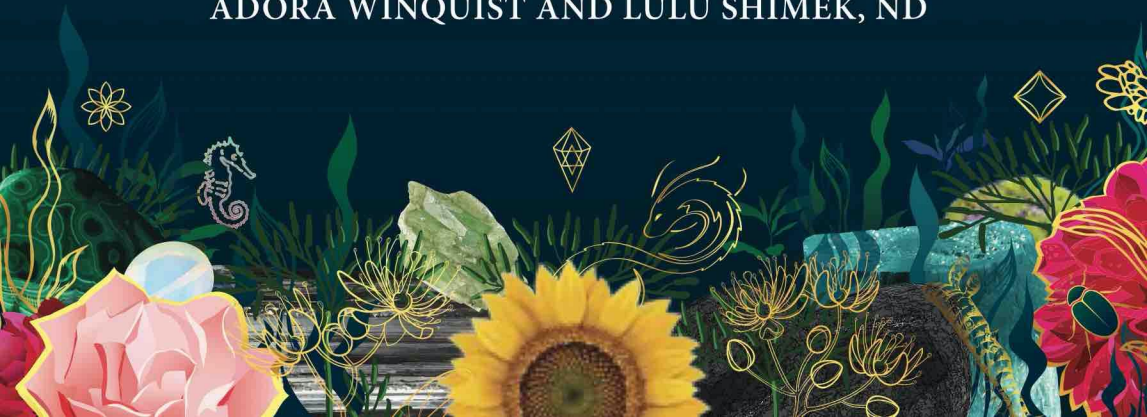




Plant & Vibrational Medicine for Energy, Mood & Love

ADORA WINQUIST AND LULU SHIMEK, ND



PRAISE FOR DETOX NOURISH ACTIVATE

In these volatile and difficult times many are looking to complementary healing modalities to assist in achieving optimum physical, emotional, mental and spiritual well being. *Detox Nourish Activate* explores healing dis-ease at the root level. Packed with information, meditations, and plant based formulas, this book should be on the bookshelves of every lightworker.

**Steve Nobel, Author, Spiritual Coach and
Founder of the Soul Matrix Healing System.**

Healing is a process without a direct trajectory or a one-size fits all solution. Luckily, *Detox Nourish Activate* serves as a playbook and in depth workbook that will help each person who reads it discover their own unique nature and heal the core blockages to wellness and freedom. No book I've come across encompasses such an eclectic approach to healing and self actualization.

**Blake Myers, ND, Physician, Teacher,
Author of *The Natural Apothecary*.**

Detox Nourish Activate is an impressive and exciting book of information as well as experientials to guide one on a deep and profound

journey of healing at all the levels of our being: physical, mental – emotional and spiritual. For those who want to work on healing themselves outside of or complementary to the allopathic paradigm, this is the book to accompany you on that journey. This is also a great book for those who just want more out of life and want to live life to their fullest capacity.

**Lisa VanOstrand, President Barbara Brennan
School of Healing.**

Adora Winqvist is a plant whisperer who teaches us how to understand plant languages for our own specific health issues. Her new book, *Detox Nourish Activate* is a treasure trove and a wonderful guide for authentic self-care.

Mary Bemis, Founder, Insider's Guide to Spas.

Detox Nourish Activate is a groundbreaking book that inspires the reader to take charge of their physical, emotional, mental, and spiritual well-being with a powerful integrative approach for sustainable health and vitality. LuLu Shimek, ND and Adora Winqvist masterfully interweave years of wisdom, expertise and experience, while offering the reader a guide for self-empowerment to overcome the health challenges of today.

**Donna Evans Strauss, Author, Senior Faculty,
Barbara Brennan School of Healing.**

The authors of *Detox Nourish Activate* aims to empower readers to “unlock the unlimited healing powers” held within us. This book is a great self help tool for everyone interested in seeing and acting beyond the ordinary.

**Nasrin Safai, Author, Mindfulness Coach,
and Spiritual Teacher.**

The information contained in this book is for the reader to make life altering changes by not continuing to repeat the same patterns. A passage from the book “everything you need to live the life of your dreams is within you.” The answers are contained in the words from the authors. Making these life altering changes requires a person to heal at the subconscious level. Learning to connect with your authentic self

and grow into your truth as a divine being of light is the challenge. This book gives you the answers you need. Happy Reading.

