



Dr. Moira's Community

Volume 12 December 2022

Happy Holidays

*Happy Holidays from all of us at Healing Roots, Center for Transformation!
May 2023 bring you love, joy, peace and health!*

*In Health and Wellbeing,
Dr. Moira, Dr. Angel, Leah, and Desi*



Welcome!

The Holidays, 2022: Time to receive and reflect

-News- We now have an IV lounge and an HBOT room

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



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**Happy Winter Solstice
December 21, 2022**

The Winter Solstice is the beginning of winter and the

beginning of the return of the sun.

For many, winter brings snow and cold winds. For us in San Diego, it is a time of cold nights, hopefully rain, plus walks on the beach to see the gray whales which often gift us their presence from mid-December until April. Winter is also a time to go within to reflect, to dream in preparation for new life in the Spring.

Let us take a moment on this day, to light a candle or sit in front of the fire to reflect, let go and simply be.



1.Upcoming Event: Grand Opening!

Save the Date

Please join us Saturday, **January 21^S 2:30pm – 4:00pm**, visit our new office space, connect with like-minded people, and share in conversation, refreshments, and new, creative energies.

2. Give The Gift Of Oxygen



I am so excited about our new hyperbaric oxygen program. It is helping people with memory issues, reducing inflammation, supporting the immune system, reducing post radiation fatigue, enhancing recovery from head injuries, enhancing the release and support of stem cells, and so much more!

Hyperbaric Oxygen therapy cures

nothing and helps everything!

For those of you unfamiliar with hyperbaric oxygen therapy, 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.

We use a soft chamber that goes up to 1.3 ATA (atmospheres) with an increase of a dose through an oxygen concentrator, which is 94% oxygen delivered through a mask. 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.

We are extending our special until the end of 2022. The special is 12 dives or sessions for \$1200.

Not sure you want to do a package, then the cost of one dive is \$120. The reason we are doing packages is that there is a cumulative effect. We always make sure you can adapt to a pressurized chamber during the first session, then fold that session into your package.

May the Holidays bring increased oxygen to your body. Oxygen is our most essential nutrient!

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. Happy Holidays

**Merry Christmas, Happy Hanukkah,
Joyous Kwanzaa**

This is the season of family and community get togethers. It can be a time of joy, celebration, grief, nostalgia, expectations, or some other experience individual to you. What if you could create the experience, you wanted this holiday? What if instead of settling into your family role, you decided to be in your feelings, let them flow through you and find the joy in the moment. I think of a river as it continues to flow. It is free, simply flowing around any obstacles in its way. Allow the thoughts that clutter up your mind to move on and open to greater freedom and joy.

I would like to facilitate a gift for you. Let's do a mental cleanse and allow our minds to be free of those thoughts that get in the way of joy. The cleanse will last for 7 days. It involves being mindful of your thoughts for 7 days. You will have the opportunity to notice your thoughts from moment to moment and change your reaction to a situation or person in your life. It is an opportunity to intervene in going down a rabbit hole, those triggers that take us deep into feelings that may have little to do with what is actually happening? When you change your thoughts, the conditions around you look different. Consider your thinking as food for



your mind. Would you like nourishing food? Loving food? Supportive food? Joyous food?

I can hear you saying “I cannot control or stop my thoughts. They take over.” I like to think of a garden as a metaphor. Weeding the garden begins with the removal of weeds one at a time. The first step is AWARENESS. Become aware of the thought(s) that you think has taken over. I then recommend each person creates a thought that is your anchor. It is a thought to distract yourself from habitual thinking. This gives you the space to make a conscious decision about how you want to view the situation. Some examples of anchor thoughts include. All is well. Everything always works out for me. This thought shifts you out of the place of “stuckness”. You are creating a new practice. This means that it takes time. The first few days are the most challenging. I promise if you persist, you will learn something about yourself. REMEMBER – IT IS ONLY A WEEK.

I will support you in this process, this mental cleanse with a closed Facebook group. Each day I will post an inspiring thought to center you as you create your day. This cleanse is meant to be one week, where your primary focus is you and how you think.

