



Dr. Moira's Community

Volume 11 Fall 2022

Meet the team at my clinic,
Fitzpatrick Integrated and Naturopathic Medicine
in Encinitas!



Welcome!

Fall, 2022: Time to rest and rejuvenate
-News- We now have an IV lounge and an HBOT room

View my welcome video: [Health and Healing Video](#)

- 1.Upcoming Events**, Dr. Moira Fitzpatrick
- 2.What is Hyperbaric Oxygen Therapy (HBOT)?**, Dr. Moira Fitzpatrick
- 3.IV Nutrient Program**, Dr. Jose Angel Barrientos
- 4.Welcome Dr. Angel**, Dr. Moira Fitzpatrick
- 5.Personal Care Products and Toxicity**, Dr. Moira Fitzpatrick
- 6.Breast Cancer Awareness**, Leah Petzen

Welcome Autumn

The autumn equinox has just passed. It is a beautiful transitional time of the year as the leaves begin to change color, the apples are crisp, the air has a morning chill to it and the harvest has arrived. It is also a time of change, letting go of summer play, the beginning of the school year.

Rosh HaShanah, the Jewish New Year and the first of the High Holy Days, occurs during Autumn. Take some time to reflect on the meaning for you of this season.

~ *Dr. Moira Fitzpatrick*



Meet Desi Greer:

our naturopathic assistant and certified phlebotomist will help you feel comfortable and calm when coming in for your next set of lab work.

1. Upcoming Events

The Defy Aging Summit – On-line Event October 10 – 19th

This is a free summit to support you in the following ways

- 1) Maximize your health and wellbeing from an exercise, nutrition and hormonal perspective
- 2) Lineup of medical and aging experts to provide education and support.
- 3) Details are available as soon as you sign up

<https://defyagingsummit.mykajabi.com/register-defy-aging-summit>

Wine, Women, and Hormones – October 25, 2022, 12:00 noon – 1:00 PM

Hera Hub Carlsbad
5205 Avenida Encinas suite A,
Carlsbad, CA 92008

Online registration and website is available <http://winewomenandhormones.com/event-registration-moira-fitzpatrick/>

AIHM Conference – Natural Approaches to GI Health and SIBO – Friday, October 28, 2022,

11:45 AM – 12:45

Paradise Point Resort & SPA
1404 Vacation Rd, San Diego, CA 92109

<https://www.aihm.org/conference-program/#conference-tab-row>

2. What is Hyperbaric Oxygen Therapy (HBOT)?



My first experience in a hyperbaric oxygen chamber came while I was in a conference and depleted from over work and the stresses of Covid. I may have spent 45 minutes in the chamber

and when I came out, I was energized, and the brain fatigue was gone. I wanted to know more about what I had experienced.

HBOT uses oxygen in a pressurized chamber to bring increased oxygen to your blood vessels and tissues. When oxygen is supplied to the body

in increased amounts it supports the body in healing itself and increases the capacity of the body to perform. This was totally in alignment with the naturopathic principles of supporting the body and the healing power of nature will do the rest.

I began to explore the many indications for hyperbaric oxygen therapy. I soon learned that my increase in energy may have been related to a reduction in my stress through increased oxygen and stimulating ATP, the energy source of the cell.

I wanted to know about inflammation and HBOT as inflammation is causal in chronic disease and in aging. I was looking for something to enhance an anti-inflammatory diet, anti-inflammatory supplements, and herbs. HBOT appears to exert an anti-inflammatory effect.

There is some research that HBOT slows down tissue aging by decreasing inflammation. Clinically, hyperbaric oxygen speeds recovery from sports injuries. HBOT reduces pain, enhances recovery from concussions and head injuries, and results in a faster recovery from sprains, tears, and bone fractures. Athletes are using HBOT therapy to improve their

performance. I wondered if hyperbaric oxygen therapy could help individuals with osteoarthritis and rheumatoid arthritis.

We are living in a time of asking the question, how can we support immune modulation. The research in HBOT suggested that it had a role in reducing both neutrophil and lymphocyte mediated inflammatory responses. I wondered if HBOT would be useful as one tool in the treatment of Covid-19. There was already some research on the use of HBOT to relieve hypoxic symptoms.