**Robert Allen Walls, President of Inner Search Foundation,
Author, Publisher, Teacher, Healer.**

Detox Nourish Activate speaks of the infinite possibilities of health, peace, and joy that is attainable to all seekers. Adora and Dr. LuLu are undoubtedly long practicing experts in their fields, with vast knowledge beyond what we learn in the everyday world. This book is anything but ordinary and deserves to be picked up, explored and implemented. It takes you to a comprehensive depth with the invitation to take back the power of your health, your life and your ultimate freedom.

**Kristin Rocco, Yoga Teacher, Author of *50 Days of Grace*,
Owner of Breathing Web Farms.**

Whether you're just beginning to tap into the wisdom of vibrational medicine or are an avid practitioner, this book offers a wholesome, practical step-by-step process to identify key areas for healing the emotional, spiritual, and physical aspects of dis-ease. Adora and Dr. LuLu offer compassionate, integral, and resourceful guidance that is beautifully reinforced with illustrations, diagrams, and meditations that welcome you to connect and receive the botanical, the crystal, and the animal kingdoms as your silent benefactors on your path of self-healing and transformation. This book will become your ally for each new layer of your evolution.

**Patsy Balacchi, Feng Shui Consultant & Energy Healer,
Creator of Zenotica.**

This book couldn't be better timed, as we now know that our DNA does not solely determine the health we will experience. The *Detox, Nourish, Activate* book shares how we can empower and optimize our DNA through powerful tools, techniques and lifestyle changes, many of which are all shared. This book invites you to take a whole person approach to clearing away that which no longer serves your health in your mind, body, heart and spirit. Thanks to this book you have the tools to enable you to effectively nourish and replenish your energy in order to activate your optimal health. The time to begin transforming your health and wellbeing is now, happy reading!

**Dr. Rachel Dew, Doctor of Natural & Integrative Medicine,
Author of *Healing the Total Self* and CEO of ModiHealth.**

DETOX NOURISH ACTIVATE

DETOX NOURISH ACTIVATE
Plant & Vibrational Medicine
for Energy, Mood & Love

LuLu Shimek, ND and Adora Winqvist

AEON

First published in 2021 by
Aeon Books
PO Box 76401
London W5 9RG

Copyright © 2021 by Lulu Shimek and Adora Winquist

The right of LuLu Shimek, ND and Adora Winquist to be identified as the author of this work has been asserted in accordance with §§ 77 and 78 of the Copyright Design and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

Cover Design and Illustrations by Patsy Balacchi, USA

British Library Cataloguing in Publication Data

A C.I.P. for this book is available from the British Library

ISBN-13: 978-1-91280-796-3

Typeset by Medlar Publishing Solutions Pvt Ltd, India
Printed in Great Britain

www.aeonbooks.co.uk

Loving Disclaimer: The formula and treatment information contained in this book is not meant to take the place of direct medical advice, but rather, as an educational and informational resource on your personal healing journey. Although the dosages and recommendations throughout the book are generally safe adult doses, readers should always consult with a medical professional regarding their current health. This will ensure that any health decisions you make are not only in your best interests but also are safe with medications or supplements you make currently. Readers who fail to consult any appropriate health providers do so at their own risk of injury or harm. The authors and publisher bear no responsibility for errors or omissions.

DEDICATION

We offer this book to all seekers on the path of health, wholeness, and freedom. May these pages of wisdom offer a guide to deepen self understanding and the ability to transform your life into one of love, happiness and infinite energy.

It is with great gratitude that we offer a blessing to both of the lineages seeded within our DNA, to bring this divine knowledge forward for the benevolence of human evolution.

We pledge our devotion and mission to the activation of the ancient wisdom of the plant, animal and mineral kingdoms that has been forgotten. May this book ignite the deep knowledge innate within all of humanity for the healing and renewal of our sacred planet.

