



Dr. Moira's Community

Volume 18 November 2023

**“Go into yourself and see how deep the place is
from which your life flows.” -Rainer Maria Rilke**

In Health and Wellbeing,
Dr. Moira, Dr. Angel, and Monica

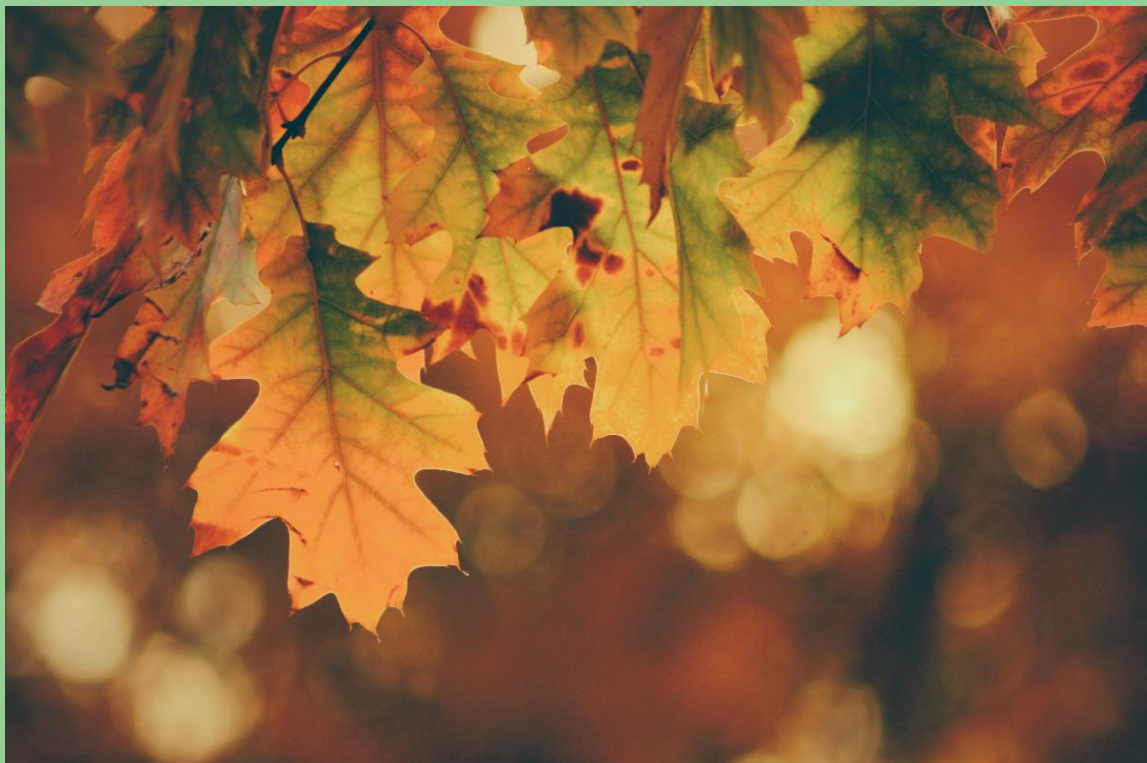


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“The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.”
-Plato



1. What affects the health of your Immune system?

Biological factors and lifestyle choices contribute to the health of the immune system.

1. Genetics play a role in your propensity toward certain diseases. Lifestyle choices such as diet, physical activity, and stress influence the way genes express themselves.
2. Stress, both emotional and physical, plays a role in the health of the immune system. This includes sleep, relationship issues, work, anxiety, depression, and the attitude with which you approach life.
3. Infections and trauma activate immune responses and affect digestion and your microbiome.
4. What you eat can lead to strength or to a depletion of nutrients. For example, vitamins A, C, zinc, and protein are essential for normal immune function.
5. Weakened digestion that leads to leaky gut can result in abnormal microbes, which then tax the immune system.
6. Environmental toxins such as those found in food, personal care products, dry cleaning chemicals, plastic, cookware, pesticides, herbicides, etc. stress our immune system, increasing our risk for infection.

You are in charge – Consider taking an inventory of your health patterns. Do you get an annual autumn cold? Create a strategy for a season of health.

