



# Dr. Moira's Community

Volume 19 December 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, Dr. Navaro, and Monica



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**“Time is nonrefundable. Awake to each moment. Live the life of your dreams.”**  
-Unknown







## 1. Gaia's Gateway

Gaia's Gateway is a nonprofit organization that was conceived when I was looking for a way to pass on what I have learned over the course of my career and be a part of a team that creates new paradigms for health and healing. I am passionate about being a guardian of this beautiful earth and supporting her evolution. I love my chosen career as a Naturopathic doctor, and I know this medicine is guided by the healing power of nature and embraces wholeness. I envision a coming together of all dimensions into oneness as heart centered individuals and communities bring new ideas into form.

**The vision of Gaia's Gateway is to create new health paradigms, preserve the earth, and evolve the art and science of naturopathic medicine.** The medium is an educational center that provides residencies for naturopathic doctors, a working relationship with the World Naturopathic Federation's Environmental Health and research Committees. This organization will create seminars bringing together progressive teachers and mentors whose purpose is to develop consciousness in education, health and business that are in alignment with wholeness or oneness. We as humans have been given a template of one whole system, the interconnectedness of nature. When we experience the whole, there is a meaningful understanding of how the parts work together for the greater good of all.

Gaia's gateway is open. Our first naturopathic resident begins her journey at Healing Roots Center for Transformation January 2, 2024. Dr. Julia Navarro is a naturopathic doctor, who I first met when she was a student. She came to San Diego from Canada to work with me for 6 weeks in an integrative clinic. She went on to complete her degree and a first-year residency in Washington. I have utmost confidence in Dr. Navaro's skills and most importantly, she is a heart-centered doctor who will further the practice of individualized, whole person care to you and your family.

On a personal note, I am so grateful to have this opportunity to fulfill my purpose, an adventure and expression of how I love this gift of life and this beautiful planet earth. I love connecting with your essence, seeing you as a whole person and discovering how all the parts fit together for optimal health. I experience joy every day as I practice and evolve as a naturopathic doctor, embracing mind, body, and spirit.

I am so grateful to the founding board of Gaia's Gateway, a diverse, powerful team of women, Marcia Fields, Moira Fitzpatrick, Kalli Holmes-Sorensen, Eva Patel. Each of you are stars shining your light on the earth and together we are a light that is transformative. Thank you for your belief in this vision and the many gifts and unique talents you bring to the world.

You can contribute to Gaia's Gateway this year as we will officially be a nonprofit, 501c3, during this holiday season. You can send a check made out to Gaia's Gateway and send it to  
Healing Roots Center for Transformation  
317 N El Camino Real, Suite 206  
Encinitas, CA 92024

Happy Hanukkah, Merry Christmas, Kwanza Blessings!

With love and appreciation,  
Dr Moira

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





## 2. Deepest Appreciation



It is with heartfelt gratitude that I acknowledge the generosity, love and support of Ann Kessler who has gifted Gaia's Gateway with \$50,000 to support the education and mentoring of the highest potential of our first naturopathic resident, Julia Navaro.

Historically Ann has contributed to the educational development of young people. She is a wise woman, who has a deep understanding of the importance of how family, love, creativity and fulfilling a higher purpose are important in unifying all of us in our human experience.



Ann is a scientist and rooted in research. I know Ann as someone who follows her heart and there is no greater guidance. I would venture to say that this path is the most direct for living a joyfully aligned life. Thank you, Ann, for walking with your arms wide open to the goodness of life and your feet firmly grounded in the path of your greatest potential. What a wonderful gift to pass on to future generations. Namaste.



### **3. Welcome Dr. Julia Navaro**

Hello everyone! I am so pleased and excited to join the team at

Healing Roots Center for Transformation.

I first discovered Naturopathic Medicine while caring for my grandmother in 2012, and studying pre-med in university, and realized that conventional medicine alone left serious gaps in patient care. I then completed my Naturopathic Medical degree from the Canadian College of Naturopathic Medicine in 2022, and from there my first professional steps with a Naturopathic residency at Emerald City Clinic in Seattle, where I had the opportunity to develop my skills in acute care management, primary care, IV therapy, visceral manipulation and craniosacral therapy. I am looking forward to building on that experience and sharing these skill sets with the patients at Healing Roots.

