



# 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 IMPORTANCE OF A PRE-PREGNANCY DETOX

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# Detox

Our concern for a growing baby often starts when we get pregnant, but given the toxic load most of us carry around, we should be thinking about detox if/as we think about getting ready to conceive. There are a number of fairly easy pre-steps that are beneficial for all women to check off first, like starting a prenatal vitamin and supplement regimen, detoxing your personal care routine, and eating organic as possible (in just a few days, many pesticides and herbicides from food leave the body).

It's worth the effort: Babies today are born pre-polluted. One Environmental Working Group study found a total of 232 toxic chemicals in umbilical cord blood; another found 287 different industrial chemicals and pollutants—180 of which are known to cause cancer in humans and 217 of which are toxic to the brain and nervous system.

## HOW TOXINS AFFECT FERTILITY

Environmental toxins can also affect fertility, egg health, and semen quality in a big way.

In the Scientific Statement of The Endocrine Society, they present gobs of evidence that endocrine-disrupting chemicals have negative effects on the male and female reproductive system.

Endocrine disruptors are implicated in a whole host of hormonal issues and reproductive disorders in women including:



- polycystic ovarian syndrome (PCOS),
- premature ovarian failure (POF),
- decreased ovarian reserve,
- uterine fibroids,
- endometriosis, and
- ectopic pregnancy
- disruption of female reproductive tract development

# POSTPARTUM AND LACTATION—CHEMICALS AND OTHER TOXINS IN BREASTMILK

Breastfeeding is yet another reason to minimize exposure to toxins.

Unfortunately, the toxic body burden continues to be mobilized into the mother's milk during the postpartum period. This is best studied with regard to maternal lead exposure and subsequent lead levels in mother's milk. More recently the FDA has warned against the presence of mercury in breastmilk, related to dental amalgams (silver fillings)

According to the CDC's Guidelines for the Identification and Management of Lead Exposure in Pregnant and Lactating Women,



"Bone lead stores are mobilized in pregnancy and lactation for women with prior lead exposure, which is a concern since lead released into maternal blood and breast milk can adversely affect the fetus or newborn."

## WHEN TO START A FERTILITY/PRECONCEPTION DETOX

You'll want to begin detoxing at least 3-6 months prior to conception... with 3 months being the bare minimum.

Why? Because your follicles are recruited every 3 months, which means you'll get the best chance at healthier eggs. Plus, toxins accumulate over years and are stored in your fat, bones, and organs so you want to give those toxins plenty of time to leave your body before conception.

Women with conditions suggestive of environmental toxicity (multiple chemical sensitivity, chronic fatigue, fibromyalgia, autoimmunity), known toxic exposures, or genetic polymorphisms like MTHFR, may want to work with a functional medicine physician on this.

If you don't have a bare minimum of 3 months to do a preconception detox, you're already pregnant, or you're nursing do not attempt to detox!

Repeat, pregnancy and lactation are NOT the time to detox. What you can do is take steps to reduce your exposure to toxins, which will greatly benefit you and your baby.




## *In summary*

- ✓ Given the evidence of toxic body burden in women of childbearing age and how those toxins can impact fertility, pregnancy, and the fetus it is wise to consider detoxing before pregnancy.
- ✓ Begin your detox at least 3-6 months before activity trying to conceive (the more time you give yourself the better).
- ✓ You can make your detox more targeted and effective by working with a functional medicine physician (like me!), because we can identify which toxins need to go, customize a protocol, and track your progress.
- ✓ The first place to begin is by cleaning up your food by eating healthy, organic foods that promote detox and by removing harmful chemicals from your home environment.
- ✓ Removal of dental amalgams by an experienced dentist (preferably certified by the IAMOT), which contain mercury, should be considered within that 3-6 month (or more) window of safe preconception detox.
- ✓ Have you missed the 3-6 month window, are already pregnant or breastfeeding? You can still make big strides to protect yourself and your baby by limiting your exposure to toxins, chemicals, and pesticides by following the diet and home optimization recommendations.

READY TO COMMIT TO A HEALTHIER BODY  
FOR YOU AND YOUR PRECIOUS BABY?

Preconception/fertility detox is one of my specialties as a fertility specialist. [Click here to learn more about becoming a client and to book a consultation.](#)





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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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!