

Welcome to my new clinic in Encinitas!



Welcome to Dr. Moira's Community!

Summer, 2022: Time to celebrate new beginnings

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

1. Opening our Wings, Dr. Moira Fitzpatrick
2. Circle of Appreciation, Dr. Moira Fitzpatrick
3. Safe Sun Guide, Dr. Natiya Guin
4. What we have learned from Covid-19, Dr. Moira Fitzpatrick

~ Dr. Moira Fitzpatrick



Opening Our Wings

It is with deepest appreciation and joy that I am stepping into this new chapter of creating a space for health, love, compassion, and inner transformation. As we celebrate the fourth of July, perhaps we can reframe freedom as an emergence from the pathway of peace, a commitment to being your authentic self and supporting the essence of this beautiful diverse human community. Surrendering to forgiveness is the only battle we really need to face to be free.

As I emerge from my time away, I am refreshed and more committed to health and the evolution of consciousness. Let us remember that our bodies are a gift, the medium to express the essence of who we are. Our heart is a gift. This life is a gift. This moment is a gift. Mother earth is a gift.

I want to thank the team who helped lay the foundation of this healing center. Many thanks to Owen, Leah, Gil, Brooke, Eva, Arvin, Natiya, Angela. I so appreciate your support, talents, and gifts.

We open July 5, 2022. We will continue to add services throughout the summer and fall. Yes, IV's are coming. Hyperbaric Oxygen Therapy is coming in the fall. Full phlebotomy services will be on board mid-July.

El Camino Medical Dental
317 N El Camino Real Suite 206
Encinitas, California 92024

There is a beautiful Peruvian Pepper Tree outside the front door

Welcome Leah Petzen. Leah will be greeting you when you come to the office. She is our Office Coordinator and someone I have known for years. Leah is dedicated to her own health and healing journey. She is a soulful woman of many talents and in addition to supporting your healing experience, she is certified in holistic skin care. Leah will be offering manual lymphatic drainage, facial reflexology, Gua Sha Facial massage, and microdermabrasion.



Welcome Natiya Guin, ND, a naturopathic doctor, educator, owner of Deep Living Studios, and most importantly, the mother of three beautiful children. Dr Natiya will be bringing Exovex (uses exosomes to increase growth factors for healing skin) microneedling, and injections for the face, décolletage, and scalp. Also, ask about scheduling a skin health consult to address underlying concerns. She has also been a massage therapist for over 20 years and will be complementing her skin procedures with therapeutic bodywork, cupping, and craniosacral therapy. She 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, expressing your creativity and support 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. 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



Circle of Appreciation



As I enter this new chapter of my life, I acknowledge those of you who currently support me and the work we are all doing for the evolution of humanity.

- I appreciate those of you who have chosen to partner with me on your health journey. I am honored to support you.
- The 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. I so appreciate Living from the Mountaintop, an amazing book and class by Dr. Christian.

<https://seasidecenter.org/>

- 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. <https://deep-living.com/>

- Dr. Shyamia Stone, naturopathic doctor, with whom I worked closely these past years as we have supported individuals struggling with cancer. She is a new, beautiful mother. Her clinic home is <https://www.nourishmedicalcenter.com/>

- 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 Walter Cohen, osteopathic doctor, specializing in cranial sacral osteopathy, who 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 support 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/>

- 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>



Safe Sun Guide; 4 Suggestions for safely catching rays this summer

[Article for LA Yoga Magazine by
Dr. Natiya Guin](#)

We may be looking for some of the depression-lifting effects of time outdoors, seeking an infusion of Vitamin Sunshine, planning a beach day, taking our practice to a studio without walls, or needing to shift away from screen time. When going outside, it's important to practice safe sun care. Consider the following four suggestions for keeping your skin healthy in and out of the sun. Here's to sun salutations in the sunshine!

1. Optimize Vitamin D By Planning Safe Sun Exposure

You can count on lifting your mood, increasing bone strength, and heightening your immune system by increasing Vitamin D. But you may not realize the importance of planning your sunshine time when it comes to optimizing your body's Vitamin D metabolism.

For safety, avoid midday sun exposure. Burning your skin will not optimize Vitamin D intake, plus it will cause harm! Consider getting about 20 minutes of mid-morning or late-afternoon sun light (without sunscreen) to

optimize Vitamin D levels. For best results, practice this as close to daily as possible.

Science on Vitamin D and our Individual Nature

Every skin type absorbs Vitamin D at different levels due to varying amounts of melanin (which absorbs UV rays and reduces Vitamin D synthesis). As individuals, we also hydroxylate Vitamin D at different rate. Vitamin D travels through the liver and kidney before becoming active (1,25-dihydroxy Vitamin D). Your overall health profile and organ function are key elements to how much Vitamin D you utilize after absorption. In addition, most people need more Vitamin D than they get from being in the sun. Consider speaking with your naturopathic doctor, functional medicine provider, or member of your healthcare team about having your blood levels of Vitamin D tested. You might want to add Vitamin D supplement with the addition of a Vitamin K2 driver, since these two act synergistically with each other.

Suggestions for Vitamin D Supplementation

K Force by Ortho Molecular or our Skin Within supplement by Deep Living (This contains other healing vitamins and herbs for skin and immune health)

Common food sources for Vitamin D

Shiitake and white mushrooms, fatty fish, eggs, soy, cheese

2. Props to Support Safe Sun Exposure: Hats, Breathable long sleeves, and Sunglasses

If you have been indoors more than usual this past year-and-a-half (as many people have), chances are your skin may be very sensitive currently. While you may want to visit the beach with just a little sunscreen and play all day, consider adding more complete coverage.