I pursued a residency with Dr. Fitzpatrick because I am deeply inspired by her human, heart-centered, and cutting-edge approach to medicine, which has long resonated with me. I am really excited to learn from her this year and am grateful for her mentorship as I continue to grow as a Naturopathic Doctor.

Before feeling the call to Naturopathic Medicine, I cultivated a connection with the earth through work in regenerative land use, conservation, and organic agriculture. Tending to the land heightened my awareness of the links between humans and nature. This realization has guided my understanding of healing and disease, which are mirrored in the realms of plants, animals, soil, and, of course, human health.

I look forward to contributing my skills and knowledge to the Healing Roots community and helping individuals connect with the profound healing power of nature, especially its manifestation within ourselves. I will be offering primary care – which includes whole family health, wellness support, true prevention, and addressing the root cause of chronic disease. I will be intricately involved in the IV program offering nutritional IV therapy, including port-access IV's for cancer patients. Thank you for welcoming me into your community!

In health,  
Dr. Julia Navaro  
Naturopathic Doctor

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## 4. Winter Solstice Blessings





### **December 21, 2023**

The winter solstice marks the end of autumn and the beginning of winter. It is the shortest day of the year. Early traditions celebrated the winter solstice as the “birth of the sun”. Many people light candles, build bonfires or celebrate the light in some way. I typically take time on this day to sit in front of the fire and journal. I honor both the light and the dark within me, being conscious of the movement from light into darkness and back to the light bringing greater awareness and consciousness. I encourage you to take time to honor this transition of dark into light.



**RADIANT BEGINNINGS: EMBODYING BALANCE IN 2024**

WITH DESI BARTLETT AND DR. NATIYA GUIN



## 5) Dr. Natiya Guin's wellness retreat & news

### Zoetry Resort, Cabo San Lucas

January 18-21, 2024

A new year is about new beginnings. If 2023 left you feeling unbalanced, unsure or searching for answers you've come to the right place. Dr. Natiya Guin and Desi Bartlett are kicking off 2024 with a four-day retreat designed to help you find your physical, spiritual and emotional equilibrium.

#### What to expect:

Have you ever yearned for the opportunity to step off of the wheel of day-to-day life, to connect to your wild and glorious inner spirit, and envision what your next chapter will look like? Set in beautiful Cabo San Lucas, Mexico, we will find balance on all levels, and connect to inner strength.. Let go of the outer noise and reconnect to your heart's wisdom. Your job... Say yes, show up, be open.

Curated just for you, this small group retreat is intended to reconnect you to a deep feeling of balance, on all levels of self. This transformational, one-of-a-kind experience will allow you to pause, take care, and leave what is no longer necessary at the beach.

An experience that will forever change how you show up.

- To connect to your inner warrior goddess in Cabo San Lucas; paradise on earth!
- Diving deep into the experience of 4 days for you (including small group whale watching), to release old patterns that no longer serve, and give you the opportunity to find clarity in your body, mind, and heart
- To be inspired through the joy of movement, mantras, breath work, and journaling
- Finding balance between the external responsibilities of everyday life, and the internal voice of your soul
- Know that by saying yes, you are on the **path to creating balance**

This is the path to awakening your inner warrior goddess, and you will find it all here in these 4 days!