Oxygen supports the absorption of nutrients, heals injured areas of the body, acts as a natural antibiotic for anaerobic bacteria and brings oxygen to cells that may be hypoxic. My mind was on fire with possibilities. In my practice I see many individuals struggling with fatigue, especially the individuals with cancer. I wanted to know if HBOT would also help with neuropathy. I began sending people to the San Diego Center for Hyperbaric Therapy. I realized that HBOT could help with radiation induced fatigue and it also helped the nerves to heal, decreasing the chronic pain of neuropathy.

I signed up to attend the International Hyperbaric Association conference. There I met some of the most amazing speakers and the founder of ITA,

I have decided to bring hyperbaric oxygen therapy to my new clinic as another tool to support you in healing, enhancing cognition, increasing your energy through improving mitochondrial function, supporting a balanced microbiome, reducing inflammation, and enhancing age rejuvenation.

I am using a soft chamber that goes up to 1.3 ATA (atmospheres) with an increase of a dose through an oxygen concentrator. The treatment is relaxing. You sit in a comfortable chair breathing normally in a pressurized chamber. We support you as the pressure increases and in the end as the pressure returns to normal. The most common complication of HBOT is middle ear barotrauma (inability to clear your ears). We spend considerable time teaching you how to clear your ears.

How do I know if hyperbaric oxygen will help me?

Oxygen cures nothing and helps everything. If you are challenged with fatigue, neurological conditions, memory impairment, migraines, fibromyalgia, diabetes, cancer, post covid symptoms, Lyme disease, addictions, Autism, traumatic brain injury, stress, any chronic condition, you may find this tool helpful as a part of your health regimen. If you are looking for support healing from plastic surgery, PRP or receiving stem cell therapy or engaged in an anti-aging, program, you may want to integrate this therapy.

Hyperbaric oxygen therapy supports all systems of the body through an essential nutrient oxygen.

How many dives (sessions) do I need?

This depends on you, your condition, and your goals. We will set up a personalized plan for you.

Throughout the month of October and November, we are doing an introductory special. The general price is \$150 per dive. In October, the price is \$120/dive or 12 dives for \$1200 (essentially \$100/dive). I recommend you try out one or two sessions to see if you resonate with HBOT. After that I recommend you buy a package as hyperbaric oxygen therapy has a cumulative effect.

I look forward to sharing HBOT with you as a part of your healthcare plan.

Resources:

Marcinkowska, Anna B. et al. Impact of Hyperbaric Oxygen Therapy on Cognitive Function: a

Systematic Review. *Neuropsychology Review*, 32, 99-126 (2022)

Sonnens, Jason. "Hyperbaric Oxygen and Regenerative Medicine: Non-Traditional Uses to Help

Reduce Inflammation, Stimulate Cell Regeneration and Improve Healing". *Integrative and Complementary Therapies*, Vol. 28, No. 4, 17 Aug 2022

<https://www.ihausa.org/>



3.IV Nutrient Program

By Dr. Jose Angel Barrientos

IV Nutrient Therapy involves sterile solutions of vitamins, minerals, and other naturally occurring, nutritive substances, being infused directly into the bloodstream. An IV infusion typically lasts between 20 minutes and an hour. Very concentrated IV nutrient infusions can last 2-3 hours. During treatment, many patients sit in a comfortable chair and like to read a book, listen to music, finish work on their laptop, or scroll on their mobile phone. We recommend you take time to relax.

Potential Benefits of IV therapy:

- Greater than 90% absorption of nutrients can be achieved by cells through IV therapy.
- When compared to oral supplementation, IV therapy allows a faster, drastic increase in serum levels of vitamins and minerals, to try and correct nutrient deficiencies.
- Some patients report improvements after just one session! Other patients require regular injections before announcing significant improvements from their serious medical conditions.



Common ingredients in an IV infusion are vitamin C, B-vitamins, magnesium, calcium, amino acids (the building blocks of protein), potent antioxidants (such as glutathione), and NAD+, which is a critical player in healthy cellular energy production. Many people are also reporting using IV vitamin therapy for quick rehydration after an intense sporting event (such as a triathlon), to lessen the symptoms of a hangover, or for improved skin clarity.

