



# Dr. Moira's Community

Volume 14 February 2023

## Happy Heart Month!

*May February bring you love in every form*

*In Health and Wellbeing,*

*Dr. Moira, Dr. Angel, Leah, and Desi*



February is heart month

## Welcome!

Heart Month: Connect to the love within us

Welcome video: [Health and Healing Video](#)

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“Find your own gift, and then set about in life to nurture its maturation in every way you possibly can...the mature gift will take you directly to the corner of the world that needs it most.” *Stephen Cope*



### **1. Upcoming Events:**

- **Wine, Women, Hormones, Feb.21 (San Diego)**



## TIRED OF BEING TIRED?

### EXPERTS

Moirá Fitzpatrick, PhD, ND &  
Christine Givant, RPh

### DATE

Tuesday, February 21, 2023

### TIME

12:00pm - 1:30pm

### LOCATION

ICA Institute of Contemporary Art  
1550 S El Camino Real,  
Encinitas CA 92024

### HAVE YOU CHECKED YOUR HORMONES LATELY?

- 🍷 Escape for a FREE empowering midday break!
  - 🍷 Get hormone facts directly from physicians.
  - 🍷 Get your life back! You deserve it!
  - 🍷 Invite your friends. Bring your questions.
  - 🍷 Snacks, beverages, and prizes are all included!
- It's FREE. It's FUN. It's WINE.**

### SIGN UP TODAY!

[WineWomenAndHormones.com/events](https://WineWomenAndHormones.com/events)

### PRESENTED BY:



- **Women of the Heart, Feb.24 (Los Angeles)**



## An evening of Women's Health & Happiness

Featuring:

Dr. Melissa Sonners, Sandy Abrams, LeAnn Rimes, Dr. Mindy Pelz,  
Shannon Kenitz, Caroline Pearce, and Dr. Sonya Jensen



Tickets at [www.womenoftheheart.org](http://www.womenoftheheart.org)

A heart centered event to empower women and create community

Includes an autographed copy of ***Fast Like a Girl!***

**New Year, New Healthy You! We Are All God's Work!**

We look forward to seeing you there...

## 2. Journey Home To Your Heart



February is heart month, the time that reminds us to drop our shields and connect with the love that is within. We have all experienced heart break, trauma, love and our response or reaction is unique. Whatever your reaction, your heart is affected emotionally, spiritually, and physically. Some examples of emotional shutdown include creating a shield around the heart to protect from being hurt. Behaviorally, workaholicism is common, keeping so busy that there is not time to notice the hurt and pain. There may be depression, road rage or drinking too much alcohol. Spiritually we block our connection with Source and with nature. Physically, a common sign is high blood pressure. What is high blood pressure? It is a systolic pressure (the top number) 130 or higher and a diastolic pressure of 80 or higher. When I am

stressed and I notice my blood pressure becoming elevated, moving above 120, it is a sign to ask myself, what in my life is driving this stress and for me it means taking time to meditate, contemplate or be in nature. Awareness of our heart and its response to our lives helps us to remember to slow down and connect with our loved ones, nature, and allow love to be our experience in life.

High blood pressure, hypertension, is a worldwide problem. It contributes to coronary and peripheral artery disease, stroke, atherosclerosis, and heart failure. The potential extent of the problems created by high blood pressure is significant, especially when it occurs with

diabetes. This is the reason that every visit to a doctor's office needs to include checking your blood pressure. You may even be asked to monitor your blood pressure for a few weeks to see how and if it changes at home.

We often think about heart disease as being genetic and of course there is truth to this, and heart disease and high blood pressure is related to our lifestyle and our relationships. I am genetically and epigenetically predisposed to heart disease. My heart is my reminder to take time, to remember that I am strong enough to be vulnerable and that an open heart provides a deeper experience of life, which we can see as it is reflected back to us.

What do I do if my blood pressure is elevated or high?

- 1) Reduce your intake of salt.
- 2) Embrace an anti-inflammatory diet.
- 3) Cut down on alcohol.
- 4) Reduce your coffee.
- 5) Exercise regularly.
- 6) Get at least 7 hours of sleep a night.
- 7) Assess your level of stress. What can you do to change your perspective on this stress.
- 8) Are you in the midst of relationship issues? Who can you reach out to for support?
- 9) See a naturopathic doctor to help you assess inflammation that arises in your digestion, and get all of your hormones assessed, thyroid, reproductive, adrenal and blood sugar.

It is important to be aware of what drives your high blood pressure. Awareness allows us to know our vulnerabilities and take better care of ourselves. The goal is always to support you in living a happy, loving life where you get to share your gifts, talents and love with your family and community.

There are many herbs that can support you in reducing your blood pressure. What herbs to use and the combination can be personalized to you and what is currently affecting your life. One of my favorite herbs, which is a great base for any formula or tincture is Crataegus or Hawthorne. Crataegus is a tonic or nutritive for the heart. It comes from a tree that flowers only in May and produces beautiful berries. I remember sitting in a grove of Crataegus in May after an accident and feeling its energies healing my heart and spirit. A few of my favorite herbs when stress underlies hypertension include Tilia or Linden, which is calming and antispasmodic. Passiflora or Passionflower is a beautiful blossom, and its flowers are calming, antispasmodic and relaxing. The most potent antihypertensive is Rauvolfia, which ought to be prescribed by a naturopathic doctor who has experience with it. For example, it is excellent for individuals who are stressed, anxious and need support in calming down, however it is contraindicated in individuals who are depressed and lethargic.

Angelica sinensis root promotes vasodilation of the blood vessels. It is not uncommon for many people to experience cold hands and cold feet. This is often related to a genetic SNP and can be treated through food, exercise, and herbs. Start with exercise and foods rich in nitric oxide such as beets, dark leafy greens, celery, endive, fennel, Chinese cabbage, parsley, berries, pomegranate, cherries, figs, prunes.

