



DR. LULU'S 5 STEP

Liver Detox

WWW.DOCLULU.COM

TABLE OF CONTENTS

<u>MEET DR. LULU SHIMEK.....</u>	<u>3</u>
BENEFITS OF SUPPORTING THE LIVER	4
WHAT DOES THE LIVER DO?	4
WHY IS IT IMPORTANT TO DETOX THE LIVER?	4
SUPPORTING THE LIVER HELPS IN:	5
WHAT DOES THE LIVER DO?	5
A TOXIC LIVER LEADS TO DISEASE	6
ENVIRONMENTAL TOXINS THAT AFFECT THE LIVER	6
CLEAN FOOD PREP	6
THE DIRTY DOZEN	7
LESSEN THE LOAD IN THE HOME	7
HYDRATING WITH WATER.....	8
HYDRATING WITH WATER RECIPE	8
WHAT IS A SAFE LIVER CLEANSE?	8
SIMPLE DAILY DETOX TOOL	9
<u>5 STEP LIVER DETOX.....</u>	<u>10</u>
STEP 1 - EATING TO SUPPORT THE LIVER.....	10
STEP 2 – BOTANICAL MEDICINE & ESSENTIAL OILS	11
STEP 3 – SUPPLEMENTS	11
STEP 4 – EMOTIONAL RELEASE	12
STEP 5 - COFFEE ENEMAS	13
<u>A LOVING DISCLAIMER.....</u>	<u>16</u>



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.

BENEFITS OF SUPPORTING THE LIVER

Your health and well-being depend on how well your body removes and purges toxins. With exposure to environmental toxins, toxic body care products and processed foods, you are in desperate need of a serious detox! A liver cleanse is a great way to do this.

- Glowing Skin
- Easy Digestion
- Peaceful Sleep
- Mental Clarity
- Blood Sugar Balance
- Immune Boost
- Natural Weight Management
- Natural Toxin Reduction

WHAT DOES THE LIVER DO?

- Cleanses the blood
- Removes toxins from the bloodstream
- Produces bile, which is important for digestion
- Processes nutrients from food
- Builds proteins

WHY IS IT IMPORTANT TO DETOX THE LIVER?

- Increase liver function
- Natural, daily detoxification
- Eliminate toxic build up
- Cleanse & detox 4x/year

SUPPORTING THE LIVER HELPS IN:

- Releasing stubborn weight
- Having more energy, all day, everyday
- Kicking cravings to the curb
- Boosting mental clarity and productivity
- Having clear skin
- Improving digestion
- Increasing immunity
- Balancing hormones

WHAT DOES THE LIVER DO?

- Fatigue
- Depression
- Headaches
- Digestive Distress
- Hormonal Imbalances
- Brain Fog
- Skin Issues like acne
- Weight Gain
- Disrupted Sleep
- Frequent Colds
- Brittle Nails
- Bloating
- Gas
- Low Libido
- Processing nutrients absorbed by the intestines, so they are more efficiently absorbed.
- Regulating blood composition to balance protein, fat, and sugar.
- Destroying old red blood cells.
- Breaking down and metabolizing alcohol and medications.
- Producing essential proteins and cholesterol.
- Removing toxins from the bloodstream, including bilirubin, ammonia and others.

A TOXIC LIVER LEADS TO DISEASE

- Allergy and asthma
- Blood Sugar Imbalances
- Obesity
- Fibromyalgia
- Fertility problems
- Cancer
- Auto-immune diseases

ENVIRONMENTAL TOXINS THAT AFFECT THE LIVER

- Air
- Water
- Pesticides, herbicides, steroids
- Home products
- Beauty products

CLEAN FOOD PREP

- Use stainless steel or a glass drinking container, reduce or eliminate all plastic utensils, plates, and storage containers
- Store food in non-plastic containers and bag when possible
- Never microwave in plastic containers
- Use BPA-free plastic containers

THE DIRTY DOZEN

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce

LESSEN THE LOAD IN THE HOME

- Switch to natural household and personal care products
- Always read the labels and check the ingredients
- Remember that your liver must process all the toxins encountering your body day in and day out.

HYDRATING WITH WATER

- Hydrates and lubricates the body
- Moves vital nutrients through the body
- Removes waste and eliminates toxins
- Regulates body temperature
- Eases digestion and promotes healthy poop!

HYDRATING WITH WATER RECIPE

1 cup room temperature water
Juice from 1 lemon
1 tablespoon Bragg's raw apple cider vinegar
1 teaspoon raw honey OR a couple drops of stevia
Dash of sea salt
Dash of cinnamon

Stimulates digestion, releases toxins from the liver, jumpstarts your digestive enzymes, and is loaded with vitamin C.

WHAT IS A SAFE LIVER CLEANSE?

A safe and effective detox protocol should involve:

- A gradual approach that reduces inflammation and lessens the toxic load in the body using real whole food
- Involves enough foods and protein to support the bodies detoxification and elimination process without deprivation
- Reduces sugar and caffeine addictions
- Crowds out the foods that wreak havoc on your system while nourishing the body

SIMPLE DAILY DETOX TOOL

TONGUE SCRAPING

- Removes bacteria that can lead to poor digestion and liver stagnation
- Involves enough foods and protein to support the bodies detoxification and elimination process without deprivation
- Reduces sugar and caffeine addictions

5 STEP LIVER DETOX

One of the main ways that the body rids itself of toxins is through the liver. In fact, the liver is one of the hardest working organs in the body. It works tirelessly to detoxify your blood; produce the bile needed to digest fat; break down hormones; and store essential vitamins, minerals and iron. When liver function is not optimal, we cannot digest our food properly, especially fats.

Today, we are faced with so many environmental toxins occurring in our homes, places of work and in our food supply. It is essential for our general health and well-being to keep our livers functioning properly.

