



News from Healing Roots Center for Transformation

May 2025

"Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now, think. What delight God gives to humankind with all these things. All nature is at the disposal of humankind. We are to work with it. For without we cannot survive."

Hildegard of Bingen

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



Contents:

- 1. Endocrine Disruptors and Hormone Balance in Women**
- 2. Hyperbaric Oxygen Therapy Sale**
- 3. Grateful for your Contribution to Healing Roots**
- 4. Women the Gift of Hormones**
- 5. Cervical Dysplasia**



1. Endocrine Disruptors and Hormone Balance in Women

May is the month to celebrate the seasons of a woman's life. This year I would like to focus on Endocrine Disrupting Chemicals (EDC) and how they affect how we process hormones.

Endocrine Disrupting Chemicals are synthetic chemicals that imitate and act

like estrogen in the body. While the focus is on estrogen, other hormones have a significant impact on metabolism and health. This includes thyroid hormone, insulin, cortisol, DHEA, Testosterone, and melatonin.

How EDCs affect us as girls and women?

Girls may be affected by early or delayed puberty, changes in breast development and menstrual irregularities. Early puberty is linked to higher risks of breast cancer, mental health challenges, and metabolic disorders later in life.

Fertility: EDCs may reduce egg quality, result in hormone imbalances, and contribute to both endometriosis and PCOS, polycystic ovarian syndrome.

Pregnancy: Higher risk of miscarriage, preterm birth or lower birth weights, gestational diabetes and preeclampsia.

Menopausal Transition: early menopause, more difficult symptoms, metabolic changes

This is a partial list of common endocrine disrupting chemicals. Bisphenol-A is found in plastic water bottles, plastic wrap, paper receipts, canned foods and drinks. **Consider** using glass water containers for drinking and storage, have your receipts emailed to you, avoid all canned foods and drinks.

Dioxins are found in bleached toilet paper, paper towels, tampons, and hand sanitizers. They are found in nonorganic beef and dairy. **Consider** using non-bleached paper products, and essential oil-based hand sanitizers. If you consume animal products, choose organic.

Phthalates are found in air fresheners, synthetic fragrances added to laundry detergent and carpets. **Consider** avoiding all products that contain synthetic fragrances and use essential oils. Use natural fiber carpeting if you prefer carpeting.

Perchlorate is found in drinking water, and it is especially high in California. I recommend filtering your water.

Parabens are found in shampoos and conditioners, lotions, sunscreen and deodorants. Be mindful of all personal care products and switch to brands that do not use parabens.

Polybrominated diphenyl ethers (PBDEs) are found in non-stick pans, children's pajamas, couches and mattresses. **Consider** using stainless steel cookware, organic cotton pajamas for children and avoid products that use flame retardant chemicals.

Prevention begins with awareness. What are we consuming and putting on our bodies?

The metabolism of estrogen, hormones and the detoxification of endocrine disruptors as well as medications occur in the liver. When the body is exposed to excess toxins, the liver is not able to process hormones as effectively as needed which can lead to hormone imbalances.

2. Hyperbaric Oxygen Therapy (HBOT)



HEALING ROOTS

HBOT MAY SPECIAL

12 SESSIONS FOR
\$1200

Healing Roots, Encinitas
Dr. Moira Fitzpatrick ND
317 N El Camino Real



One of the greatest investments I made in the clinic is the hyperbaric oxygen chamber. I personally utilized HBOT to support the healing of my wrist. Oxygen is one of the most important raw materials for healing damaged tissue.

I love this planet and have a passion for environmental health. I know that the many toxic pollutants to which we are exposed, along with the stress of our lives and poor lifestyle choices can lead to chronic inflammation. Oxygen is essential to optimize microcirculation. Proper blood flow removes the chemicals of inflammation, brings in oxygen and nutrients to heal damaged tissue. When an individual is fatigued, we test mitochondrial function. In addition to repleting co-factors I recommend HBOT. Neurocognitive function is significantly enhanced using HBOT. Athletic performance is optimized by enhancing oxygen through HBOT. Neuropathy can be healed or significantly reduced with HBOT. Inflammatory Bowel Disease and IBS benefit from HBOT. Most of the cancer patients at Healing Roots use HBOT to tolerate radiation, naturally kill cancer cells and heal surrounding tissue. "HBOT cures nothing and helps everything."

To make HBOT more available to more people, we are offering a sale through the month of May.

