NHAND 2013 3

**Contact Name:** Peter Bongiorno

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

**Preferred Length:** 60 minutes

**Presentation Title:** Detoxification for Mood Disorder?

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

Mood disorders are multifactorial disease. Dr. Bongiorno will outline the compelling research suggesting strong environmental toxins roles. He will discuss likely contributing toxins, the inflammatory and neurotoxic mechanisms involved and then share his 9-year clinical experience using the tenets of detoxification and naturopathy to help your patients.

**Clearly Stated Learning Objectives:**

The audience will learn:

- what medications and are commonly used for mood disorders

- what are the likely mechanisms of medications

- the mood disorder toxin connection

- how prenatal exposure may set up HPA axis dysregulation before birth

- how toxins encourage brain inflammation

- which toxins may be more likely to cause which mood disorders

- available research using detoxification therapies (food, supplement, oral, rectal, and i.v.) to treat mood disorders

**Presentation outline:**

I Mood Disorder Intro

- statistics

- conventional medications used for mood disorders

- mechanisms of common mood disorder treatments

II Mood Disorders and Toxins

- prenatal exposure and the HPA axis dysregulation

- how mood disorder is related to toxicity

- which toxins may contribute to which mood problems

- the toxicity/ inflammation connection

III Laboratory Testing for Toxins

IV Naturopathic Detoxification Treatments

- Diet, Water, Lifestyle, Hydrotherapy , Exercise

- oral and iv chelation

- rectal chelation

**Pharmacy:** this presentation will have pharmacy discussion, but may not approach the 25% needed for pharmacy credits

**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):**

Mood disorders affect almost 25% of the population. While medications do help suppress symptoms and can be helpful in some cases, these medications do not work on the underlying cause of these diseases.

Mood disorders are multifactorial diseases arising from multiple physiologic, biologic and psychological factors, with some set up in the prenatal environment. While there is minimal research that directly studies the use of detoxification for mood disorder, Dr. Bongiorno will outline the research and information that is available. He will discuss likely contributing toxins to mood disorders, and outline the inflammatory and neurotoxic mechanisms involved. He will then share his 9-year clinical experience using the tenets of naturopathic detoxification and other tools from the naturopathic tool box to help patients with mood disorder.