



DR. LULU'S FERTILITY

Tips for Success

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

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

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





RITUALS AROUND THE WORLD





Birth is one thing that all human beings share in common, although our birth experiences are all unique. Birth practices, traditions, and rituals are all greatly influenced by the society and culture in which we live. There are many birth rituals around the world that are intriguing!

Things that may be completely 'normal' in Mexico (for example) may seem strange to those living in Australia. The differences in birth practices in developed countries can, surprisingly, also be startlingly big. For example, around half of all women in Brazil give birth via c-section. In some private hospitals, the rate of c-sections can be as high as 80 percent. In the Netherlands, this number is much closer to 10 percent, which is the rate recommended by the World Health Organization.

It's not just hospital practices that affect birth across the world – culture and tradition play a significant role. In the US, where pain medication is accepted as a normal part of birth, over half of all women have epidurals during labor. This contrasts with Japan where many women labor without pain relief. There is a traditional Japanese belief that labor pains help to prepare women for motherhood and that labor pains should be endured.



Everything grows rounder and wider and weirder, and I sit here in the middle of it all and wonder who in the world you will turn out to be. — Carrie Fisher



For thousands of years, herbs have been used to ease a woman's path through pregnancy, labor, and birth. Recently much research has been done, and herbal remedies are still effectively used in childbirth. The use of ancient herbal remedies is slowly but surely taking their rightful place back by the mother's side. The use of herbal remedies can be used throughout the whole pregnancy experience!

One of the first things you learn when pregnant is a long list of things you shouldn't do while pregnant. This includes foods you shouldn't eat and medicines you can't use. It's hard to know what you can use and it's easy to feel like there's nothing you can do during pregnancy but soldier on. Here are some herbs I love to help women with during their pregnancy.

Nettle

Nettle can be used throughout pregnancy. It's great for keeping your energy levels up as it's a good source of many vitamins and minerals. This includes Vitamin A, B, C, D, K, and the mineral iron. It's a super-food in its own right. Keeping your iron levels is especially good during the last trimester as it's inevitable that some blood will be lost during labor itself. It's also good for helping you with a good milk flow after birth.

Raspberry

Raspberry is the most well-known herb for women during pregnancy. You have probably heard about women using it to start labor. But this isn't actually very effective. Raspberry leaf is like exercise for your uterus, it takes time to build up strength.

Chamomile

Chamomile is a gentle relaxant. We're all familiar with Chamomile thanks to its availability in supermarkets. Not only does it help you relax but it also helps you maintain a healthy balance of bacteria in your gut.



Marigold

Marigold grows in many of our gardens. It's a great herb to know about during pregnancy as it's perfectly safe from the third trimester as a tea. But it's safe throughout pregnancy if you use it as a cream. It has anti-fungal properties which make it really useful for treating thrush during the last trimester of pregnancy.

Oat tops

We're all familiar with porridge but you in herbal medicine it's the straw and seeds we use. It helps you to relax and restores the nervous system when stress has taken its toll. It's hard to avoid stress during pregnancy, try as we may, and stress leads to many health problems.



You are pregnant and you are powerful. You are bold and you are beautiful. Go forward in your boldness, in your beauty and in your contentedness. Trust your body to birth and know that the collective power of women worldwide will be with you. — Unknown

* This information is provided for educational purposes only and is not intended as medical advice. Please consult with your healthcare provider for medical advice related to any of these herbs or products.



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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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!