\$200 off discount code through Dec.18th: [Cabo](#)

Learn more, view itinerary, and to sign up:

[Embodying Balance in 2024](#)



### -News!-

I am moving back to California in early January and will have more availability at the Healing Roots Center for Transformation. I'm so excited to have more time to learn from and collaborate with my mentor and soul sister, Dr. Moira and to connect with Dr. Navaro, Dr. Angel, Monica and you!

with appreciation,

Natiya

Schedule your naturopathic skin consultation or Exosome microneedling regenerative treatment with the clinic or with me directly: 310.266.8929

Learn more at : [drnatiya.com](http://drnatiya.com)





Valid December 7-31st

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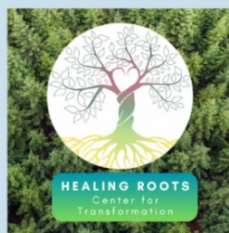
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## Contact Us

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**317 N. El Camino Real, Suite 206  
Encinitas, CA 92024**



## 6. Give the Gift of Oxygen (We are having a sale)

**Our gift to you is an HBOT SPECIAL. Throughout the month of December, we are offering a package of 12 for \$1200. This is a \$300 savings.**

Oxygen is an essential nutrient. "It cures nothing and helps everything." I am thrilled with the outcomes we have heard from patients coming to Healing Roots. Hyperbaric Oxygen Therapy is helping our patients post stroke, long covid, inflammatory bowel disease, irritable bowel disease, migraine headaches, Lyme Disease, cancer, memory and focus, musculoskeletal healing, wound healing, depression, fatigue, and optimal health. HBOT supports individuals in relaxation by activating the parasympathetic nervous system and it appears to support the immune system.

Since I see so many cancer patients, I want to share with you the pearls I



learned at the recent AAMP Oncology conference:

- 1) HBOT decreases tumor cell survival and angiogenesis.
- 2) HBOT has been shown to be associated with increased survival in humans with cancer.
- 3) HBOT alters gene expression to switch to a lesser tumorigenic metabolism.
- 4) HBOT improves general chemotherapy uptake, including 5-FU, Platinums, Taxanes, TMZ, High dose IV vitamin C, radiation. My conclusion is that HBOT is a significant part of a comprehensive treatment approach to cancer.

I have included some of the most recent research as I know many of you are as deep into research as I am.

Ammitzboll, Gunn, et.al. **Effects of an early intervention with Hyperbaric Oxygen Treatment on arm lymphedema and quality of life after breast cancer – an explorative clinical trial.** Support Care Cancer, 2023 May 1:31(5):313

Badur Un Nisa, et.al. **Mild Hyperbaric Oxygen Exposure Enhances Peripheral Circulatory Natural Killer Cells in Healthy Young Women.** Life (Basel). 2023 Feb; 13(2): 408.

Chen, Jingling, et.al. **Hyperbaric oxygen therapy: a possible choice for patients with resistant thin endometrium during frozen embryo transfer treatments.** Reprod Biol Endocrinology. 2023; 21: 80.

Dulberger, Adam, et.al. **The effects of hyperbaric oxygen on MRI findings in rheumatoid arthritis: A pilot study.** Undersea Hyperb Med, 2023 First Quarter;50(1):39-43.

Jacob, Ablin N. et.al. **Hyperbaric oxygen therapy compared to pharmacological intervention in fibromyalgia patients following traumatic brain injury: A randomized, controlled trial.** Plos, Mar 10, 2023

Mrakic-Sposta, Simona et.al. **Hyperbaric Oxygen Therapy Counters Oxidative Stress/Inflammation-Driven Symptoms in Long COVID-19 Patients: Preliminary Outcomes.** Metabolites. 2023 Sep 25;13(10):1032

Saffati, Gal, et.al. **Hyperbaric oxygen therapy as a treatment for erectile dysfunction: a meta-analysis.** Sexual Medicine Reviews, 09 Nov 2023.



## 6) Bringing Closure to 2023

As we are in the final month of 2023, I encourage each of you to take time and reflect upon all that you have accomplished this year and all that you have learned. Endings are important so that we can truly let go. Let go of thinking that no longer supports you, old paradigms, old ways of doing things. While letting go opens us to change and vulnerability, it opens the door to new ideas, new possibilities. Let us all be a part of the new energy upon the earth.







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)

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“My deep inner voice points me in the direction of my dream. Look inside for the opportunity, the timing, and the power to do it.”



Am I on facebook?

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



**Help expand our current reach on your  
News Feed.**

...and I'm on Instagram:

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

**@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](http://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](http://DrMoirafitzpatrick.com)

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



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

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