



News from Healing Roots Center for Transformation

January 2025

"Darkness cannot drive out darkness; only light
can do that. Hate cannot drive out hate; only love
can do that."

-Martin Luther King Junior

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



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1. The LA Fires & a Changing Climate

By Dr. Moira Fitzpatrick

Dear Friends and colleagues,

This has been a challenging time for all those living in the LA area. The fires have been horrific and heartbreaking. We have all been touched in some way by this trauma. As I reflect upon the cause of extreme weather conditions throughout the world, I come back to the reality that 2024 was the hottest year in recorded history. Our planet is heating up. It is January, the rainy season in California. We have not seen rain since May.

The cause of global warming is climate change. The major contributor to climate change is greenhouse gas emissions, which result primarily from the extraction and burning of fossil fuels. Another major contributor is deforestation. The lands have been cleared to provide pasture and crops to feed farm animals. It is deforestation that accounts for the high carbon footprint of animal agriculture.

As a naturopathic doctor, I look to the root cause of disease, which stems from an imbalance in the systems of the body and mind. The balance of the earth is disturbed and as we can see across the world the consequences are extreme weather events. The toxic pollutants emitted into the air from the LA fires

include smoke, arsenic, lead, and toxins from burning plastic and other debris. Add in the increased toxins to which we all are exposed and the body's ability to metabolize all of which we are exposed is reaching or surpassing the limit. It is time for all of us to come together in search of solutions.

We can:

1. Phase out polluting energy systems.
2. Reduce Animal Sourced food consumption. Become a Flexitarian (Reduced meat consumption, but not vegetarian), Pescatarian or Vegetarian
3. Increase the use of public transportation.
4. Get involved in creating cleaner communities, cities, states and countries.
5. Become responsible global citizens and care for this planet.

Let us come together and discover solutions. There is an infinity of possibilities! We simply need to listen, become aware and decide to make changes. All meaningful change happens in community. Let us take care of one another and this beautiful planet earth, we call home.

