

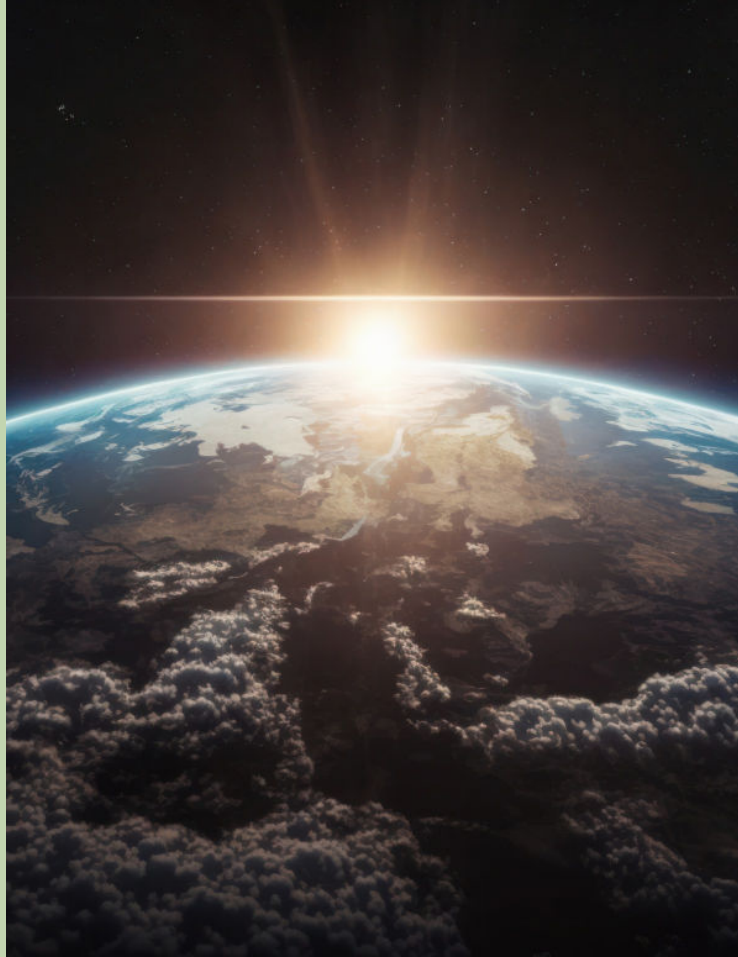


News from Healing Roots Center for Transformation

March 2025

“Fulfilling your destiny is how to give and receive all the divine love you have ever wanted to experience in this lifetime. It is the story of you remembering how in love you are with yourself, as the Beloved. Fulfilling your destiny is also the story of discovering how much you love the gift of life and All of Creation.” *Kaia Ra*

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



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1. What is Emsella?

Emsella is a non-invasive treatment designed to strengthen the pelvic floor muscles. Uses high intensity focused electromagnetic technology to stimulate supramaximal muscle contractions in the pelvic floor.

Who can benefit from this treatment? Take a moment to read further if you have any of these symptoms

- Stress Incontinence: Leakage when you sneeze, laugh or cough
- Urinary Frequency: Get up more than once at night to urinate
- Experience that your bladder does not empty completely
- Urgently need to get to the restroom
- Supports women **postpartum** to strengthen the pelvic floor

- May heighten sexual sensation for women
- May improve sexual function in men who suffer from erectile dysfunction
- Strengthening the pelvic floor will help to improve balance.

Who could use this kind of support?

- Postpartum women
- Peri and post-menopausal women
- Andropausal men
- Men with ED
- Those who need to strengthen their pelvic floor muscles

What does the treatment look like?

You sit fully clothed on a chair for 30 minutes. You will feel gentle stimulation to your pelvic floor muscles. It is not uncomfortable.

How many treatments do I need?

The protocol is 2 sessions per week for 3 weeks. We encourage you to continue to do Kegels on your own to extend the benefits. You may not need a maintenance follow up. However, some individuals need 2-3 treatments after about 6 months.

We personalize the treatment for you and integrate it into your holistic treatment plan.

I decided to bring Emsella into Healing Roots because so many of my patients suffer from insomnia due to getting up to go to the bathroom multiple times at night. One treatment (30 minutes) on the Emsella chair is equivalent to 11,000 kegels.

What is the cost?

It is \$1,800 for a package of 6 treatments, which is the recommended treatment course. **IF YOU ARE A CURRENT PATIENT AT HEALING ROOTS, WE ARE OFFERING A DISCOUNT IN APPRECIATION FOR YOU GIVING US THE HONOR OF SERVING AS YOUR HEALTHCARE PROVIDERS. Call to inquire.**

Contraindications: Active cancer, metal in your body, pregnancy

Kegels & Cocktails: Sip, Strengthen, and Support Bladder Health!