1. Focus on eating organic vegetables, fruits, and quality protein. Use anti-inflammatory spices such as turmeric, ginger, garlic, rosemary.
2. Be mindful of your intake of alcohol, sugar, and caffeine.
3. Take time to meditate, practice yoga and laugh daily.
4. Begin a daily stretching and aerobic exercise program.
5. Get 8 hours of sleep each night.
6. Stay hydrated and drink green and herbal teas.
7. Get support to heal your gut and feed your microbiome.
8. Avoid unnecessary antibiotics.
9. Consider immune support supplements such as Vitamin D, A, C, Zinc.
10. If you feel a cold coming on consider a formula that contains Echinacea, Oregon grape, garlic, bromelain. My favorite formula is EHB by Integrative Therapeutics.
11. If you get a cold with congestion, take NAC to loosen the mucus.

For that extra boost you need before traveling over the holidays, I recommend an Immune IV, which includes B vitamins, C, zinc, aminos, and other minerals.

IMMUNE IV SPECIAL THROUGHOUT NOVEMBER: 10% DISCOUNT

Love and Blessings,
Dr Moira



View my video for mother earth: [For Mother Earth, from Dr. Moira](#)



2. With Appreciation and Gratitude



Linda, I feel blessed that you joined our Healing Roots community as the office manager. I appreciate the many gifts and talents you shared with all of us and your care for our patients. You have amazing energy and I especially appreciate your efforts to get me out into the Encinitas community and develop an online presence. There is a season of connecting and working together. I wish you well as you move on to live your vision. You will always have a place in the heart of this community.



3. Antiviral Tea

1. Juice a couple pounds of ginger and keep it in the refrigerator.
2. Mix 2-3 ounces of ginger into a mug. Add a tablespoon of honey, lime ..and if you want to move the virus through add 1/8 the teaspoon of cayenne pepper into 6 ounces of hot water.
3. Drink 3 cups a day.
4. Note you can modify the cayenne pepper or eliminate it. Experiment with this recipe and make it your own.

4. Breast Cancer



Cancer affects humans throughout the world. Currently, the estimated cancer incidences are 19.3 million as reported in the Global Cancer Observatory based upon 2020 statistics. The most diagnosed cancer worldwide is female breast cancer at 2.26 million cases or 11.7%. The leading cancer for women in the United States is breast cancer at 30% of total cancer cases. The cancer trend is increasing.

October was breast cancer awareness month, and we need to continue to be aware every month. What does this mean to us as women? I would suggest doing everything we can to prevent cancer, and if diagnosed with cancer, be an advocate for an integrative approach to treatment. It takes a team of both conventional and naturopathic/functional medicine doctors, plus others to support you.

We do not know the cause of cancer. However, we can look at contributing factors to cancer. These include lifestyle, stress, the environment, hormones, and genetics. The change in the environment and the climate due to

industrialization and quality of food is considered a primary concern when analyzing the increasing cancer incidence. Perhaps we can think of the body as a beautiful garden with many interactive systems. What happens when the systems get disrupted and stop communicating?

The foundation of health and the treatment of cancer is nutrition. The foods that we eat provide fuel for our cells and hence energy. We also must be able to digest and absorb the nutrients from food, hence the health of the digestive tract is critical along with the microbiome. I recommend an anti-inflammatory, organic, low glycemic food program. Why organic? It is important to avoid toxins such as pesticides, herbicides, high fructose corn syrup, antibiotics, artificial food color, genetically modified food, etc. An anti-inflammatory food program emphasizes a diversity of vegetables of a rainbow of color, fruits in season, whole gluten-free grains, low-mercury fish, nuts, and seeds. An individualized food program can be developed from this foundation. This is the basis of building up your body.

What about sugar? I recommend limiting sugar to low sugar fruit, such as berries. We are eating more sugar and processed food than at any time in human history. Sugar contributes to the metabolism of cancer cells. I recommend that your blood sugar be monitored using HbA1c (glycated hemoglobin - a measure of your blood sugar over the preceding three months), a fasting insulin, and a fasting glucose.