**12 HBOT sessions for \$1200. This is a savings of \$300.
GIVE YOURSELF THE GIFT OF OXYGEN!**

3. Grateful for your contribution to Healing Roots

By: Dr. Moira Fitzpatrick, ND, PhD



Dr. Julia Navaro, who has been at Healing Roots over a year now, will be transitioning to spend more time in her home state of Kentucky while continuing to care for patients through virtual visits and periodic in-person availability. Dr. Navaro was the first resident at Healing Roots and has helped many patients during her time here. She coordinated and ran the IV nutrient program and took the lead in acute care. You can recognize Dr. Julia by her infectious, joyful laugh which brings smiles to us all. While she will no longer be overseeing the IV program, she will remain available for virtual visits and will return to Encinitas several times a year to see patients in person. I am personally grateful for the many gifts Dr. Julia shared with me, our patients, and staff. You will be missed by us all. I support you in living your dream!

4. Women: The Gift of Hormones

By: Dr. Moira Fitzpatrick, ND, PhD



The earth expresses a rhythm manifested by the changes in season, the coming and going of the tides and the phases of the moon. Women are tuned to the rhythms of Mother Earth. We have seasons of hormonal changes beginning with the menstrual cycle, the ripening of the of an egg, pregnancy or releasing menstrual blood. Our menstrual cycle mirrors the cycles of the moon and when in balance, ovulation often occurs at the full moon. Women are more energized and creative during the first half of their cycle leading to ovulation. Sexual desire often peaks at the time of ovulation. Then as the moon waxes and wanes, we often experience a decrease in desire to express outward and toward menses we are ready to go within and be, to reflect. This often occurs at the new moon. During this time, women are more sensitive, more attuned to the unconscious aspects of ourselves, perhaps to our discontent, which is the ground from which we discover what we want, how we wish to change or transform our lives. It is a time of new beginnings. The best way we can support ourselves and our children is to honor the female cyclical nature and recognize the importance of taking time to go within, to retreat into the self.

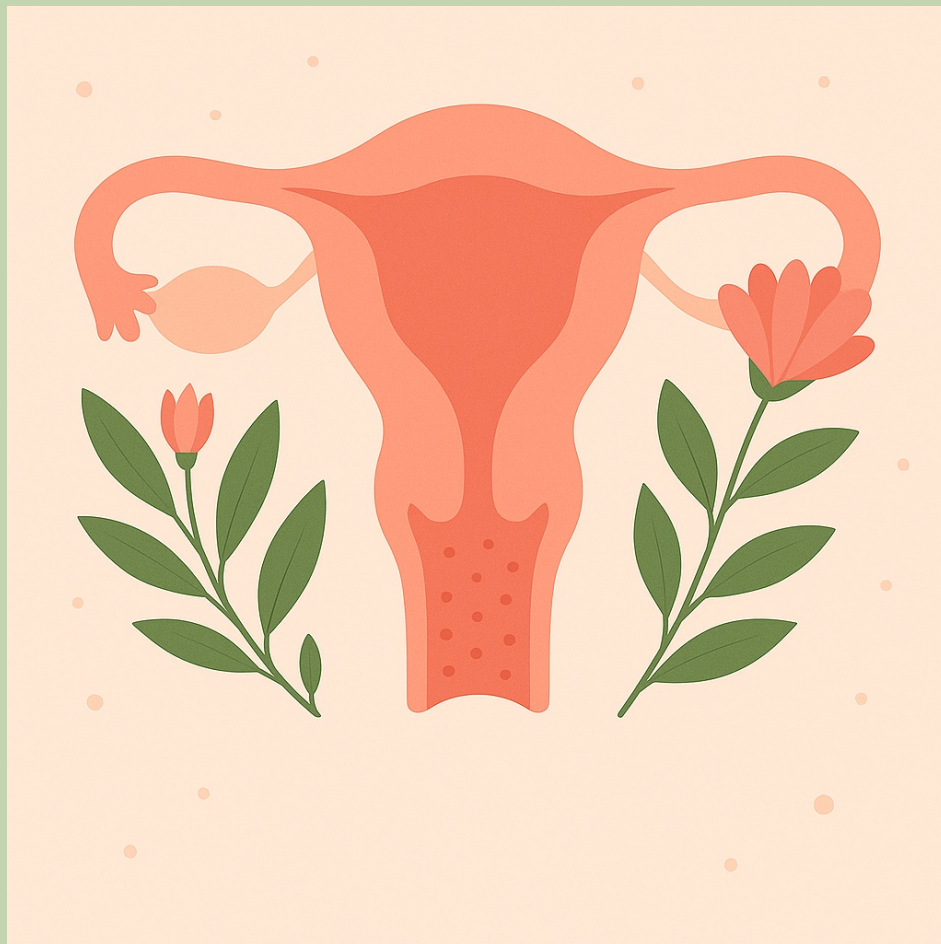
Pregnancy is a time when each woman needs to tune into her body with the support of those around her, partner, family and friends. It is a time of hormonal change. Progesterone is the dominant hormone as it is calming and soothing. The challenge of the first trimester is often morning sickness and other changes in the body can cause discomfort and various emotional responses. It is a time of communication between mother and baby and a deep trust of herself.