Join us on April 17, 2025, from 4 PM to 6 PM for a fun and educational event where you can demo the Emsella chair and enjoy exclusive discounts on services!

2. Welcome, Stephen!



I am delighted to introduce Stephen Morris, pronounced as STEF-IN, as our new Front Desk Receptionist. He brings an engaging smile, a sense of humor, and many gifts to our progressive wholistic clinic. We are all so grateful for his presence! Give him a warm hello when you meet him.

3. Colorectal Cancer Awareness Month


By: Dr. Moira Fitzpatrick, ND, PhD



Colorectal cancer (CRC) is the third most diagnosed cancer. What is alarming is that approximately 10% of new cases affect individuals under the age of 50. This is referred to as early onset CRC (EO-CRC). Only about 20% of CRC is genetic, which leaves 80% as related to other risk factors.

The risk factors identified for CRC include Western diet, physical inactivity, obesity and I will add exposure to toxic pollutants. Worldwide adult obesity has doubled, and adolescent obesity has quadrupled. Obesity is associated with inflammation. Chronic inflammation is the genesis of tumor growth. A western diet consists of a high consumption of red meat, fat, sugar, processed food and soft drinks. Typically, there is a low intake of vegetables and fruit.

It is hypothesized that the gut microbiome is associated with the increase in EO-CRC. The gut microbiota is composed of a community of microorganisms



including bacteria, viruses, fungi and other microbes. Each of us receives our microbiome from our mothers and it is nourished by the food that is eaten. The microbiome thrives with a diversity of vegetables and fruit. Since microbiota are known to play a significant role in maintaining homeostasis in the gut ecosystem, it is logical that we look both individually and collectively at the microbiome.

There are certain species of bacteria that inhibit the growth of CRC tumor cells. One example is a species of bacteria that is popular in many probiotics, *Lactobacillus*. It inhibits cellular proliferation and triggers apoptosis. Apoptosis is programmed cell death which is crucial for removing damaged cells. Short-chain fatty acids produced by *Lactobacillus fermentum* and *Lactobacillus reuteri* promote the growth of normal epithelial colon cells and inhibit cell proliferation in the colon. Short chain fatty acids are made when the fiber we eat is fermented by the bacteria in the gut. Both diet and balanced microbiomes are essential for gut health and the prevention of colorectal cancer. In addition to anti-tumor activity, beneficial species of bacteria support other commensal (beneficial) microorganisms and prevent dysbiosis. Dysbiosis is an imbalance in the microorganisms of the gut, typically due to a decreased diversity in bacteria and linked to disease.

There is a significant association between intestinal inflammation and CRC. Inflammation is often the initiating factor in DNA damage and hence the growth of colorectal tumors. We know that inflammation causes gut barrier dysfunction (leaky gut) and immune system suppression. There are certain bacterial species that help to maintain immune homeostasis. The immune system, especially CD8 T cells are important in killing tumor cells.

There is an association between dietary factors and CRC, along with gut bacteria species that have a beneficial role in human health. Higher vegetable and fruit consumption is associated with the prevention of CRC and also with an abundance of beneficial bacteria. Both diet and microbiome have a beneficial effect on human health, including healthy gut epithelium, glucose metabolism and the immune system.

We live at a time when all of us have increased exposure to toxic pollutants. The endocrine disrupting chemical bisphenol A (BPA) and phthalates both are associated with colorectal cancer risk. Hence, I recommend increased awareness around personal care products. A 2022 study investigated the link between outdoor particulate matter (PM), air pollution and the increased risk of gastrointestinal cancer. Exposure to PM_{2.5} increased the risk of colorectal cancer. PM_{2.5} can trigger intestinal inflammation, induce microbiota dysbiosis, and trigger oxidative stress leading to DNA damage. It is essential that everyone decreases their exposure as much as possible. There is growing research on the effect of microplastics on CRC. The gut is the main site of microplastic absorption.

Steps that you can take to prevent colorectal cancer:

- 1) Eat a nutrient dense diet. (Variety of vegetables and fruit)
- 2) Stay hydrated.
- 3) Take care of your liver through an annual detox.
- 4) Check your personal care products to avoid BPA and phthalates.
- 5) Stay inside when the air quality is low.
- 6) Avoid plastic (water bottles, plastic wrap, containers, bags, etc.)

- 7) Get an assessment of your toxic load.
- 8) Follow guidelines for colon cancer screening

Check out these websites: <https://www.wnf-environmental.org/>
<https://www.ewg.org/skindeep/>

What kind of Support can I expect from the Healing Roots Cancer Healing Program?

