NHAND 2013 2

**Contact Name:** Peter Bongiorno

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

**Preferred Length:** 60 minutes

**Presentation Title:** Natural Medicine to Help Those Antidepressants Actually Work (and Reduce Side Effects)

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

Meta-analysis shows antidepressants are not effective in most cases, and no better than placebo. Dr. Bongiorno will describe how naturopathic medicine is poised as the better answer for depression and show researched-based support for using natural supplements to avoid drug side effects, and help them work in treatment – resistant cases.

**Clearly Stated Learning Objectives:**

The audience will learn:

- what laboratory tests are essential

- conventional treatments and medications review

- when conventional treatments are appropriate first line therapy

- which natural supplements can be safely used with medications

- which supplements help reduce medication side-effects

- which supplements help the drugs work in treatment resistant cases

- exit strategies to support patients to wean off medications

**Presentation outline:**

 I Introduction

 - Current and projected statistics

 II 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

 III Laboratory Testing

 IV Naturopathic Treatments to help meds work best

Diet, Water, Lifestyle, Hydrotherapy for Depression

Supplements proven to help drugs in treatment-resistant cases

Chinese Medicine for depression

**Pharmacy:** yes, more than 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 20 slides out of 30 slides will directly mention medications and conventional therapeutics.

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

**Biographical Sketch and Picture:**

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 and 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 use food, lifestyle, hydrotherapy, and detoxification to start the process of true healing. Compelling emerging research suggests that nutrient deficiencies may play a strong role in why the drugs are not working. He will focus on evidenced-based information and 9 years of clinical experience to explain how natural supplements can help treatment-resistant drug therapy patients with depression finally start to feel better. He will also explain how to create safe exit strategies for weaning off drugs effectively using natural medicines, and avoid relapse.