*“Dare to declare who you are. It is not far from the shores
of silence to the boundaries of speech. The path is not long,
but the way is deep. You must not only walk there;
you must be prepared to leap.”*

– Hildegard of Bingen

*“You stand with one foot in the physically based reality,
and the other in the spiritually based reality.
What is in between, is the solid ground of your core.”*

– Barbara Brennan (Heyoan)

TABLE OF CONTENTS

| | |
|---|------|
| <i>FOREWORD</i> | xiii |
| <i>ACKNOWLEDGEMENTS</i> | xvii |
| <i>WE WELCOME ALL OF YOU AND THE ALL OF ALL OF YOU</i> | xix |
| <i>HOW TO USE THIS BOOK AS YOUR TRANSFORMATIONAL GUIDE</i> | xxv |
| <i>CHAPTER 1</i> Grounding Down – Getting to the Root | 1 |
| <i>CHAPTER 2</i> You are the Ancient Tree of Life | 25 |
| <i>CHAPTER 3</i> Trauma – Your Portal to Freedom | 33 |
| <i>CHAPTER 4</i> Opening to the Blessing Stream of Abundance | 49 |

| | |
|--|-----|
| <i>CHAPTER 5</i> | |
| Freedom Photon Wheel | 63 |
| <i>CHAPTER 6</i> | |
| Loving Yourself Inside and Out – The Heart | 91 |
| <i>CHAPTER 7</i> | |
| Unlocking Your Unlimited Energy – The Adrenals | 209 |
| <i>CHAPTER 8</i> | |
| Mood Boosting Bliss – The Brain | 317 |
| <i>CHAPTER 9</i> | |
| Conclusion and Integration | 431 |
| <i>APPENDIX A</i> | |
| Aromatherapy Formulations | 435 |
| <i>APPENDIX B</i> | |
| Botanical Formulations | 439 |
| <i>APPENDIX C</i> | |
| Cleansing and Care of Crystals | 445 |
| <i>GLOSSARY OF TERMS</i> | 447 |
| <i>REFERENCES</i> | 451 |
| <i>BIBLIOGRAPHY</i> | 455 |
| <i>GENERAL INDEX</i> | 459 |

FOREWORD

From the moment I started reading this book I recognized that it is much more than what I imagined it to be. The authors have gone far beyond what one could imagine on a topic that is already vast. The focus is clearly to interact with the book through integrated healing and a personalized journey of taking back your life through multiple modalities relating to health and wellbeing. It begs you to ask what is next and how do I get there to reset the clock and unlock the power within knowing that you are much more than your thoughts, memories, pain and suffering and beyond living in survival mode.

The book starts off with some poignant questions we do not often like to ask since we may not want to know the answers. There is always a fear that we may find out that our whole existence may not reflect who we really are. This confronts the reader to look within and then to continue onward. It invites you to see yourself exactly where you are, knowing that everything you have done has brought you to this moment. This is a reassuring start and a sign that you are in the right place with thoughts of a life of unlimited possibilities; seeing who you really are is not always who you have become. You are taken through a journey of your own evolving self.

To achieve this the premise is simple: detox, nourish, activate, and heal yourself from your past, present and future through a clearing and reversing of the cellular damage in your genetic DNA. After all, DNA stores the memory imprints of physical, emotional, mental, and spiritual trauma. In some respects, it involves reverse engineering your life backwards and forwards to a place where trauma is cleared to regain your life force in order to align with your destiny. Detoxing, not just of the body, but in the letting go of everything that is no longer needed or desired.

When I first met Adora, over twenty years ago, I felt that I had known her well before I knew her and like a labyrinth heading towards the center, we collided while on an aromatic tour of southern India. In one moment of opening myself to nature, in its purest form, I was met with an equal force of love from my divine opposite. In our twenty-year journey as friends and colleagues I have witnessed firsthand her evolving, self-rising and falling only to reappear in a new version of herself, integrated through incredible hardship and loss. Like a plant, she has grown, learned, distilled, and re-emerged from the ashes in a new form and where each time more of her greatness has been revealed. She is clearly one of the world's authorities in vibrational medicine and she clearly practices what she teaches.

I met Dr. Lulu for dinner in a cozy French restaurant in the heart of London. From the first moment I sensed her extensive wisdom and playfulness in a way that she sees the world in its beauty and magic. I was immediately captured by her brightness, quick wit and her core passion for health and physical well-being. Her masterful approach to healing encompasses leading edge genetic medicine, intertwined with the versatility of herbal therapeutics to offer a unique insight to restoring vitality. Dr. Lulu's passion and dedication in the world of healing shines brightly through her work. Her path of healing is recognized through her commitment to DNA level healing.