- Support for whatever conventional therapies you choose and relief from side effects
- Assess what could or has contributed to your cancer diagnosis. This includes:
 - **Genetics and Epigenetics**
 - **Dysglycemia** – sugar imbalances and its effect on your cancer or risk for cancer
 - **Food and Nutrition** – the optimal diet plan for you
 - **Digestion and Inflammation** – optimal functioning of your digestive system
 - **Microbiome** – personalized probiotics
 - **Nutrient balance** – Assess deficiencies and replete nutrients
 - **Immune Function** – Assess and build your immune system
 - **Hormone balance** – Assess and balance reproductive and stress hormones
 - **Sleep** – Address insomnia and support restoration of your natural biorhythm
 - **Toxins and Detoxification** – Assess toxic load, reduce exposure and eliminate toxins
 - **Mental and Spiritual Wellbeing** – Explore and change beliefs in the way of optimal health
- Wholistic Treatment Plan and Support to transmute your life.
- The goal of the Healing Cancer Program is to create a terrain that no longer supports cancer growth. During this process, we wrap our arms around you as we team up with you to change your health and your life.

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4. Dietary Factors That Protect Against Colorectal Cancer *By Dr. Julia Navaro, ND*

Colorectal cancer is one of the leading causes of cancer-related deaths worldwide. Increasingly, it is being diagnosed in younger adults, a shift that

researchers attribute largely to diet and lifestyle factors rather than genetic predisposition [1,2]. The disease is also significantly more prevalent in developed nations, where diets high in processed foods, red meat, and sugar are common. So how do you protect against colorectal cancer?

Fiber and Gut Microbiome Health

A high-fiber diet from whole grains, legumes, and vegetables significantly reduces colorectal cancer risk. Fiber accelerates waste transit through the colon, minimizing exposure to carcinogens, and supports a healthy gut microbiome, which may enhance immune function and reduce inflammation [1,8]. Studies suggest that increasing **fiber intake can lower colorectal cancer risk by up to 40%** [3].

Calcium and Vitamin D

Calcium, found in dairy products like milk and yogurt, may protect against colorectal cancer by binding bile acids and inhibiting abnormal cell growth. A daily intake of 1,000–1,200 mg—approximately three servings of dairy—has been associated with reduced risk [1,2]. Additionally, vitamin D supports immune function and regulates cell growth, and its deficiency has been linked to higher colorectal cancer rates. Sun exposure, fatty fish, fortified dairy, and supplements can help maintain adequate vitamin D levels [7].

Mediterranean Diet

The Mediterranean diet, rich in olive oil, fish, fruits, vegetables, nuts, and whole grains, is strongly associated with lower colorectal cancer risk. This diet reduces inflammation, enhances DNA repair, and provides antioxidants that neutralize free radicals, protecting colon cells from damage [1,2].

Mediterranean Diet overview:

<https://my.clevelandclinic.org/health/articles/16037-mediterranean-diet>

Probiotics and Fermented Foods

Probiotics, found in foods like yogurt, kefir, sauerkraut, and kimchi, support gut microbiome health. A well-balanced gut microbiome improves digestion, enhances immune responses, and may reduce colorectal cancer risk by promoting beneficial bacteria that protect colon cells [8].

Conclusion

Colorectal cancer risk is largely influenced by diet and lifestyle choices. Limiting red and processed meats, ultra-processed foods, and alcohol while maintaining a high intake of fiber, calcium, vitamin D, and omega-3s can significantly reduce the likelihood of developing the disease. Regular physical activity and adherence to a Mediterranean-style diet further enhance protection.

Because colorectal cancer is heavily driven by lifestyle factors, preventing it is also largely within our control. By making intentional dietary and lifestyle choices, individuals can take meaningful steps toward reducing their risk and promoting long-term health.

If you have questions about your risk for colorectal cancer, and/or would like to create a prevention strategy, call us at 760-704-8148 to schedule with a Healing Roots practitioner!

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5. We are Closed for Earth Day

April 22, 2025

The clinic will be closed on Earth Day so that all of us can take time to honor this beautiful planet and be involved in Earth Day service and activities.

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-

Visit my Website: DrMoiraFitzpatrick.com

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and Instagram [@drmoirafitzpatrick](https://www.instagram.com/drmoirafitzpatrick)



Learn more about my work : DrMoiraFitzpatrick.com

Office Phone: 760-704-8148
El Camino Medical Dental
317 N El Camino Real Suite 206

Encinitas, California 92024

Dr. Moira Fitzpatrick || DrMoiraND@gmail.com |
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Dr. Moira Fitzpatrick | 317 N El Camino Real Suite #206 | Encinitas, CA 92024 US

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