



# **News from Healing Roots Center for Transformation**

**June 2025**

"Quantum leaps are an act of love, a passionate statement of how you care for the thing you seek. Only an emotional move holds the power to carry you the distance from you to you<sup>2</sup>."

*Price Pritchett*

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



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## 1. Welcome Dr. Sef!

We're excited to welcome Dr. Sef Tritt, ND, a Naturopathic Doctor specializing in regenerative medicine and non-surgical orthopedic procedures. Dr. Sef brings experience in advanced regenerative therapies designed to support tissue and joint repair, injury recovery, longevity, and overall health improvement.

### **What is Regenerative Medicine?**

Regenerative Medicine is a cutting-edge field focused on restoring health by repairing, replacing, or regenerating damaged tissues. Unlike traditional medicine, which often addresses symptoms, regenerative medicine aims to heal the root cause by activating the body's natural ability to repair itself.

### **Common Techniques include:**

- Stem cell therapy
- Platelet-rich plasma (PRP) injections
- Exosomes

### **Dr Sef's treatment approach includes**

- Platelet-rich plasma (PRP)
- Mesenchymal Stem Cell and exosome therapies, with targeted joint and

soft tissue

- injections
- IV therapies

These therapies stimulate the body's natural healing processes and help patients avoid or delay surgery. By addressing musculoskeletal injuries, chronic joint pain, and soft tissue damage, these regenerative therapies offer a powerful, minimally invasive option for long-term recovery and improved function.

### Who could benefit from Regenerative Medicine?

- Suffer from Joint inflammation
- Osteoarthritis
- Chronic pain
- Tendon, ligament, and muscle injuries
- Traumatic brain injury
- Focused on longevity

### Want to know more?

**Platelet-Rich Plasma (PRP)** therapy uses growth factors from blood to accelerate healing in injured tissues. PRP is traditionally created by drawing blood from the patient, then processing it to concentrate the platelets—cells that release growth factors essential for healing.

- Source: Patient's own blood, processed to isolate and concentrate platelets.
- Mechanism: Platelets release growth factors that stimulate cellular repair, enhance tissue regeneration, and recruit cells to the site of injury.
- Best Uses:
  - Localized tissue healing (e.g., tendons, ligaments, joints).
  - Reducing inflammation in minor soft tissue injuries.
  - Sexual Wellness to enhance function and sensitivity in both men and women
  - O-Shot (Orgasm shot) for women
  - P-Shot (Priapus shot) for men
  - Skin rejuvenation to improve texture and elasticity.
  - Hair restoration by stimulating dormant follicles.

**Exosomes** are tiny, naturally occurring particles released by cells that play a crucial role in cell communication and healing. Acting as messengers, exosomes carry proteins, growth factors, and genetic material between cells, helping to regulate inflammation, stimulate tissue repair, and support regeneration.

By delivering concentrated healing signals directly to damaged tissues, exosomes encourage cell repair and reduce inflammation, offering a non-surgical, minimally invasive treatment option with remarkable potential for recovery and rejuvenation.

- Source: Extracellular vesicles derived from mesenchymal stem cells (MSCs).
- Mechanism: Deliver signaling molecules such as proteins, RNA, and cytokines to damaged tissues, promoting regeneration, reducing inflammation, and improving cellular communication.
- Best Uses:
  - Joint pain and arthritis, tendon and ligament injuries, muscle tear



- recovery
- Systemic rejuvenation, anti-aging and longevity
- Immune modulation for chronic inflammation or autoimmune conditions.
- Neurological support (e.g., recovery from brain injuries or neurodegenerative disorders).
- Advanced skin rejuvenation and anti-aging.
- Hair restoration to stimulate growth and density.

**Mesenchymal Stem Cells (MSCs)** are a type of stem cell found in various tissues of the body, including bone marrow, adipose (fat) tissue, and umbilical cord tissue. MSCs are multipotent, meaning they have the ability to differentiate into several cell types, including cartilage, bone, muscle. They are also known for their powerful regenerative and immunomodulatory properties, making them an essential tool in regenerative medicine.