Adora and Dr. Lulu clearly want you to be active participants as part of their journey. They weave their own personal healing stories of recovery into the mix, a process that gets you to see them as real and authentic teachers who clearly walk the same path as they teach. On the one side, the book is very logical, specific, instructional, and informative and on the other it is energetic, alchemical, and magical. The path is to resolve trauma and to claim back what is rightfully yours—your health and well-being, in a playful and interactive format. It is easy to

read and comprehend and nudges the reader to dive deep and absorb a lifetime of information in one sitting. It is a recovery manual where I clearly learned something about myself in the process. The result, being a journey within of listening and rediscovering my own passion and life purpose through the silence of connecting my heart to the unknown parts of me found in my DNA.

In almost 40 years of my commitment to healing and vibrational medicine, I have concluded that the topic is far too great a subject to understand in a lifetime. Truth be told, I have understood more than I have integrated. It is my conclusion that it is not what we know that transcends us to greatness, but how we live our life based on the direct action that we take. What I have discovered is that we are far greater than anything we know or have learned. From our genetic past and need to connect with a higher power is a desire to be heart awakened and not so mentally driven. I recognize that without change everything around us, including ourselves, withers on the vine and what is ignored will undoubtedly come back to haunt us. What we think is the truth is often the opposite and when we are still, everything is revealed on a need-to-know basis when the time is right. From the unconscious to the conscious, from DNA to life well beyond the physical; from the need to know everything to being in the moment; we often do not have any answers to the questions that confront our very existence. From quantum physics to quantum mechanics there is nothing that is off limits when it comes to the mysteries of the universe. Yet, life is clearly passing us by, and we are often none the wiser.

And then there is plant-based healing and vibrational medicine where all the questions have answers that can be found in the life of plants: from their physical chemistry, color, odor, aroma shape, location, extraction, and vibration that cannot always be seen but can surely be felt. Plants have existed from the very beginning of time to the present and they hold the answer to where we have come from and where we are heading. They have adapted, transmuted, distilled themselves, evolved and hold the answers to life's biggest mysteries of why we are here, what we need to know and how to change. However, plants do not speak our language and instead communicate through their entire being made up of matter and a complex chemistry containing thousands of constituents. All one needs to do is to observe everything a plant is by recognizing that like humans, plants are an expression of the natural world for us to use in diluted or concentrated form. To pay

attention to what we see and what cannot be seen that can only be felt when we feel the vibrations within our hearts. Like us, plants are whole, and every part of their existence has meaning.

This book connects to the reader not just in words but through directions, empowering diagrams, exercises, making of aromatic blends, light wheels, and continues to connect beyond the pages into online meditations. What is described is clearly more than just the physical and involves the emotional and spiritual as well as a necessary change in our internal chemistry through a connection to the heart, the body, the earth and to higher states of consciousness. This is beyond esoteric beliefs and the focus is clearly on what it takes to detox, nourish, and activate the heart, adrenals, and the brain. These three organs are vital to how we feel regarding our vitality, moods, how we see the world and the need to reboot and recharge. Solutions are offered to these organs through aromatherapy, botanical medicine, light wheels, crystals, stones, energetic and vibrational techniques, flower and gem essences, alchemy, recipes, intentions, meditation mudras, sacred spaces, rituals, sacred geometry, and nutrition. In short, the merging with the plants, minerals, medicine, magic, and aromatic interventions. All represent love and how it interweaves into all aspects of our lives through what can be found in nature and beyond.

Michael Scholes

Botanical Formulator and Owner of the Laboratory of Flowers

ACKNOWLEDGEMENTS

At first glance, it is impossible to fully decipher the myriad of possibilities contained within an idea. When we first discussed the writing of this book, our original concept appeared much more simplistic. The further we immersed ourselves into the writing journey the more voluminous and expansive it became. What first began as a synergy of aromatherapy and botanical medicine quickly evolved to intertwine other interventions of divine knowledge and medicine from the animal and mineral kingdoms. There was and is so much more to be shared.

We thank the spirit kingdoms of the plants, minerals and animals for their wisdom and transmission. To spend time in stillness was incredibly potent and allowed us to hear their stories filled with universal truth and healing energy.

We express our gratitude for healing and teachings that came through our own DNA and our family blood lines seeded from our parents and many previous generations. We thank all of the teachers past, present and future for their higher knowledge, patience, love, and spiritual growth. We are eternally grateful as it has brought us here, now.

We thank our creative director, Patsy Balacchi, for the brilliance of the cover and illustrations, especially the Freedom Photon Wheel. She

is a true visionary and master of intuitive design and evolved the vision for the book cover and exceeded our expectations tenfold.