It is not uncommon for individuals to be deficient in nutrient co-factors to support mitochondrial function. (How your body makes energy) We utilize testing to determine if you have nutrient deficiencies and if so, will formulate a custom IV for you. High dose IV vitamin C is available for cancer patients seen by Dr. Fitzpatrick.

How is IV Nutrient Therapy believed to work?

The normal growth and development of the human body requires substances known as macronutrients and micronutrients. Macronutrients are needed in large amounts, and refers to proteins, carbohydrates, and fats. Micronutrients are required in very small "trace" amounts and include vitamins and trace minerals. Vitamins and trace minerals are essential for many of these life-sustaining chemical reactions to happen and function properly. For example, vitamin C acts as an antioxidant (helping to protect cells from damage caused by free radicals); is required by the body to make collagen (a protein required to help wound healing); improves the absorption of iron from plant-based foods; and helps the immune system work properly. Iron, a trace element, is involved in the proper development of red blood cells, binds and transports oxygen from the lungs to the rest of the body, and is needed for making certain hormones. Micronutrients are seen by many doctors as therapeutic agents and nutraceuticals. Nutraceuticals are components of food or dietary supplements that provide health benefits in addition to its basic nutritional value.

Vitamin and trace mineral requirements are increased when a person has a disease and

deficiencies can result in organ dysfunction, poor wound healing, and altered immune status. Critically ill patients have been observed to be particularly deficient in zinc, iron, selenium, and vitamins A, B, and C. Patients with a regular habit of consuming alcohol or who have certain inflammatory conditions that compromise the digestive system, can rapidly develop micronutrient deficiencies due to the body's inability to fully absorb these important nutrients from food and oral supplements. Several other factors affect the body's ability to absorb nutrients, such as: genetics, age, metabolism, interactions with other foods and medications, and even the types of bacteria living within our digestive tracts.

Approximately 50% of a vitamins taken by mouth are absorbed, whereas approximately 90% of a vitamin given through an IV can be delivered to the body. Oral supplementation with magnesium can result in little or no change in serum magnesium concentrations, whereas IV administration can double or triple the levels of magnesium in the blood. Imagine a person that normally takes 200 mg of vitamin C a day for general well-being. During the fall season, they notice that they are a bit warm and that they have a runny nose, so they decide to increase their daily intake of vitamin C from 200 mg to 2,500 mg. The levels of vitamin C in their blood will increase by only 25% (from 1.2 to 1.5 mg/dL). The highest serum vitamin C level reported after swallowing high doses of vitamin C was 9.3 mg/dL. IV administration of high dose vitamin C can result in a peak plasma level of 80 mg/dL! IV nutrient therapy allows micronutrients to be absorbed quickly and directly into the bloodstream, which causes high concentrations of these vitamins and minerals to be available for cells and, theoretically, allow them to be used to maintain health.

As with any medical procedure, there are always risks that should be discussed with a qualified health practitioner. Some side effects of IV nutrient therapy include low blood pressure or allergic reactions. It is important to consult with a licensed medical professional that will obtain your medical history, make sure there are no interactions between the IV ingredients and any medications or supplements that are being taken, as well as evaluate that your heart, liver and kidneys are functioning properly and are healthy enough to undergo this therapy, so as to help ensure that you have a safe IV infusion.

All current patients are eligible for IV nutrient therapy. New patients are eligible following an intake consultation. Referrals from other doctors will require a brief consultation with Dr. Angel and you will either need to bring recent labs or you can obtain when you have your consultation with Dr. Angel.