Here is the prescription. Focus on the present and avoid dwelling on any negative thought. The key is dwelling. All of us have negative thoughts that arise. Let them flow through. Reach for your anchor. “Everything always works out for me”. Then look at the situation or relationship with a new perspective.

You know which thoughts are negative. They can be thoughts of judgement, criticism, failure, resentment, worry, sickness, any limiting thought, etc. Listen to your heart and you will know.

The goal is to avoid entertaining negative thoughts. You may want to avoid people who are particularly triggering during this week. We are beginning this process. It is an experiment in awareness and that can provide the foundation to change your life.

To request to join the private Holiday Mental Cleanse Facebook group, please scan the QR code below with your camera.

If you need assistance scanning the QR code, or prefer to provide us with your email to secure an invite, please call our office at 760-704-8148.

You can begin this cleanse at any time. I will be posting beginning December 9th and continue through the end of December 2022.

I look forward to supporting you in creating a more joyous, loving, memorable holiday!

In love and light,
Dr Moira

Facebook group page: <https://www.facebook.com/groups/495635699227940/?ref=share&mibextid=S66gvF>



4. Circle of Appreciation

As we bring this year to a close, I am so appreciative of the many people who have supported me and the individuals who have chosen this path of health and healing.

- Thank you to all my patients for entrusting me to be your partner in health. I am honored to support you and the many referrals you have sent to me.
- The energy healers who have supported me on my own inner journey, Marcia Fields and Carmen Fields, Living with Energy.
- Dr. Christian Sorensen, the Spiritual Leader of Seaside Center for Spiritual Living, my spiritual home. <https://seasidecenter.org/>
- Dr. Mark Kalina, MD, who is my current medical support. He has supported me and my patients for years. I so appreciate your availability. <https://perلمانclinic.com/ourteam/mark-kalina/>
- Wes Updegraff, holistic personal trainer, and kinesiologist, who has supported me in becoming stronger than I have ever been, plus works with many of my patients.
- Eva Patel, author of the amazing book SoulRx, and formulator of SkinRx. I appreciate your insights and wisdom. She is an amazing soul sister. I personally use her skinRx products. <https://www.soulrx.com/>
- Dr. Natiya Guin, naturopathic doctor, amazing photographer, and videographer. Dr. Natiya does all of my videos. She is an artist in all the ways she lives her life. She is the formulator of vegan, ethically sourced skin care products for the whole family. I have used these products with children and sensitive people with great success. Deep Living Skincare is carried at the center.
Use my code for 20% off online: drmoira www.deeplivingskincare.com
- Dr. Shyamia Stone, naturopathic doctor, is mentoring naturopathic doctors in the art of IV Nutrient therapies. She is a new, beautiful mother. Her clinic home is <https://www.nourishmedicalcenter.com/>
- Dr Walter Cohen, osteopathic doctor, specializing in cranial sacral osteopathy, has contributed to the health of many of my patients, particularly with energy and musculoskeletal issues. <https://www.findinghealth.info/>
- Anu Simh, National Board Certified Functional Health Coach, can help you to change your relationship with food and walk with you through your journey to health. <https://www.anusimh.com/>
- Deb Hubers and Chris Givant, owners of La Vita Compounding pharmacy, a premier PCAB



Compounding pharmacy. They are my preferred compounding pharmacy,
<https://www.lavitarx.com/>

- EpigeneticsRx – the place to go for metabolic genetics, the foundation of health,
www.epigenetics.com
- The World Naturopathic Federation, an organization bringing together naturopaths and naturopathic doctors throughout the world to support health through natural medicine.
<https://worldnaturopathicfederation.org/> and <https://www.wnf-environmental.org/>
- American Association of Naturopathic Physicians, the professional association supporting naturopathic physicians to bring patient centered, wholistic natural medicine to individuals and their families. Naturopathic medicine empowers you to take charge of your health.
<https://naturopathic.org>



5. Your Health Is Our Priority Practical Strategies

Immune Support

I recommend the following support for prevention as you travel and gather over the holidays.