In appreciation and love,
Dr Moira



2. Annual Liver Cleanse

By Dr. Moira Fitzpatrick



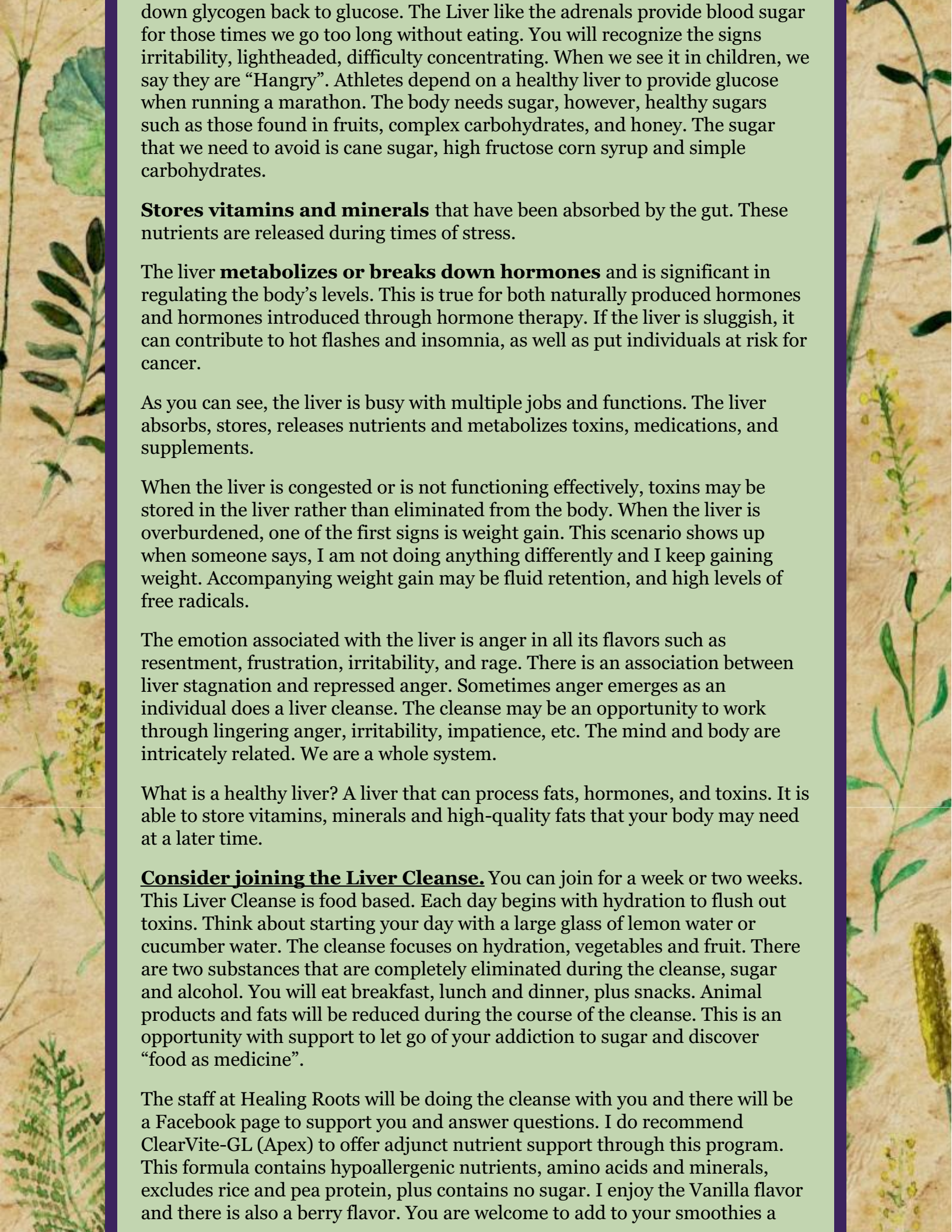
It is that time of year to support your liver, one of the hardest working organs in your body.

What does my liver do for me?

The **liver is the primary organ of detoxification** in the body. This is a crucial function. Think about the toxins each of us may be exposed to daily, such as pesticides and herbicides from nonorganic vegetables and fruit, plastics from a microwaved dinner, mercury from large fish, preservatives and coloring from fast foods, aluminum from cookware, aluminum foil, the deodorant we use, excess drinking over the holidays, etc. The liver neutralizes harmful chemicals, breaks them down and we eliminate them through the colon via feces or the kidney via urine. The liver sends toxins out through the bile duct to the intestines. The liver needs to be healthy. One toxin to which the liver is particularly vulnerable is microplastics. Microplastics induce inflammation in the liver and interfere with the normal metabolism of the liver.

Processes Fat – The Liver releases bile to break down fat and deliver it to your body as an energy source. The best fats for your liver and your body include nuts, seeds, avocado, olive oil, salmon, essentially good fats. These good fats contain vitamins and nutrients. The body does best with approximately 15% good fat.

Stores glucose as glycogen. When the body needs glucose, the liver breaks



down glycogen back to glucose. The Liver like the adrenals provide blood sugar for those times we go too long without eating. You will recognize the signs irritability, lightheaded, difficulty concentrating. When we see it in children, we say they are “Hangry”. Athletes depend on a healthy liver to provide glucose when running a marathon. The body needs sugar, however, healthy sugars such as those found in fruits, complex carbohydrates, and honey. The sugar that we need to avoid is cane sugar, high fructose corn syrup and simple carbohydrates.

Stores vitamins and minerals that have been absorbed by the gut. These nutrients are released during times of stress.

The liver **metabolizes or breaks down hormones** and is significant in regulating the body’s levels. This is true for both naturally produced hormones and hormones introduced through hormone therapy. If the liver is sluggish, it can contribute to hot flashes and insomnia, as well as put individuals at risk for cancer.

As you can see, the liver is busy with multiple jobs and functions. The liver absorbs, stores, releases nutrients and metabolizes toxins, medications, and supplements.