References:

1. What is IV nutritional therapy? [Internet]. International IV Nutritional Therapy. International IV Nutritional Therapy Global Physician Education; [cited 2022Sep30]. Available from: <https://www.ivnutritionaltherapy.com/what-is-iv-nutritional-therapy/>
2. Gaby AR. Intravenous nutrient therapy: the "Myers' cocktail". *Altern Med Rev*. 2002 Oct;7(5):389-403. PMID: 12410623.
3. Vitamin C [Internet]. NIH Office of Dietary Supplements. U.S. Department of Health and Human Services; [cited 2022Oct2]. Available from: <https://ods.od.nih.gov/factsheets/VitaminC-Consumer/#h1>
4. Iron [Internet]. NIH Office of Dietary Supplements. U.S. Department of Health and Human Services; [cited 2022Oct2]. Available from: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
5. Sriram K, Lonchyna VA. Micronutrient supplementation in adult nutrition therapy: practical considerations. *JPEN J Parenter Enteral Nutr*. 2009 Sep-Oct;33(5):548-62. doi: 10.1177/0148607108328470. Epub 2009 May 19. PMID: 19454751.
6. Westphalen D, Slowiczek L, Sullivan D. A review of IV vitamin therapy [Internet]. Healthline. Healthline Media; 2019 [cited 2022Sep30]. Available from: <https://www.healthline.com/health/under-review-IV-vitamin-therapy>
7. Rowland I, Gibson G, Heinken A, Scott K, Swann J, Thiele I, Tuohy K. Gut microbiota functions: metabolism of nutrients and other food components. *Eur J Nutr*. 2018 Feb;57(1):1-24. doi: 10.1007/s00394-017-1445-8. Epub 2017 Apr 9. PMID: 28393285; PMCID: PMC5847071.
8. Gadol, Erin & Mestayer, Richard & Grant, Ross & Grigoryev, Yevgeniy & Gibson, Susan & Happel, Michael. (2019). A Case of Parkinson's Disease Symptom Reduction with Intravenous NAD +. 3. 100021.

4. Welcome, Dr. Angel

Dr. Jose Angel Barrientos is a licensed

Naturopathic Medical Doctor specializing in nutrition, longevity, sports medicine, botanical medicine, and men's health. Dr. Angel earned his Naturopathic Medical Degree from Bastyr University California in 2021. He has advanced training in neural prolotherapy, micronutrient and botanical IV therapies, and functional medicine.



While in high school, he trained to become a lifeguard. Within the first week of being hired, he rescued a teenager from drowning and immediately knew that helping people was what he was born to do. He went on to become an emergency medical technician and responded to 9-1-1 calls in an ambulance throughout Los Angeles. After seeing that an overwhelming majority of people that he transported to the hospital was largely due to lifestyle choices they made (e.g. poor diet, lack of exercise), instead of genuine accidents (e.g. car crashes, falling down the stairs, etc.), he decided to become a healthcare practitioner that would empower the health and knowledge of the people in his community.

Dr. Angel decided to obtain a Bachelor of Science degree in Biology, with an emphasis in microbiology, where he graduated Cum Laude, and entered a Naturopathic Medical program. As a Naturopathic Medical Doctor, Dr. Angel devotes his knowledge and experience towards becoming a healthcare provider that goes beyond just treating a patient's symptoms. Through the use of natural therapies, in conjunction with conventional medicine, and by taking the time to educate patients about holistic lifestyle habits, Dr. Angel's desire is to help individuals become empowered and achieve a higher quality of health and life.

When Dr. Angel is not learning about the latest advancements in integrative and naturopathic medicine, he helps teach the next generation of Naturopathic Doctors at Bastyr University California. In his free time, he enjoys playing the electric guitar, watching documentaries, walking his Siberian husky, swimming, and training mixed martial arts with his wonderful 11-year-old daughter.



Additional support at FINM:

See Dr. Natiya Guin here in my healing room for regenerative skin support: Natiya is a naturopathic doctor, educator, owner of Deep Living Skin Health, who is bringing Exovex (uses exosomes to increase growth factors for healing skin) with microneedling for the face, décolletage, and scalp.

Exovex is designed to be applied topically in conjunction with facial or scalp microneedling, and energy based aesthetic devices to accelerate recovery time and enhance treatment results. It synergistically improves the appearance of discoloration,

tone, texture, and fine lines via healing growth factors in exosomes.

Exovex aesthetic skincare serum can reduce post procedure downtime and burning sensation and may reduce the signs of acne scarring, aging, and skin damage caused by the stress of modern living for all skin types!