Stay hydrated, especially during your conventional treatment.

Lifestyle includes sleep, physical activity, taking time to consciously breathe or meditate, and having a support system of friends and family, who can be a resource to you during this difficult time. Take time each day to be creative and have an outlet for your feelings and thoughts. Many people re-engage in art during their treatment, spend more time in the garden, and listen to or play music. All that matters is that you enjoy an activity.

What kind of support can you expect from Healing Roots Center for Transformation? We recognize you as a unique human being going through the process of living with cancer. We will support you, body, mind, and soul:

1. Education for understanding your diagnosis, risk factors and diagnostics.
2. Preparation for biopsy and conventional treatment including surgery, radiation, chemotherapy, immunotherapy, targeted therapies. Support encompasses hypnotherapy for the best outcome, nutrient and herbal support, homeopathic and psychological support.
3. Naturopathic therapies offered during specific phases of treatment may include homeopathic remedies, mushrooms, and nutrients to reduce side effects such as neuropathy, fatigue, neutropenia, anemia, infection.
4. Research-informed natural therapeutic agents to support the immune system or, later, a strategy to prevent recurrence.
5. Functional testing to identify nutrient deficiencies and a plan to replete those deficiencies.
6. Mistletoe or *Viscum album* extract therapy is personalized for the individual, her cancer, and constitution. Mistletoe is a warming therapy, which fosters better immune function.
7. High dose IV Vitamin C is an oxidative therapy, which means it uses oxidants to stimulate the body to eliminate cancer, while strengthening normal cells. High dose IVC is safe when each person is properly

screened. This includes G6PD status (enzyme that is needed for the normal processing of hydrogen peroxide.), kidney function and adequate minerals. HDIVC may be synergistic with other cancer drugs. Quality of life and ability to tolerate other more conventional therapies is enhanced.

8. Hyperbaric Oxygen Therapy has a tumor repressing effect on solid tumors by increasing oxygen perfusion in the tumor. HBOT changes the hypoxic microenvironment and increases apoptosis or cell death. Remember that cancer tumors grow in anaerobic environments.
9. The goal is to change the inner terrain to starve or stunt the growth of the cancer.
10. During your treatment, you can identify and change beliefs that interfere with your healing. You will discover where you are out of balance. Recognize patterns of behavior that keep you stuck instead of moving forward. You will also be supported in self-reflection, awareness and discovering what is meaningful to you as you heal. We recognize that the physiological flows into the emotional and each of us heals from both directions. I have often heard individuals speak of spiritual clarity as they take time to reflect upon and experience an increased quality of life or as they become aware of their life force as it dims and as it grows.

Cancer is a chronic disease, and the course of your treatment depends on your stage, where you are in your conventional care, your wishes and the support of your family and network. We are here to provide expert opinion on naturopathic and integrative care and to serve as a "quarterback" for additional resources you may need.





5. Endocrine Safe Skincare and Home Products

Dr. Natiya Guin

Last month, I joined the incredible women pictured here for a weekend retreat honoring their journeys through breast cancer and offering them light and love. I was invited to speak and to share my clean skincare line, Deep Living, as a gift. I stayed overnight and experienced Acupuncture (with Dr. Alicia Johnson), a cacao ceremony (with Alex Villablobos), and sat in circle and sisterhood with these wonderful souls.

Below are pearls from our discussion and I wanted to share them as a guide no matter where you are on your health journey. Utilizing safe products can help our systems if we are currently experiencing endocrine disruption or even cancer, but removing toxic ingredients and products can also help us avoid complications in our health in the future.

Thank you to Karan and Joanne from This Little Light and to Dr. Alicia Johnson for inviting me to speak at the Journey Home retreat center.

Pearls for choosing safe products:

- If you can't tell by looking at a label if the ingredients are clean or the brand is safe you can always download the following apps on your phone to guide you when at the store: **Yuka**, **Think Dirty**, and **The Environmental Working Group**
 - These organizations are dedicated to protecting your body and will tell you the safety rating of your product (if the brand is large; our Deep Living brand is not yet listed on any of these platforms)
- We talk about all the potentially harmful ingredients to keep out of your skincare products in order to avoid endocrine disruption. But what does endocrine disruption even mean?