- Source Used: Umbilical cord tissue.
- Mechanism: MSCs can differentiate into various cell types secrete growth factors, and modulate immune responses for direct tissue repair and regeneration.
- Best Uses:
  - Joint repair (cartilage regeneration in arthritis).
  - Severe tendon, ligament, or muscle injuries.
  - Autoimmune diseases (e.g., rheumatoid arthritis).
  - Chronic conditions that require structural repair and immune modulation.

Dr Sef is available **Tuesdays and Thursdays** at Healing Roots Center for Transformation. We're thrilled to offer these expanded services as part of our commitment to comprehensive healing and wellness!

**Call today for a consultation, 760-704-8148**

## **2. Save the Date - Patient Appreciation & Anniversary Celebration!**





## PATIENT APPRECIATION/Anniversary Celebration

**SATURDAY JULY 12 TH**

**1:00 – 3:00 PM**

Healing Roots Center for Transformation will be celebrating all of you in an afternoon of music, organic snacks, an Emsella experience for all who have not as yet tried it, and our biggest sale of the year.

### ONE DAY ONLY

- Emsella/HBOT packages
- HBOT packages
- Emsella and IV packages
- IV packages

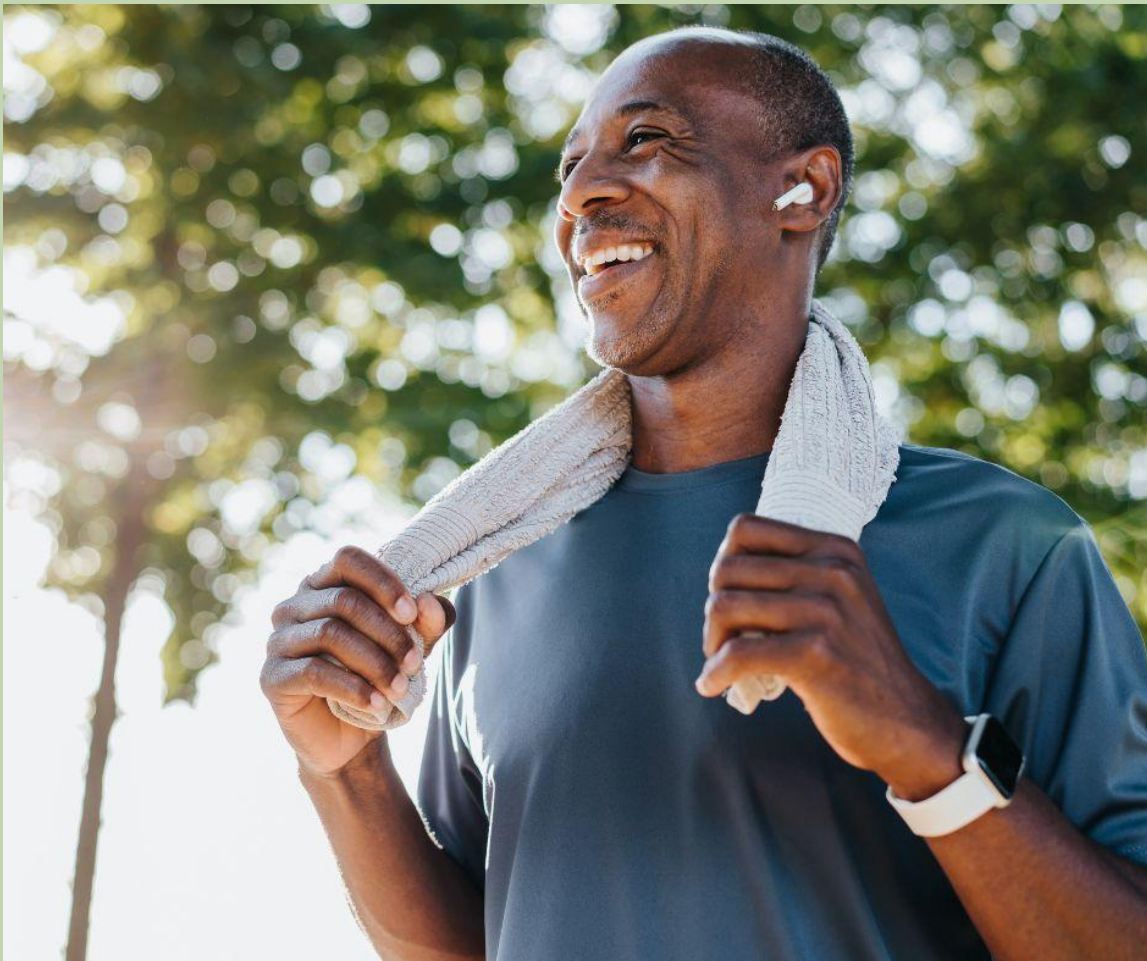
We are delighted to welcome Celeste Barbier, vocalist extraordinaire, back to Healing Roots. <https://www.celestebarbier.com/>