When lifestyle changes and herbs are not sufficient to reduce blood pressure, then medications need to be prescribed. There are many classes of drugs used to treat hypertension such as diuretics, ACE inhibitors, calcium channel blockers, beta blockers to name a few.

**The most important message is to reduce your blood pressure while you are making lifestyle changes and seeking to heal the underlying cause.**

What are warning signs that you need to pay attention to your heart and get help?

- 1) Chest pressure, fullness, discomfort, or pain that keeps happening and does not go away.



2) Pay attention to shortness of breath.

3) Do you feel discomfort in your jaw, neck, back, arm, shoulder?

4) Women often experience unexplained exhaustion, nauseousness, dizziness, upper back pain that travels to your jaw.

When you need a cardiologist, I will typically refer to an integrative cardiologist.

Dr. Mimi Guarneri

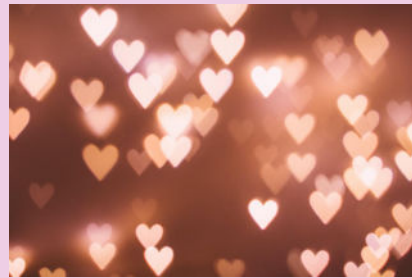
Dr. Elizabeth Kaback

Dr Douglas Triffon

I encourage you to connect with self-love, Divine love and the love that exists in all things.

Love and Blessings,

Dr. Moira



### 3. With Appreciation For Your Support (Grand Opening!)

Our Grand Opening was an amazing success! Thank you everyone who came, brought a guest and had the opportunity to see our new space and the tree that inspired it all. There was quite a buzz moving through the space and the highlight seemed to be our new Hyperbaric Oxygen Chamber. I am delighted to report that almost all the appointments with Dr. Oxygen are filled. I encourage you all to purchase a package and feel the healing power of our most essential nutrient, Oxygen!





## 4. Winter Foods

### Food as Medicine – Winter Wonders

The rain, which is so needed, and the colder weather remind us that this is the season to slow down, which also means slowing down our cooking and consuming more soups and cooked vegetables. Let us take the rest of the winter to slow down go within, sit by the fire, meditate, read, perhaps begin to plan for the new growth of Spring. Plants to include in your soups for their medicinal properties include garlic, onions, leeks, shallots, as they are all in the same family. Think about adding turmeric to your soups, a great combination is turmeric in Acorn squash soup. Curcumin, the active ingredient in turmeric is anti-inflammatory and anti-histaminergic. Thyme is another herb that is anti-inflammatory and can be added to soups. Think about adding rosemary to roasted Brussels Sprouts. Roasted vegetables including carrots, sweet potatoes, beets, purple potatoes and onions provide a dish high in antioxidants and flavonoids. Parsley, which is full of vitamin C and minerals, is great for salads and tabbouleh. For those of you who are gluten free consider replacing the bulgar wheat with quinoa. Consider making either chicken stock or vegan broth. I recommend you include sweet potato, potato, onions, mushrooms, celery, carrots, parsley, thyme, and whatever else you want in your vegan broth. Take some time and get creative in the kitchen.



## 5. In Gratitude for Leah

It is with both sadness and joy that we at Healing Roots are saying goodbye to Leah, who was my partner in opening this clinic, July 2022. I am so grateful to you Leah, a trusted friend, and colleague, who was with me in the beginning days when all we had was empty space. It has been a long commute for you every day from Chula Vista to Encinitas on a traffic packed freeway. I appreciate your commitment, enthusiasm, and organization. I will personally miss you. I look forward to hearing about your new adventures closer to home, where you will have more time to enjoy your life. Thank you and many blessings for your support!



## 6. "Healthier environments could prevent





almost one quarter of the global burden of disease.” *WHO*

The skin is the largest organ to protect the body from toxic pollutants in addition to microbes and sun exposure. On average each person uses 11 personal care products a day exposing themselves to 126 different chemicals. Cosmetics and personal care products are the largest class of avoidable exposure to toxic ingredients.



I am chairperson of the Environmental Health Committee of the World Naturopathic Federation. In cooperation with the Communications committee we will be launching a social media campaign in March. It is a great opportunity to learn about the effects of personal care products on you and your family.



<https://www.wnf-environmental.org/>  
<https://worldnaturopathicfederation.org/>  
<https://www.facebook.com/worldnaturopathicfederation>  
[https://www.instagram.com/wnf\\_info/](https://www.instagram.com/wnf_info/)

*“All that you touch you change. All that you change changes you.” Octavia*

## 7. Winter IV Infusion Special

Here we are mid-February, people are skiing, traveling, gathering at musicals, church, meetings, and conferences. Our immune systems are not up to par after the pandemic and we are in the middle of flu season, breakouts of Covid, and other colds and viral infections. I would like to support each of you in enhancing your immune system. This Special will extend until March 15, 2023.

Immune Support IV Infusions  
\$165 for 250 ml  
\$200 for 500 ml

High Dose IV Vitamin C Infusions for individuals with cancer – Package of 12 for \$3000.





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](http://www.drmoirafitzpatrick.com)

"If you bring forth what is within you, it will save not just you. It will save the whole world."

*Bhagavad Gita*



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 Health Page

Please go to the WNF Environmental Health website, a resource for how you can protect yourself and your family from environmental pollutants.

Please go to to  
<https://www.wnf-environmental.org/>  
to learn more!



### 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.



**-Contact me for a consultation-**

Visit my Website: [DrMoiraFitzpatrick.com](http://DrMoiraFitzpatrick.com)

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



*Learn more about my work :* [DrMoiraFitzpatrick.com](http://DrMoiraFitzpatrick.com)

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