Natiya is the formulator for Deep Living Skincare which we will carry at the center. Use my code for 20% off online: drmoira www.deeplivingskincare.com

Dr Natiya is an amazing doctor, who will guide and nurture you in discovering health and supporting you in seeing your magnificence. www.drnatiya.com



I will continue in my practice of women's health, whole family health, complementary cancer care, identifying and healing conundrums, optimal health, and inner transformation, and now certified as a Functional Medicine Hyperbaric Practitioner. I am dedicated to supporting you in health, happiness and becoming all that you can be.

With love and many blessings,

Dr Moira

Check out my new website www.drmoirafitzpatrick.com



5. Personal Care Products and Toxicity

This is the first brief article on environmental health to educate you on how to protect yourself from toxic pollutants. We chose personal care products because they are ubiquitously used by everyone.

Skin is our largest organ. It has its own ecosystem which protects us from bacteria, fungi, toxins, and inflammation. The skin is not equipped to protect us from toxic pollutants in the environment. Individuals apply an average of 11 personal care products on the body each day, which can contain as many as 126 chemicals. These toxins are absorbed directly into the skin.

What are the chemicals found in personal care products?

Parabens: Parabens are anti-microbial preservatives found in foods, pharmaceuticals, and cosmetic products. The purpose of parabens is to increase the shelf life of a product. Parabens function as endocrine disruptors, harming fertility and reproductive organs as well as increasing the risk of some cancers. Personal care products are the largest source of human paraben exposure, and are found in shampoos, conditioners, moisturizers, skin cleansers, sunscreens, deodorants, shaving gel, toothpaste, makeup, sanitary cloths, etc. To identify parabens on an ingredient label, they will likely have the prefixes methyl-, ethyl-, propyl-, isopropyl-, butyl-, and isobutyl paraben.

Bisphenol A (BPA): The most significant toxin in plastic is BPA. BPA is a chemical that gives rigidity to plastics. Note that some BPA free products contain Bisphenol-S, which may be a more toxic phenol. BPA is a hormone disruptor and is linked to many health conditions. It can be found in plastic containers, including some personal care product containers. Avoid products containing a “3, 6, or 7” or “PVC” on the triangle symbol on plastics.

Phthalates: Phthalates are used in a wide variety of products such as fragrances, cosmetics, lotions, and shampoos. Phthalates are endocrine disruptors and have been associated with allergies, asthma, infertility, and reduced testosterone production. Avoid products containing phthalate, DBP, DINP, DEP, DEHP, DMP, BBP, DNOP, DIDP on the label.

Triclosans and triclocarbans: Triclosans are a class of chemicals used as an anti-bacterial agent. You can find triclosans in a variety of personal care products including soaps, antimicrobial wipes, and toothpaste. It has been associated with liver and inhalation toxicity. Avoid products that say triclosan, triclocarban, “anti-bacterial”, “odor-fighting” on the ingredient list.

Siloxanes: Siloxanes are extremely persistent toxins found in 1 of every 7 personal care products, including body lotions, hair-care products, soaps. These toxins accumulate in the body. Avoid products that say siloxane, -silane, -cone, -conol (i.e. octamethylcyclotetrasiloxane [D4], decamethylcyclopentasiloxane [D5], dodecamethylcyclohexylsiloxane [D6])

Fragrance: Fragrances are found in many personal care products. Fragrances do not need to be disclosed on a label. They may be made from petroleum, phthalates, synthetic musk ketones and xylenes, or natural substances. Phthalates are known endocrine

disruptors and fragrances are considered one of the top 5 allergen sensitizing ingredients in products.

When selecting personal care products, opt for products in glass, metal, or paper containers instead of plastic. If using plastic, choose BPA-free. Look on the label for an indication that a product is phthalate-free, paraben-free, fragrance-free.