- 1) Wash your hands frequently.
- 2) Stay hydrated.
- 3) Make sure as much as possible you are in gatherings where there is good ventilation.
- 4) Maintain your nutrition with lots of vegetables and fruit.
- 5) Be conscious to avoid excess sugar.
- 6) When drinking alcohol, drink in moderation.
- 7) Get plenty of sleep.



- 8) Take vitamin D&K – 5000 IU/180 mcg daily (Orthomolecular, Metagenics)
- 9) Zinc – 25-30 mg daily
- 10) My Community Mushrooms (Host Defense) – 1 capsule twice a day or Astragalus (Gaia or Vital Nutrients) – 1 capsule twice a day. Only take Astragalus for prevention. Do not take for acute onset of Covid or the Flu.
- 11) Nigella Sativa or Black Seed Oil (Gaia) – take 2 capsules between meals. (Support for the Respiratory System. It is antiviral, anti-inflammatory, and immunomodulatory)
- 12) Probiotics – support for the digestive system. Make sure there is Bifidobacterium in your formula or continue what you are currently being prescribed.

I always travel with EHB (Integrative Therapeutics). This formula is for acute symptoms of a cold or upper respiratory infection.

What do I do if I get Covid or the flu?

- 1) START TREATING IMMEDIATELY!
- 2) Drink tea with honey in it.
- 3) Double your vitamin D for two weeks.
- 4) Start Quercetin – 250 mg twice a day. Quercetin is anti-inflammatory, antiviral, and immunomodulatory.
- 5) Double your zinc for 2 weeks. (Do not take more than 30 mg long term as it may cause a copper deficiency)
- 6) NAC – 600 mg twice a day. (N-Acetyl-Cysteine) thins mucus. It boosts glutathione and is anti-inflammatory. It may improve a variety of respiratory conditions.
- 7) Nigella Sativa or Black Seed Oil (Gaia) – continue taking 2 capsules between meals.
- 8) Vitamin C – 1 gram twice a day.
- 9) Call for anti-viral and anti-inflammatory support.
- 10) Monitor your oxygen saturation. Make sure your hands and fingers are warm. Monitor for one minute periodically throughout the day.

Long Covid – I have not been the same since I had Covid. Typical Symptoms may include any of the following headaches, fatigue, hair loss, joint pain, trouble sleeping, cannot smell, lost my appetite.

- 1) Your treatment needs to be personalized.
- 2) Labs to consider: CBC, Adrenal Stress Index, inflammatory markers, Comprehensive Metabolic, reactivation of Epstein barre virus, Thyroid panel.
- 3) However, I do recommend keeping your vitamin D levels in the optimal range, a serum level around 60.
- 4) Intermittent Fasting
- 5) I recommend high dose IV Vitamin C for some individuals
- 6) I recommend Hyperbaric Oxygen Therapy

Dr Moira is on-call throughout the holidays and is available for you. All my patients have my cell phone number.

We are open the week between Christmas and New Years, Tuesday through Friday.
We are closed, Monday January 2, 2023.



As we usher in 2023, 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



“...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 Health Page

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

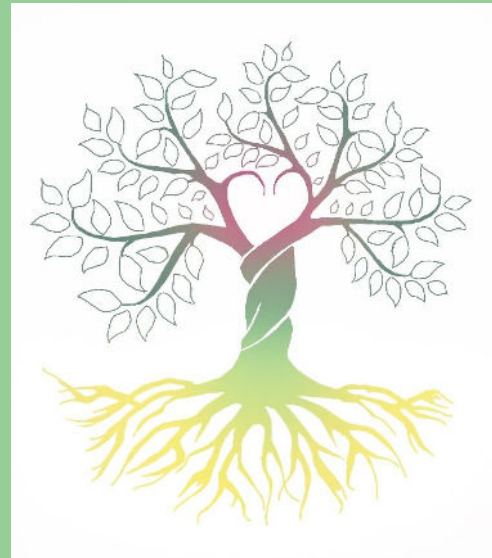
Please go to to
<https://www.wnf-environmental.org/>
to learn more!



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

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



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