When the liver is congested or is not functioning effectively, toxins may be stored in the liver rather than eliminated from the body. When the liver is overburdened, one of the first signs is weight gain. This scenario shows up when someone says, I am not doing anything differently and I keep gaining weight. Accompanying weight gain may be fluid retention, and high levels of free radicals.

The emotion associated with the liver is anger in all its flavors such as resentment, frustration, irritability, and rage. There is an association between liver stagnation and repressed anger. Sometimes anger emerges as an individual does a liver cleanse. The cleanse may be an opportunity to work through lingering anger, irritability, impatience, etc. The mind and body are intricately related. We are a whole system.

What is a healthy liver? A liver that can process fats, hormones, and toxins. It is able to store vitamins, minerals and high-quality fats that your body may need at a later time.

Consider joining the Liver Cleanse. You can join for a week or two weeks. This Liver Cleanse is food based. Each day begins with hydration to flush out toxins. Think about starting your day with a large glass of lemon water or cucumber water. The cleanse focuses on hydration, vegetables and fruit. There are two substances that are completely eliminated during the cleanse, sugar and alcohol. You will eat breakfast, lunch and dinner, plus snacks. Animal products and fats will be reduced during the course of the cleanse. This is an opportunity with support to let go of your addiction to sugar and discover “food as medicine”.

The staff at Healing Roots will be doing the cleanse with you and there will be a Facebook page to support you and answer questions. I do recommend ClearVite-GL (Apex) to offer adjunct nutrient support through this program. This formula contains hypoallergenic nutrients, amino acids and minerals, excludes rice and pea protein, plus contains no sugar. I enjoy the Vanilla flavor and there is also a berry flavor. You are welcome to add to your smoothies a

protein powder of your choice.

Join the Facebook Event [here](#). All important documents will be added to the event by Thursday, January 23rd for those who wish to start the cleanse the weekend of January 24, 25 and 26. I will be starting the cleanse, Monday, January 27th .

3. Support When You're Sick

By Dr. Julia Navaro



We're here to support you whenever you're sick! This season has seen a surge in viral illnesses, and in recent weeks, we've assisted patients dealing with the common cold, pneumonia, bacterial sinusitis, and the stomach flu. Our care plans are customized to address your unique needs and often include recommendations such as dietary guidance, botanical formulas, immune-supportive vitamins, home remedies, nebulizer treatments, and immune-boosting IVs. If necessary, we'll order labs or imaging to understand your condition better and may prescribe medications for more severe symptoms. Acute appointments are 30 minutes and cost \$185.

If you're feeling unwell, don't hesitate to reach out to us. We make every effort to see acute cases on the same day you call.

4. HBOT Package Sale until February 28th!

Doctor-Supervised Hyperbaric Oxygen Therapy



Healing Roots
Center for Transformation

Hyperbaric Oxygen therapy (HBOT) uses oxygen in a pressurized chamber to bring increased oxygen to blood vessels & tissues, supporting the body in healing itself & increasing energy production.

Questions? Call 760-704-8148

SALE
12 HBOTS for \$1,200
UNTIL FEB 28 ONLY

BOOST BRAIN FUNCTION	PROMOTES HEALING & RECOVERY AFTER INJURY
IMPROVE ENERGY AND MEMORY	DECREASE INFLAMMATION
ENHANCE SPORTS PERFORMANCE	GLOWING SKIN
SUPPORTS HEALTHY MICROBIOME	<u>AND SO MUCH MORE!</u>





I continue my practice of women's health, whole family health, identifying and healing conundrums, optimal health and inner transformation. I have recently created a Healing Cancer Program with Dr. Julia. This is a comprehensive program to support individuals with cancer. We may focus on relieving the side effects of conventional care, rebuilding your immune system and health after treatment, or creating a program to prevent recurrence. I practice down to earth medicine with cutting edge testing. I am dedicated to supporting you in health, happiness, and becoming all that you can be. I believe that when the body is properly supported, the healing power of nature brings your body back into balance.

With love and many blessings,

Dr Moira

“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.

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-

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