

4th Global Acupuncture & Therapists Annual Meeting and International Conference on Holistic Medicine & Holistic Nursing

July 14-16, 2016 Philadelphia, USA

Empowering the feminine: A focus on hormonal transitions

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Women are cyclical beings deeply connected to the cycles of nature, the daily ebb and flow of the tides and the monthly cycle of the moon. The menstrual cycle is the monthly ripening of the egg and pregnancy or the release of menstrual blood. As a woman lives through these monthly cycles, she is affected by hormonal, neural, environmental, social, psychological and cultural factors. Symptoms are a manifestation of being out of balance with changes occurring both internally and externally. The peri-menopausal transition is a time period of physiological stress. The ability of a woman to move through this season is affected hormonally by the health of her adrenals and her general state of health as she enters this phase of life. As a woman moves through this peri-menopausal transition, it is an opportune time to re-evaluate her health. This may include cardiovascular, bone, breast, eye, brain and psychological health. This presentation will review how to support women holistically taking into account nutrition, exercise, mental emotional health, nutrient support, botanical and hormonal support. Evidence based therapies will be reviewed as well as the most recent research and recommendations on the safety and efficacy of bio-identical hormone therapy.

Biography

Moirá Fitzpatrick is licensed both as a Clinical Psychologist and Naturopathic Physician. Her passion is to empower and partner with each individual to achieve both happiness and your health goals. She practices from an integrative systems perspective and incorporates mind, body, emotions and spirit to support each person evolve to a new level of health. She practices at Pacific Pearl La Jolla, a center for health and integrative medicine in La Jolla, California. She received her degree in Naturopathic Medicine from Bastyr University in Kenmore Washington. She completed a residency in Women's Health and Integrative Medicine at the National College of Natural Medicine in Portland Oregon. During this time, she followed both conventional and naturopathic doctors and recognized that good medicine includes both the best of natural and conventional medicine. She founded an integrative medical practice in Seattle Washington, where she served as a primary care provider, focused on women's health, functional endocrinology and holistic mental health. She is a board certified diplomate-fellow in Psychopharmacology through the International College of Prescribing Psychologists and Prescribing Psychologists' Register.

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