Thank you to Oliver Rathbone and the Aeon Team. Meeting you in London was incredibly auspicious. We appreciate your guidance and patience with co-authoring this book. Your dedication to bringing new works to the field of natural and alternative medicine is beautiful to witness.

We offer gratitude to each other as colleagues and writing partners, as we have lived the journey that is written upon these pages. It has been a fulfilling journey and the work is even more magnificent than we envisioned.

I, Adora, would like to thank first my parents Richard and Patricia for all their love, care and life lessons. I would also like to express my gratitude for the Infinity Team and specifically the brilliant members of my design team that work on the illustrations: Ahliyah Gavin, Lila Beavers, Wiralpach Nawabutsitthirat, and N'Dia Allen. Your passion and creativity is inspirational. I am deeply grateful to Dr. Dava Michelson for her curation of the acupressure points based on Five Element Acupuncture in our Essential Oil Based Tapping protocols to Detox, Nourish and Activate each bodily system. Her vast breadth of work and practice spanning three decades lends a tremendous depth of wisdom and knowledge for this unique intervention. Thank you to all of my friends that supported me and my children during the writing of the manuscript. It consumed me in ways I could not have anticipated, and I was often in a reverie that seemed to place me between time, space and dimensions. Love and gratitude to my daughters, Lillyan and Violet. You are both my gems and beautiful teachers of wisdom and truth. I know that as I continue along my own healing journey, you will also shift and heal deeply. To my beloved John, your love, support and deep understanding of me is one of the greatest gifts and healings of my life.

I, Dr. LuLu, first in deep gratitude, thank my dear parents, Sarah and Brent, for bringing my soul into this world, loving me unconditionally and nurturing my unending desires for individuality and determination to make a difference on this beautiful planet. Second, I thank my dear husband, Dave, the journey through writing this book was an adventure of my own self discovery and you lovingly supported me every step of the way. I am forever grateful for you, making me laugh and find the joy in every moment. I thank all of my friends, teachers, guides, mentors, and universities for igniting the path within me of a healer and physician. I lastly honor my plant allies for reconnecting with me in this lifetime and for providing the profound healing wisdom within this book.

*WE WELCOME ALL OF YOU
AND THE ALL OF ALL OF YOU*

If you have picked up this book, we are thrilled that YOU have taken the initiative and realized that your whole health is the key to unlocking the door to your freedom. Have you been feeling like you have been traveling down a road and now you have reached a dead end? Or maybe you lay in bed and think life must be better than this. What if I could just get out of bed today feeling energized, not wanting to crawl back under the covers and just give up! Perhaps you hear a voice within hinting that there is some other and greater purpose for you.? Well, you are not alone, phew! We have helped countless patients and clients find their freedom and rewrite their health story by healing and unlocking or activating their DNA.

We would like to offer this book to you as an invitation to see beyond the limitation of your current sight, to open yourself to fully feel the exquisiteness of being completely alive, loved, and whole. We invite you to allow the rich abundance that is your birthright to flood every cell, molecule, and particle within your body and to experience the satiation of what is possible in living life beyond limitations. We beckon you to break free of the constraints and constriction of this third dimensional reality of pain, struggle, and negativity, sometimes referred to as

the “matrix,” to the multidimensional creative nature of your being that exists here and now and in every moment.

The truth is that YOU and every person on the face of this beautiful planet have a unique light and gift, and every moment of your life thus far has prepared you perfectly for this moment. It is often what seems like breakdown, which ultimately becomes *breakthrough*. Often, our deepest physical or emotional and spiritual challenges and pain lead us to our greatest strength and talents. It is this process that lends itself to the inner alchemy of distilling our own “quintessence.”

Now take a moment, close your eyes, and take a deep breath. If you had a “secret power” to unlock your unlimited healing potential, what would it be? Who would you be? We are asking you to DREAM BIG! There is nothing holding you back from expressing your biggest self. So, put on those tights and cape because it’s time to embrace your inner superhero! Follow your passion, invite in your greatest purpose and open your mind, heart, and soul to find and follow your inner voice. What you can create is truly a life beyond your wildest dreams.

In this book, you will discover how to unlock or activate the power in your DNA, to heal and transform the places in your being that are calling to you, with simple yet profound tools. We are the ones we have been waiting for! The cycle of staying and playing small, shrinking and diffusing your light is complete. Bless it, open and RISE!