- We carry **Deep Living** Vegan skincare that is organic, gluten free, cruelty free, and ethically sourced. It is formulated by Dr. Natiya Guin.
<https://deeplivingskincare.com/>

Other safe products researched by Leah Petzen include:

- Skincare: DIME Beauty, FarmHouse Fresh, Eminence
- Sunscreen: Wonderscreen for face (DIME Beauty), Coola (face & body), Olita Organic Sunscreen
- Shampoo/Conditioner: Colure, Shea Moisture, Desert Essence
- Body Wash: Nubian Heritage, GOOD Soap (bar soap from Whole Foods), One With Nature (Bar Soap)
- Body Lotion: Nubian Heritage, Hemp Lotion, Desert Essence
- Hand Soap: Method, Meyer's, Mantis Organics
- Deodorant: Nubian Heritage, Schmidt's
- Toothpaste: Desert Essence- Neem, Schmidt's Wondermint, Lumineux
- Teeth Whitening Strips: Lumineux- Certified Non-Toxic
- Perfume: Pacifica, Sarabecca, Skylar (for men & women)
- Make-up: Physicians Formula, Burt's Bees, Pacifica, Honest Beauty, Gabriel Cosmetics, Mineral Fusion
- Nail polish & Remover: Mineral Fusion

Use the following apps to check for toxins when buying personal care products.

- Skin deep at EWG.org
- Think Dirty App
- MadeSafe.org

References:

Fine, M. A. (September 9, 2017). Personal Care Products and Body Burden: What Practitioners Need to

Know [PowerPoint presentation]. Environmental Medicine Bootcamp 101, Portland, OR, United States.

Personal Care Product Ingredients EM Bootcamp 101.pdf - Google Drive

For more information on environmental risk factors see <https://www.wnf-environmental.org/>

<https://www.wnf-environmental.org/personalcareproducts>



Personal Care Products and Toxicity list and Breast Cancer Awareness article by FINM office coordinator and licensed Esthetician, Leah Petzen

6. Breast Cancer Awareness Month

By Leah Petzen

October is Breast Cancer Awareness Month although I think everyday should be. 1 in 8 women will develop breast cancer over the course of her lifetime.

We all know someone who has had breast cancer at some point in life. Breast cancer, in fact, is the most commonly diagnosed cancer for women. Many breast cancer symptoms are invisible and not noticeable without professional screening. I experienced it first hand when mine showed up on my very first mammogram, with no signs or symptoms. I encourage all women to get regular mammograms and also do self-exams. I am a breast cancer survivor “Thriver” of seven years. I am very passionate about living a healthy lifestyle with the right supplements and eating plant-based, organic foods.

There are specific foods that can play a part in maintaining your breast health. To be specific: healthy fats, turmeric, and foods high in antioxidants are all superb when trying to prevent or heal from breast cancer. Flaxseeds are a major standout in the area of healthy fats for cancer prevention. They can play a role in slowing breast cancer cell growth and may even improve the effectiveness of some cancer treatments. This success is attributed to the fact that they are rich in omega-3 fatty acids, many minerals, vitamins, and fiber. Broccoli sprouts are incredibly potent killers of cancer cells because of their unusually high sulforaphane content. It is important now more than ever to pay attention to our diets and contribute to optimizing our overall health. For more healthy cancer free foods and delicious recipes I highly recommend the book- Cancer Free With Food by: Liana Werner-Gray. A step-by-step plan with 100+ recipes to fight disease, nourish your body and restore your health. Food is medicine!

By: Leah Petzen

References:

<https://bevididy.com/a/blog/foods-for-preventing-breast-cancer>

The Earth Diet- Cancer Preventing Foods and Why They Work by: Liana Werner-Gray

A note from Dr. Moira...

I acknowledge the courage, spirit, and hope that guides each individual diagnosed with breast cancer who I have the privilege to support. The journey through the treatment of breast cancer begins with a diagnosis and all the feelings from terror to anger, sadness, at times despair to hope and a desire to fight that emerge. It is not uncommon that the stress of the diagnosis shuts off your rational brain and sends you into survival mode. This is the time to seek support for your feelings and reassurance that there is hope.

I experience that a positive way forward is an integration of conventional and natural medicine. The job of conventional medicine is to cure your cancer. My job as a naturopathic doctor is to support you through your conventional care, be aware of your health from a holistic perspective, help to identify obstacles to healing, support you in rebuilding your immune system and creating health following conventional treatment. I am here to care for your soul as you embrace this journey through cancer.