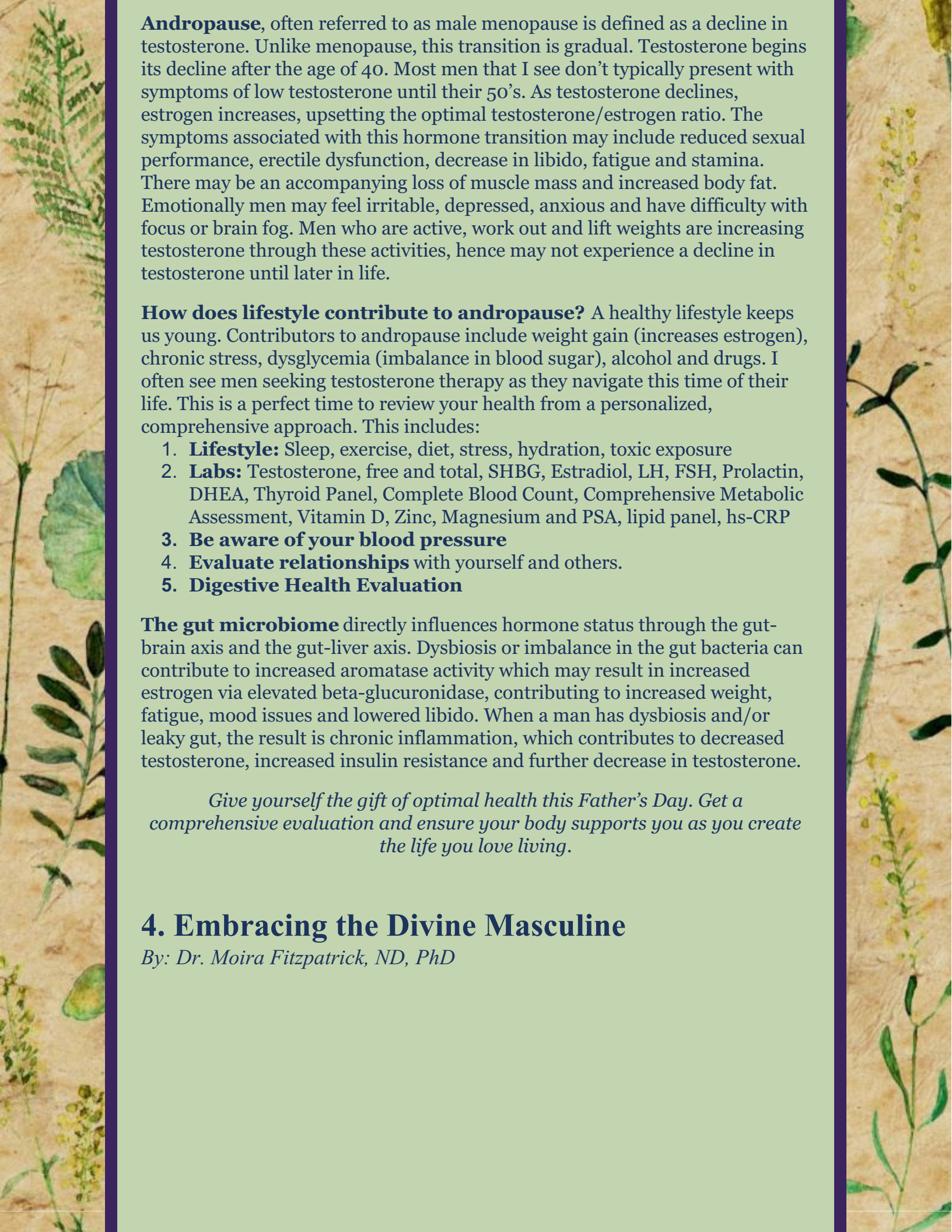
Come enjoy a summer afternoon with us! Let us know you are coming and feel free to bring a friend and family members.