Your Infinite Health Is Your Freedom

As we write this introduction, we stand at an unprecedented time on Mother Earth. The entire planet and all kingdoms of life, including the human race are experiencing a pause and a reset – an invitation to seek the “Temple of the Beloved” within, the source of divine consciousness that exists above and below and infinitely around us. We stand at this threshold to query the depths of our being: Who am I? Why am I here? Where have I been? What is my high path, my true path? What truth is begging to come to the surface of my consciousness? What is next – for me personally? In my relationships? My communities? The human race?



Through the writing of this manuscript, I was guided to go through the journals I have been keeping from the past two plus decades as a healer, teacher, student, formulator, and

seeker. I was struck by the common theme or message through my writing and the subsequent sessions and programs created during these years: the quest for freedom. Through my personal journey of healing, I was paving the pathway for my own sovereignty to emerge. Through all the levels of pain and suffering, there was a place of driving certainty and a fervent commitment to the quest. Who was I really, after all the layers of family dynamics were peeled away? How could I fully express who I was without the need for approval or acceptance? What would it be like to live in abundance versus lack? What if my decisions were no longer based on base survival? Ultimately, what does it mean to truly be free?

We are collectively in the void; everything we thought as being certain, no longer is. Nothing is finite and everything is in flux. The beauty of this void, or as you will see it written throughout these pages as the zero-point field, is that all creative potential is possible here, it is limitless. Anything and everything can be transformed, recreated, and born anew.

We invite you to ponder these questions wholeheartedly and to breathe into the places where you feel fully free so that they may expand. To the places within that are bumpy or sharp as you ask these questions, may all the breath gently move through you so that new awareness and shift may unfold with ease and grace.

Do I feel free to fully express myself and move unhindered by the limitation and constriction of the third dimensional matrix?

Do I feel free to live, love, and love myself completely without guilt, shame, self judgement, or uncertainty?

Am I living free from survival mode of not having enough money, love, or fulfillment?

Do I feel free to live the life of my dreams? Not my mother's or father's dream for me or for themselves. Not my spouse's or society's dream for me. Am I living the dream that comes from deep in my soul?

Do I feel free to rest, relax, to settle and "be" without doing, working, or justifying my worth in some way?

Do I feel light, joyous, invigorated with the spark of youthful innocence and life force?

Do I feel free to believe in myself no matter what, regardless of what others think of me?

Yes, these are some rather BIG questions, AND this is the perfect time to dream as BIG as YOU CAN.

We developed a three-step process called *Detox. Nourish. Activate*[®] to heal the DNA on a physical, emotional, and spiritual level to ignite the healing power within every cell. Our cells experience dysfunction or mutation from many factors including but not limited to: environment, heritage, emotions, conception, trauma, stress, and many, many more. These cellular changes affect every aspect of our life and when not addressed continue to cause deeper damage. If you think of the inside of your cell, it's filled with many, many organelles or aspects for cleaning, energy, and providing nutrients to the body. Did you know that you have trillions and trillions of cells in that miracle of a body you walk around with every day? That is the real deal we will come back to and expound upon shortly.

Your cells represent your life force or stream of energy running through the body, and when the cells are toxic or malfunctioning the whole system starts to fail. Mayday, Mayday – the system is failing, are you listening? Sometimes you might not notice the body's messages to you, "system error," but then finally your body sends a louder message which you finally hear and take notice of.

The *Detox. Nourish. Activate* system is designed to not only address areas of distress in the body but to heal damage and trauma that has been in your body and energy field in this lifetime and many generations back. You are the microcosm for the macrocosm of your DNA and genetic heritage. When you bring healing and transformation to yourself, you bring it past, present, and future to your genetic line and every person you are in a relationship with. From a planetary and cosmic perspective, when we heal at the DNA level, this clearing gets posted on the grid for our entire species for planet Earth, the web of life, one person at a time. As this shifts the planetary grid it lifts vibration for every member of that species.

Have you ever heard of the hundredth monkey phenomenon? Essentially, when approximately the hundredth monkey of a species learns

a new habit, what could be considered critical mass, then the entire species makes this leap of consciousness. What a powerful reminder to our connectivity in the web of life. We can similarly view this opportunity from the human perspective, that when we receive a certain level of critical mass in our awakening, we also quantum leap our collective consciousness. The micro perpetuates the macro and vice versa.