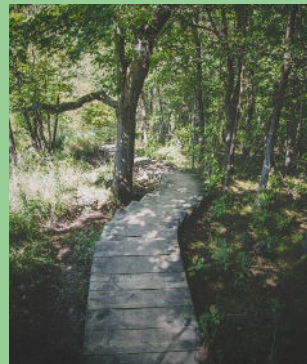
Sometimes this takes the form of listening. At other times it is education, coaching you to advocate for yourself, hypnotherapy, homeopathy, herbal medicine, nutrition, IV nutrient therapy and whatever else you need. I am here to remind you and me of the power of the body, mind, soul, and spirit to assist in healing.

You can heal and become healthier and more vital. Let us begin with looking at your terrain, a naturopathic term often used to understand all the systems of the body and how they interact with each other. This requires a comprehensive assessment and labs to understand your genetics, metabolism, digestion and microbiome, inflammation, toxic burden, blood sugar, hormones, current stressors and mental-emotional health.

“...Somewhere ages and ages
hence: Two roads diverged in a

wood, and I – Took the one less traveled by, And that has made all the difference.”

Robert Frost



Am I on facebook?

Yes! Please take a minute to JOIN MY PAGE: @drmoira



Help expand our current reach on your News Feed.

LINK: <https://www.facebook.com/DrMoira/>



...and I'm on Instagram:

@drmoirafitzpatrick



Environmental Risk Factors : Global Giving Project

Do you know that each of us encounters a continual stream of environmental toxins in our personal care products, food, water, plastic water bottles, paint, pizza boxes, disposable cups, detergents plus air pollution, heavy metals, EMFs and more... We are barraged by environmental risk factors more now than at any time in history.

Please go to [WNF: Environmental risk factors](#) to learn more!



Since 2002, we've helped raise more than

\$486M

from

1,131,599

people like you who've supported

26,667

projects in

170

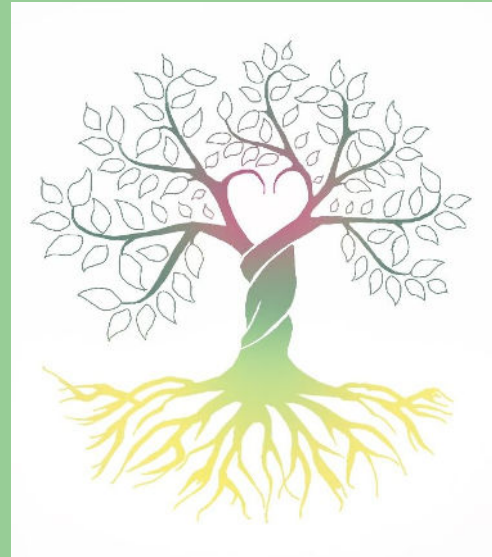
countries.



With Gratitude for your support:

May each of you discover and honor your path to healing. We are all unique and we need a community of diverse practitioners rich in their art, skills and experience.

Thank you for your gifts, talents, love that is forever hopeful and your soulful presence.



Service Spotlight

Moira Fitzpatrick, PhD, ND, FICPP, FSMI, CHT, is a Naturopathic Doctor and Licensed Clinical Psychologist. She specializes in Natural Medicine, Women's Health, Hormone Therapy for Healthy Aging, Complementary Cancer Care, Functional Endocrinology, Integrative Mental Health, GI and Immune Disorders, Natural Primary Care, Adolescent Health, and Holistic Health and Wellness Assessment at:

El Camino Medical Dental

317 N El Camino Real Suite 206

Encinitas, California 92024

Dr. Fitzpatrick has more than 30 years
of experience.



-Contact me for a consultation-

Visit my Website: DrMoiraFitzpatrick.com

Connect with me on Facebook: [@DrMoira](#)
and Instagram [@drmoirafitzpatrick](#)



Learn more about my work : DrMoiraFitzpatrick.com

Office Phone: 760-704-8148

Dr. Moira Fitzpatrick || DrMoiraND@gmail.com |
Copyright 2019 DrMoiraFitzpatrick.com



Dr. Moira Fitzpatrick | 317 N El Camino Medical Dental, Suite 206, Encinitas, CA 92024

[Unsubscribe mfitzpatricknd@pacificpearllajolla.com](mailto:mfitzpatricknd@pacificpearllajolla.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by drmoirand@gmail.com powered by



Try email marketing for free today!