NHAND 2013 1

**Contact Name:** Peter Bongiorno

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**Presenter Full name/Degrees:** Peter Bongiorno ND, LAc

**Preferred Length:** 90 minutes

**Presentation Title:** No Exit? Naturopathic Medicine for Depression

**Short Description (up to 50 words):**

With antidepressants not effective in most cases, Dr. Bongiorno will describe how naturopathic medicine is poised as the better answer for depression. He will identify how to individualize your naturopathic treatments to help the drugs work best and how to create safe exit strategies for weaning off drugs effectively.

**Clearly Stated Learning Objectives:**

The audience will learn:

- the latest statistics about depression

- a brief diagnosis review (and atypical presentations)

- factors that create susceptibility

- the relationship between environmental toxicity and depression

- what laboratory tests are essential

- conventional treatments and medications

- when conventional treatments are appropriate first line therapy

- lifestyle therapies to prevent and treat depression

- to prescribe hydrotherapy for depression

- about natural supplements proven to help depression

- how to individualize treatments best for each patient

- which natural supplements can be safely used with medications

- which supplements help reduce medication side-effects

- exit strategies to support patients to wean off medications

**Presentation outline:**

I Introduction

- Current and projected statistics

II Diagnosis

III Conventional Treatments

- drugs, magnetic resonance, surgery

- mechanisms, and when to use which drug

- side effects profiles

- concerns about veracity of published research

- when conventional treatments should be first line therapy

IV Predisposing Factors

Digestive Dysfunction

Dysglycemias

Inflammation

Endocrine Dysfunction

Environmental Toxicity

Social Factors

V Laboratory Testing

VI Naturopathic Treatments

Diet: Mediterranean Diet, Processed Foods, Fats, Water

Lifestyle: stress, sleep, living your passions

Hydrotherapy for Depression

Nutrients Based on Lab Values

Supplementation: vitamins, amino acids, herbs, homeopathy

Supplementation: for patients on medication

Detoxification, Chelation, Glutathione therapies

Chinese Medicine for depression

Other helpful modalities: Massage, Energy Work, EFT, Yoga, others

**Pharmacy:** yes, 25% of slides and presentation will be discussing pharmacy in detail, as this talk will spend ample time discussing how to use naturopathic medicine to work with medications and effectively wean off drugs. About 12 slides out of 44 will directly mention medications and conventional therapeutics.

**Target Audience:** medical practitioner/naturopathic doctor

**Biographical Sketch:**

Dr. Peter Bongiorno is co-medical director of [InnerSource Natural Health and Acupuncture](http://www.innersourcehealth.com/) , a thriving practice with two clinics in New York.  Dr. Bongiorno was a pre-doctoral fellow at the National Institutes of Health, at the National Institute of Mental Health’s department of Clinical Neuroendocrinolgy, and he also researched at Yale University in the department of pharmacology before training at Bastyr University in naturopathic medicine and acupuncture. Dr. Bongiorno co-created and teaches the integrative medicine elective at the Mount Sinai School of Medicine, and also teaches about holistic medicine at NY University and the Natural Gourmet Institute. He serves as Vice President of the NY Association of Naturopathic Physicians was chosen naturopathic physician of the year in New York State in 2008. Dr. Bongiorno is a major contributor to the Textbook of Natural Medicine, and authored the textbook [Healing Depression: Integrated Naturopathic and Conventional Therapies for Depression](http://www.InnerSourceHealth.com/depression) (CCNM 2010). His latest book [How Come They’re Happy and I’m Not](http://www.amazon.com/How-Come-Theyre-Happy-Not/dp/1573245801) - The Complete Natural Program for Healing Depression for Good (Red Wheel / Conari), was released in November of 2012. More information about Dr. Bongiorno can be viewed by visiting [www.drpeterbongiorno.com](http://www.drpeterbongiorno.com) and www.InnerSourceHealth.com.

**Long Description (up to 150 words):**

Depressive disorders affect almost 10% of the population. The World Health Organization projects depression to become the second most burdensome disease by 2020. Antidepressant medications have been shown in meta-analyses to be no more effective than placebo in mild to moderate depression, the type of depression for which most prescriptions are written.

Dr. Bongiorno will describe how naturopathic medicine can help patients to avoid medication by using food, lifestyle, hydrotherapy, detoxification, supplements, and a number of modalities including acupuncture and yoga to treat the underlying causes. He will identify what lab tests are most helpful to best treat the underlying causes. He will also explain how to help antidepressants work best, when needed, and he will share his clinical experience to outline how to create safe exit strategies for weaning off drugs effectively using natural medicines, and avoid relapse.