**RSVP for the event [HERE](#).**

## 3. What is Andropause?

*By: Dr. Moira Fitzpatrick, ND, PhD*





**Andropause**, often referred to as male menopause is defined as a decline in testosterone. Unlike menopause, this transition is gradual. Testosterone begins its decline after the age of 40. Most men that I see don't typically present with symptoms of low testosterone until their 50's. As testosterone declines, estrogen increases, upsetting the optimal testosterone/estrogen ratio. The symptoms associated with this hormone transition may include reduced sexual performance, erectile dysfunction, decrease in libido, fatigue and stamina. There may be an accompanying loss of muscle mass and increased body fat. Emotionally men may feel irritable, depressed, anxious and have difficulty with focus or brain fog. Men who are active, work out and lift weights are increasing testosterone through these activities, hence may not experience a decline in testosterone until later in life.

**How does lifestyle contribute to andropause?** A healthy lifestyle keeps us young. Contributors to andropause include weight gain (increases estrogen), chronic stress, dysglycemia (imbalance in blood sugar), alcohol and drugs. I often see men seeking testosterone therapy as they navigate this time of their life. This is a perfect time to review your health from a personalized, comprehensive approach. This includes:

1. **Lifestyle:** Sleep, exercise, diet, stress, hydration, toxic exposure
2. **Labs:** Testosterone, free and total, SHBG, Estradiol, LH, FSH, Prolactin, DHEA, Thyroid Panel, Complete Blood Count, Comprehensive Metabolic Assessment, Vitamin D, Zinc, Magnesium and PSA, lipid panel, hs-CRP
3. **Be aware of your blood pressure**
4. **Evaluate relationships** with yourself and others.
5. **Digestive Health Evaluation**

**The gut microbiome** directly influences hormone status through the gut-brain axis and the gut-liver axis. Dysbiosis or imbalance in the gut bacteria can contribute to increased aromatase activity which may result in increased estrogen via elevated beta-glucuronidase, contributing to increased weight, fatigue, mood issues and lowered libido. When a man has dysbiosis and/or leaky gut, the result is chronic inflammation, which contributes to decreased testosterone, increased insulin resistance and further decrease in testosterone.

*Give yourself the gift of optimal health this Father's Day. Get a comprehensive evaluation and ensure your body supports you as you create the life you love living.*

## 4. Embracing the Divine Masculine

*By: Dr. Moira Fitzpatrick, ND, PhD*





During this month of June as we celebrate Father's Day, let us take a moment to reflect upon the qualities of the "Divine Masculine". Each of us, both men and women have both a masculine and feminine side. Most of us recognize logic and structure as a key attribute of the masculine. This quality becomes directed when we have a purpose or a calling. It is the masculine that directs us to take steps toward the fulfillment of our purpose. Being grounded and using the power of the mind keeps us present and engaged in the moment. It takes discipline and commitment to move forward each day in the direction of one's purpose. Masculine energies provide safety and stability for self and others. It is often reflected in such symbols as the sun, the mountains and in archetypes such as the king, sage, warrior, hero, the lover. Jung spoke of the importance of balancing the masculine within each of us with the feminine. The feminine symbolized by the moon and nature reflects intuition or deep knowing, nurturance, compassion, creativity, collaboration, receptivity. The greatest potential of each one of us emerges as we weave the wholeness of the masculine and feminine in the unique expression of who we are. The flow of the masculine and feminine energies extends to our families and creates communities that are strong, inclusive, resilient and nurture a culture of wholeness.





I continue my practice of women's health, whole family health, identifying and healing conundrums, optimal health and inner transformation. I have 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](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: [@DrMoira](#)  
and Instagram [@drmoirafitzpatrick](#)**



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

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