- Endocrine disruptors are chemicals found in skincare and home care products that can alter the amount of hormone and which type of hormone your glands secrete leading to a host of skin, GI, neurological, and even cancer complications over time. The main toxins to avoid in self care products are:
 - Parabens
 - Sulfates
 - Phthalates
 - Fragrance
 - Phenoxyethanol
 - Alcohols
 - PEG
- It is common to focus on what we don't want to see on our skincare labels but what do we want to see? Look for high quality herbs and vitamins at the top of the list!
- Consider **ADDiNg these** to your Skincare: Great vitamins to look for high on the list of skin cream ingredients (with alternative names that can be confusing):
 - Vitamin C (ascorbic acid) ☐
 - Vitamin A (Retinol)
 - Vitamin E (a-tocopherol)
 - Coconut component (caprylic triglycerides) ☐
- Home safety tips: Switch from plastic to a safer material such as glass or stainless steel whenever possible. Even though many plastic bottles are now made to be BPA free, research shows that there are other endocrine disrupting chemicals in plastic that even if bpa free...not to mention that even if the type of plastic is safer for us, it is still not safe for the environment (waste build up, toxins released making plastic etc..).

Sending you love and light!

With appreciation,

Dr. Natiya

Research on additional chemicals in plastic beyond bpa: PMID: 35399294



FALL Discount on skin services!

See Dr. Natiya in clinic for a skincare consult or Exovex treatment at her upcoming clinic dates (Nov. 17th and 18th) and receive **20% off** her services.

She has limited dates and spaces will fill up! It is the perfect time to prioritize your skin & whole body health leading into the holidays.

Schedule with the clinic or directly with Dr. Guin: 310.266.8929

Learn more at : drnatiya.com



7. Recap of WNF General Assembly in Geneva Switzerland

I had the opportunity to participate in the World Naturopathic Federation General Assembly in September. Naturopathic Medicine throughout the world holds the same philosophy and values in each country. We embrace the healing power of nature. Significant connections were made amongst the individual representatives, which spanned 14 countries and four WHO regions. On day 1, I was involved in facilitating a group who brainstormed ideas that enriched the ground of new and expanding schools. This created and nurtured bonds to open to new possibilities. The synergy was exhilarating. The second day was focused on research. We were honored to have Dr. Pradeep Dua from the Traditional, Complementary, and Integrative department of the WHO attend the updates on naturopathic research. Dr Dua expressed that the WNF is a valuable resource for the WHO with respect to naturopathy and Traditional, Complementary and Integrative Medicine. (TCIM). On the third day as chair of the Environmental Health Committee, I updated our progress on the development of the Environmental Risk Factors website and our goal to complete it by the end of 2024. Significant discussion followed and we embraced expanding the charge to include a focus on the climate crisis, its effect on ecological cycles, the importance of biodiversity, especially how it affects agriculture and community resilience. The second topic included is the sustainability, growing, manufacture and packaging of natural health products. As naturopaths we are dedicated to the health of individuals, families, communities and sustaining, protecting, and contributing to the evolution of our mother earth.

Check out the Environmental Risks website:

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

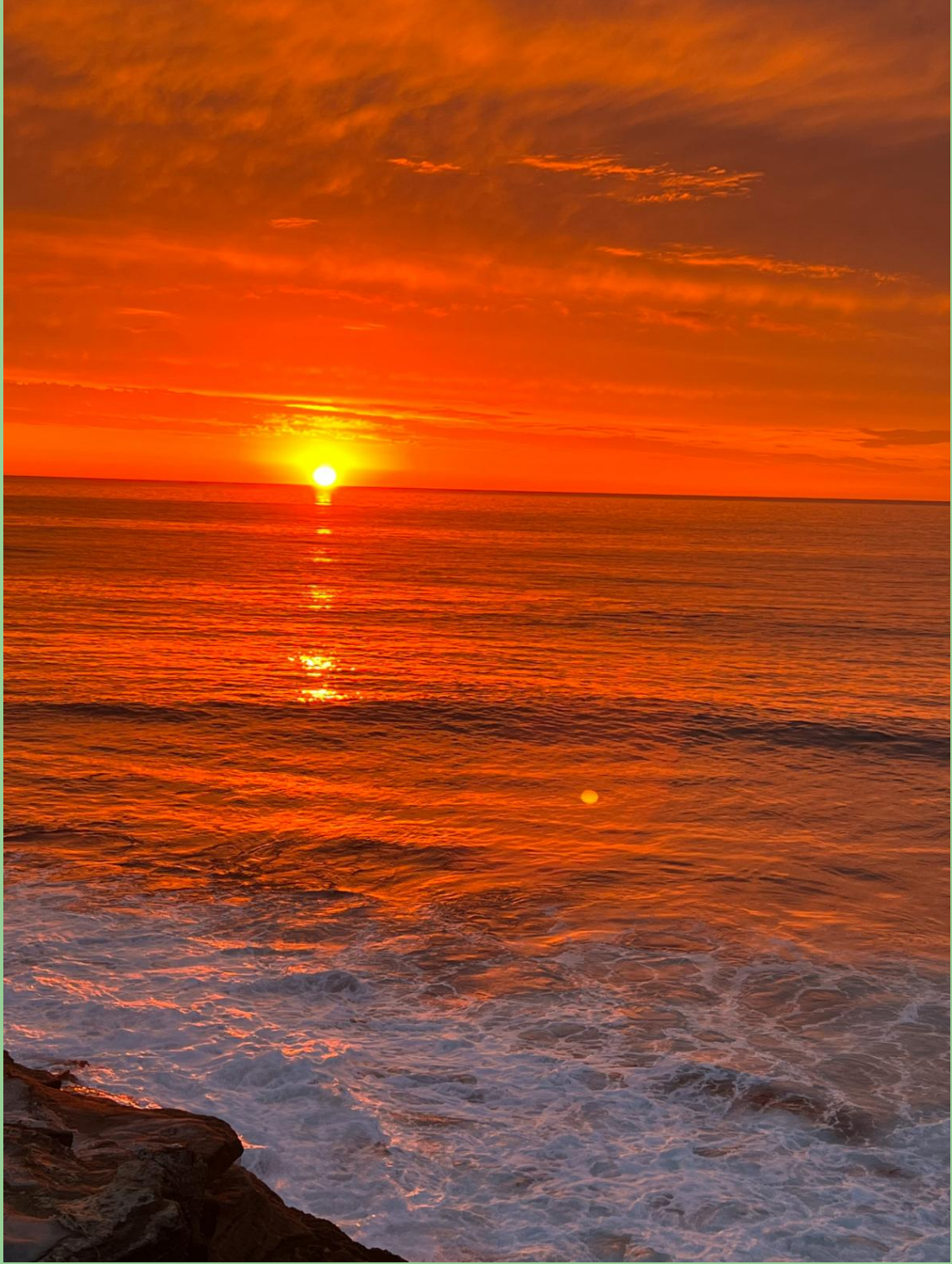
If you would like to contribute to the World Naturopathic Federation, a nonprofit organization, you can become a WNF supporter.

<https://worldnaturopathicfederation.org/wnf-supporters/>

Each day I learn more about how human health is affected by the food we eat and toxic pollutants in the environment. Knowledge leads to truth and once we are aware, we are responsible.













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

What I have learned:

Live each precious moment of this amazing life. The full moon emerges from the clouds in awe. The ocean reflecting the sunset happens in this moment tonight. The fragrance of this rose meets me today. Your smile touches my soul in this moment. My heart is awakened by the beauty of this earth. Divine love stirs the deepest recesses of my being. We get to create one life, let it be the life you love in sync with the whole of this



universe.

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



Resources For Your Health:

WNF Environmental Health website is a resource for how you can protect yourself and your family from environmental pollutants.

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

Hyperbaric Oxygen Therapy

The International Hyperbarics Association educates the community on the benefits of Hyperbaric therapy and provides accessibility to those in need. IHA is a charitable and educational organization.

IHAUSA.ORG



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: [@DrMoirafitzpatrick](#)
and Instagram [@drmoirafitzpatrick](#)



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