muscle functions. It is an incredibly important mineral during pregnancy because a magnesium deficiency can cause a greater risk of high blood pressure and premature birth.

It is recommended that you take 350mg a day if your magnesium intake is low. This could be the case if you are vomiting a lot during your pregnancy. However, it is important to consult your doctor before taking a magnesium supplement to ensure your intake is not too high.

These are some of the best supplements for pregnancy, this does not mean that they are right for your pregnancy. Always check with a doctor before taking any supplements.



DETOX

## *In Closing*

Taking good care of your body and mind will prepare you for pregnancy and give your baby a healthy start.

A healthy pregnancy begins before you become pregnant. It actually begins long before you even think about motherhood. Take a moment to learn what you can do now to make sure any future pregnancies are planned and healthy.  
All women can benefit from some basic pre-pregnancy planning.

Women experience depression and anxiety, as well as other mental health conditions, during pregnancy and after the baby is born. These conditions can have significant effects on the health of the mother and her child. Getting mentally healthy before you get pregnant can help minimize the effects of these conditions.

So use the information provided here you and plan the best possible pregnancy you can have and good luck!

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motivation & inspiration*

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THANK YOU



I wanted to take this opportunity to express  
how thankful I am to have you here.

I hope you find great value in this Free  
Course I created for you!

Thank you!