The birth process is tuning into oneself and your baby and being in nature's process. Labor, birth and postpartum are sensitive times for the woman as both mother and baby are flooded with hormones, oxytocin, prolactin and beta endorphins. Following birth is not only a hormone change, but also a significant change in life often filled with the stress of sleep deprivation.

The peri-menopause transition is a gradual hormone transition beginning with the decline of progesterone resulting in estrogen dominance that can leave a woman feeling irritable at times. Declining progesterone often affects sleep. I often think of the primary hormone during perimenopause as cortisol as it reflects the stress in your life. Entering perimenopause stressed makes the journey more challenging. The last hormone to decline is estrogen, which is where women experience more frequent hot flashes. As hormones change, a portal opens to deeper purpose, expressions and desires. I experienced the menopausal transition as a journey where I listened to my heart and took the road less traveled. I have guided many women through this process. They emerged at home with themselves, ready to create the next chapter of their lives.

There is a Divine Mother wisdom within the consciousness of the earth and our own body that is often awakened at this time. It is time to re-mother ourselves, to heal toxic imprints and reprogram our beliefs. This is a time to connect with our spiritual center, the womb of the soul, to be reborn again in love. I often see women come alive and express themselves as the creative force of nature which she is. As each of us connects with the feminine, we listen to the guidance of the heart and connect with a clear mind to move forward in the fulfillment of our dreams, our purpose, our chosen destiny.

May each of us remember the body is a holy vessel to express our gifts, talents, purpose and to give birth to an ever expanding consciousness.



5. Cervical Dysplasia: A Naturopathic Approach

to Healing and Prevention

By: Dr. Julia Navaro, ND

Cervical dysplasia refers to abnormal cell changes on the cervix, often caused by persistent high-risk HPV infection. While not cancer, these changes—especially if moderate or severe—can progress over time if left unaddressed. Cervical dysplasia is not only a local issue but also a sign of deeper imbalances in immune function, inflammation, and hormonal health.

What Causes Cervical Dysplasia?

The primary cause is high-risk strains of the human papillomavirus (HPV), especially types 16 and 18. In many cases, the immune system clears HPV on its own. But persistent infection—especially in the presence of nutrient deficiencies, hormone imbalances, immune dysfunction, or chronic stress—can lead to abnormal cell growth.

How It's Diagnosed

- **Pap smear: Screens for abnormal cells on the cervix.**
- **HPV typing: Identifies whether high-risk HPV strains are present.**
- **Colposcopy or biopsy: If abnormalities are found, these help determine the severity.**

Conventional Treatment

- **Watchful waiting:** Often recommended for low-grade lesions (LSIL), especially in younger women.
- **LEEP (Loop Electrosurgical Excision Procedure) or cryotherapy:** Used to remove high-grade lesions (HSIL/CIN 2–3). While effective at removing abnormal cells, LEEP poses an increased risk of preterm birth or second-trimester miscarriage in future pregnancies.

Naturopathic Treatment Overview

Naturopathic care aims to support immune function, reduce viral load, improve nutrient status, balance hormones, and reduce inflammation—creating the internal conditions for healing and prevention of recurrence.

Supplements and Herbs:

- Methylated folate + B12: Key for DNA repair and cell health.
- Vitamin A: Acts as an anti-viral reducing HPV replication
- Zinc: Enhances immune response to viruses.
- Green tea extract (EGCG): Antiviral and antioxidant, shown to support HPV regression.
- Botanicals: Dandelion root, red clover, goldenseal, and lomatium - supporting liver detox, hormone balance, and anti-viral activity

Escharotic Therapy: An in-office treatment using zinc chloride and botanical compounds to remove abnormal cervical tissue while supporting regeneration. Requires specialized training and close monitoring.

Nutrition & Lifestyle: - Emphasize cruciferous vegetables, leafy greens, berries, omega-3s, and minimal sugar/alcohol. - Support gut and liver function for hormone detoxification. - Address stress with sleep, breathwork,

adaptogenic herbs, and nervous system regulation.

Monitoring: If treating cervical dysplasia, ongoing pap and HPV testing every 6–12 months is essential.

In Summary: Cervical dysplasia is a sign to listen deeply to the body—not only to treat local changes, but to restore whole-person balance. With appropriate support, many women are able to clear HPV and reverse dysplastic changes.



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.”



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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: [@DrMoira](#)
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