Hats offer more protection than even the best sunscreens..and they can be fashionable!

In an effort to further protect your arms and legs consider long sleeve breathable cotton or linen fabrics that block UV rays but allow ocean breezes. You can also look for UPF-rated clothing.

Sunglasses protect your eyes from harsh rays. Your eyes may have had a lot of blue light exposure and felt strain from excess screen time lately. As your eyes heal and adjust to more outdoor time, prioritize keeping them safe and hydrated.

3. Read labels: Review Ingredients

When you do put something on your skin. Empower yourself to have more control of your skin health! Titles can be misleading. Just because a bottle has a flower on it or says “natural” does not mean it is clean or safe...or even that it includes mainly organic products.

Read labels and look for some of the following potentially harmful ingredients. Avoid these. They include EDTA, BPA, aluminum, parabens, artificial dyes, and fragrances.

Opt for products with shorter ingredient lists. This may include herbs, flowers, or vitamins you recognize. Always check the EWG (Environmental Working Group) website for the latest safety

research, facts, and to see how product ingredients score in safety.

Vegan Notes

Avoid the following common animal-derived skincare ingredients: gelatin, tallow, lanolin, squalene, and collagen.

Read your Sunscreen Labels

For the ocean's sake and yours', consider only mineral-based sunscreens (such as those with zinc as a primary ingredient). Chemical sunscreens are banned in Hawaii as they cause reef deterioration. Look for reef-safe sunscreens. Also choose organic and fragrance-free options. Suggested brand: Earth Mama Organics.

Products to Avoid

The Walgreens brand, Panama Jack, and Sun Bum spray (70). These are listed as the most harmful sunscreens on the market according to the EWG.

After Sun Practices

Take care of your skin and keep your safe sun practices going by rinsing off sweat, sand, and sunscreen after being outside. Rinsing reduces skin irritation and clears pores to allow for more skin breathability.

Nourishing creams and aloe gels post-sun are ideal for cooling and soothing. (The vegan line by Deep Living contains hemp, which is rich in omegas). Avoid oils if your skin is hot or burned.

4. Confident Skin From Within

Take care of your full-body health and wellness for beautiful skin.

Suggestions for safe sun exposure can help reduce sun damage ranging from solar spots, dehydration, and fine lines from oxidation caused by excessive exposure to UV rays. However, for those struggling with skin concerns ranging from acne to eczema, consider seeing your integrative dermatologist or naturopathic doctor to determine the underlying cause of your concerns.

Our skin is our largest organ. When it acts up, it is trying to tell us what is going on in our bodies. Listen to these messages. Meditate on your skin health goals. Send yourself love and support, knowing you are perfect just as you are. Give your body the love and support to heal.

For more positive skin affirmations use this Amazing Skin Meditation You tube: [Amazing Skin Meditation](#)





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 improve 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!

What have we learned from Covid-19

We know that 50% of deaths related to Covid-19 occur in people with co-existing vascular and metabolic disorders. These conditions include obesity, diabetes mellitus, hypertension, cardiovascular disease, chronic kidney disease and liver disease. There is an underlying inflammatory process in being overweight and having impaired blood sugar. Being overweight impairs immunity, endothelial function, gut dysbiosis and contributes to systemic inflammation. [1] [2]



There is a solution to this problem. This is our wake-up call. I recommend you start with looking at your individual risk factors, including your weight, inflammatory markers, blood pressure, blood sugar, insulin resistance, cholesterol, triglycerides, and abdominal adiposity. See where you are. I recommend this for all of us.

The solution is a lifestyle change, which includes how you think and feel about yourself.

- 1) What do you eat? What foods do you crave?
- 2) Do you have digestive issues? Nausea, reflux, irritable bowel, constipation?
- 3) Do you know that balancing your microbiome can decrease cravings? For example, Lactobacillus decreases the hormones that trigger hunger.
- 4) Intermittent fasting contributes to weight loss and gives your digestive system a rest.
- 5) As your blood sugar goes down, your ability to experience restful sleep increases.
- 6) Exercise burns fat, oxygenates your cells and decreases stress. Physical activity boosts your immune system.
- 7) A cleanse is a great way to begin the process of changing how you eat. It gives you a jump start, supports your liver and gives you space away from processed foods and sweets.
- 8) Learn to eat a diversity of foods, mother nature's kitchen full of colorful vegetables and fruits.
- 9) Learn to love who you are and support your body to express your uniqueness.
- 10) The discipline to get started in lifestyle change begins with responding to the needs of your body and discovering that with support you can make changes one day at a time.
- 11) Get out in nature. Listen to the birds, feel the breeze as you walk or run, swim,

experience the beauty of the trees and flowers. Notice the joy of your dog as you take a walk.

12) What are your gifts and talents? How would you like to express them?

13) Bring your body, mind, and gifts into alignment to create the life that is who you are.

14) I will help you set up a program to feel your best self.

Let us take this opportunity to commit to your unique plan for holistic and optimal health!

[1] Nature Reviews *Endocrinology*, 18, (2022)

[2] Clemente-Suarez, Vicente Javier, et al. Physical activity and COVID-19. The basis for an efficient intervention in times of COVID-19 pandemic. *Physiology and Behavior*. 244 (2022)

“...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!



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1,131,599

people like you who've supported

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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

Moirá 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:

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Dr. Fitzpatrick has more than 30 years
of experience.



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