STEP 1 - EATING TO SUPPORT THE LIVER

- Garlic
- Carrots
- Beets
- Grapefruit
- Green Tea
- Leafy Green Veggies
- Avocados
- Apples
- Extra Virgin Olive Oil
- Lemons
- Limes
- Turmeric
- Cabbage {kimchi, sauerkraut}

SUGAR: THE HUGE LIVER TOXIN

- Sugar reacts like cocaine in the brain
- Leads to digestive issues, blood sugar imbalances, and even diabetes
- Hidden sugars can be found in most boxed, canned, and bottled food items

STEP 2 – BOTANICAL MEDICINE & ESSENTIAL OILS

The liver is a complex organ with many functions that we've only hinted at. Promoting strong liver health and activity is vital for your body's overall health and performance. There are many essential oils and medicinal herbs that help promote liver health.

HERBS

Milk thistle (*Silybum marianum*), also known as silymarin, is a group of flavonoid compounds that exerts a protective effect on the liver against damage and enhances the detoxification process. Schisandra chinensis promotes detoxification and stimulates liver regeneration.

Dandelion (*Taraxacum officinale*) root has a natural diuretic effect, allowing your liver to eliminate toxins more quickly. It also helps to strengthen the immune system, balance blood sugar levels, relieve heartburn, and soothe digestive upset.

ESSENTIAL OILS FOR LIVER DETOX

- Cardamom
- Carrot Seed
- Chamomile
- Fennel
- Grapefruit
- Ginger
- Lemon
- Lemongrass

STEP 3 – SUPPLEMENTS

SUPPLEMENTS

A high potency multivitamin and mineral can help protect against toxin exposure.

Antioxidants like vitamin C, beta-carotene, and vitamin E protect the liver against damage, as well as aiding in the liver's detoxification process.

B vitamins, calcium, and trace minerals also play a role in the elimination of heavy metals and other toxic compounds. Lipotropic nutrients (compounds that stimulate the flow of bile and fat to and from the liver) such as choline, betaine, methionine, vitamin B6, folic acid, and vitamin B12 are important.

They have a "decongesting" effect on the liver, promoting both improved liver function and fat metabolism.

Take Liver supplement that guarantees no hormones, pesticides or antibiotics are used in the feeding and care of the cattle. These supplements are rich with vitamins A and B, folic acid, choline, iron, copper, zinc, chromium and CoQ10.

STEP 4 – EMOTIONAL RELEASE

The emotion associated with the Liver is anger. If you are often irritable, get angry easily, have trouble unwinding from the day's activities, have trouble reasoning or going with the flow and letting things go, you are experiencing a Liver function problem. Experiencing these emotions chronically or excessively can seriously unbalance the function of your Liver.

AFFIRMATIONS:

"I remain calm and centered even in frustrating situations."

"I am completely healed of all anger and resentment."

TOP RECOMMENDED CRYSTALS FOR RELEASING ANGER:

- **Peridot** - removes blockages to receive
- **Amethyst** - helps to identify the root
- causes behind behaviors, habits and emotional patterns that create disease.
- **Blue Lace Agate** - calming and centering it helps to soothe nervous or worried dispositions.
- **Rose Quartz** - calming for the mid, assisting in releasing worry, fear, anxiety, and past emotional trauma.

STEP 5 - COFFEE ENEMAS

Coffee enemas help with constipation, reduce fatigue, and aid in liver detoxification. During the enema, organic coffee is retained in your bowel, allowing the fluid to enter the liver through the intestinal wall. This has a stimulating effect that increases bile flow, helping to jump-start both your gallbladder and your liver. This sparks the production of the chemical glutathione, a strong cleansing compound that helps to release the buildup of toxins in your system.

Eliminating the toxins during a liver cleanse is critical so they don't build up and are moved quickly out of your system.

HOW TO DO A COFFEE ENEMA:

- Combine 2 tablespoons of organic ground coffee with 3 cups of filtered or distilled water in a pot and bring to a boil.
- Simmer gently for 15 minutes and allow to cool.
- Strain the mixture through cheesecloth and use in your enema kit.
- Try to retain the mixture for 10–15 minutes and then release.
- Enema Kit Recommendations:
 - Aussie Health Co Non-Toxic Silicone Enema Bag Kit. 2 Quart. BPA & Phthalates Free

ARE YOU READY TO CLEANSE YOUR LIVER?

Think about how amazing your body, mind and spirit could feel with even more nourishing food and healthy habits.

If you're ready to love the body you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a detox program that takes your health, life, and energy to the next level?

Join me for my 3-week DIY GENETIC DETOX PROGRAM \$199

Use coupon code [GENETICDETOX100](#) to save \$100

[SIGN UP HERE](#)

DR. LULU'S GENETIC DETOX PROGRAM™

- Gently cleanse the damaging toxins from your whole body
- Re-build a strong immune system and reboot your adrenals.
- Improve your hormone balance and feel less stressed, exhausted, and rundown.
- Improve the look of your skin, hair, and nails, naturally
- Dramatically improve your gut health so you can enjoy healthy, regular digestion and an additional immune boost.
- Shed the toxins that lead to weight gain, bloat, and belly fat
- Enjoy real, delicious, nourishing foods that energize and revitalize your mind and body!

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?

[Book an appointment with Dr. LuLu](#)

Follow me on IG [@drlulushimek](#)

Follow me on [Facebook](#)

[For more health tips check out the blog!](#)

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.

All materials are copyrighted and remain the property of Dr. LuLu Naturopathic Clinic, LLC. Materials made available to the private group forums, by email or any other means, may not be distributed in any fashion, print nor electronic, without the expressed written permission of the respective owner. Thank you for your professional understanding.

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.