



## Peter B. Bongiorno ND, LAc

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### PROFESSIONAL EXPERIENCE/ WORK EXPERIENCE:

**Naturopathic Doctor and Licensed Acupuncturist:** March 2004 – present

**Co-Founder, Co-Director, InnerSource Natural Health and Acupuncture, PC:** Focus on naturopathic, integrative and Chinese Medicine care.

**President, New York Association of Naturopathic Physicians:** 2003 - present

(Board Member since 2003, Vice President since 2006, President since 2014)

#### Advisor/Natural Medicine Expert:

- **National Lecturer:** PESI (September 2016 – present), multiple cities
- **Consultant and Formulator:** Douglas Laboratories (December 2014 – present)
- **Advisor / Consultant:** Zaycon Foods (December 2013 – December 2015)
- **Practitioner Advisory Council:** Emerson Ecologics (Fall 2012 – Dec 2016)
- **Advisory Board Member:** Madre Laboratories (June 2012 – March 2013)
- **Research Consult/Writer on CAM Research topics:** Pinnacle Care – Private Health Advisory, Baltimore MD (2009 to 2011)
- **Reviser:** The Encyclopedia of Healing Foods, Dr. Michael Murray, supervisor (Fall 2005)
- **Researcher/writer for Salugenecists.** Company President and supervisor: Dr. Joseph Pizzorno (June 2003 – November 2003)

#### National Institutes of Health, Bethesda, MD (1994 to 1998)

Pre-doctoral Research Assistant – National Institute of Mental Health of Clinical Neuroendocrinology

Oversaw initiation and completion of multiple medical research projects. Techniques employed include: molecular labeling, autoradiography, radioimmunoassay, patient blood draw sampling, animal work, cryostatic tissue specimen preparation.

#### Yale University School of Medicine, West Haven, CT (1991 -1993)

Neuroimmune research Assistant – Veterans Affairs Hospital. Affective Disorders Unit Clinical and laboratory medical research, including studying affective disorders with veterans, animal research, and in vitro studies focused on clinical neuroendocrinology and psychoneuroimmunology.

**PROFESSIONAL HONORS:**

- Long Island Business Health Care Hero Award: 2011
- NY TOP DOC: 2011
- Long Island Best 2010 for Acupuncture
- Physician of the Year 2008 - New York Association of Naturopathic Physicians

**TEACHER/LECTURER/SPEAKER:**

**Invited Medical School Lectures:**

- **Maryland University of Integrative Health** – Nutritional Genomics for the Brain – Laurel, MD (June 2017)
- **A4M Spring Congress** – Mitochondrial Underpinnings of Neurlogical Dysfunction in Mental Health – Hollywood, FL (March 2017)
- **Mount Sinai School of Medicine**, co-created with Dr. Patricia Bloom and co-taught the first elective integrative medicine series at Mt. Sinai (Jan –March 2012 – 2016)
- **National College of Natural Medicine Aging Well Conference: The Aging Brain on Natural Medicine** - Portland, Oregon (January 2016)
- **Canadian College of Naturopathic Medicine Conference: Fibromyalgia and Neuropathic Pain, and Mood: Underlying Neurobiological Mechanisms** - Toronto, Canada (January 2014)
- **Mount Sinai School of Medicine**, ‘Healing Depression’ for Students for Integrative Medicine panel, New York, NY (March 2011)
- **University of Medicine and Dentistry of New Jersey:** faculty, Summer Semester at the Institute for Complementary and Alternative Medicine at UMDNJ (July 2010)
- **Mount Sinai School of Medicine**, ‘Anxiety and Depression Case Study’ for Students for Integrative Medicine panel, New York, NY (September 2009)
- **University of Medicine and Dentistry of New Jersey:** ‘Digestion, Medicine, Stress and Disease’ - Newark, NJ (February 2009)
- **New York Medical College:** ‘The Naturopathic Therapeutics of Treating the Gut’, at SPAD, Tarrytown NY (April 2008)
- **New York University School of Medicine:** ‘Natural and Chinese Medicine to Treat Stress and Disease’ (March 2008)
- **University of Medicine and Dentistry of New Jersey:** ‘Digestion, Medicine, Stress and Disease’ - Newark, NJ (March 2008)
- **Mount Sinai School of Medicine**, ‘Chinese and Western Botanical Medicines’ for Arts and Sciences of Medicine Program, New York, NY (November 2007)

**Physician Conference Invited Featured Speaker:**

- **American Association of Naturopathic Physicians Conference** - It's a Family Affair - Naturopathic Medicine and Family Practice, co-taught with Dr. Pina Logiudice – Phoenix, AZ (June 2017)
- **First Annual PsychANP Conference** – Naturopathic Medicine for Ulitimate Psychiatric Care – Phoenix, AZ (June 2017)
- **A4M** - – Integrative Approaches to Anxiety Care – webinar format (February 2016)
- **PESI** - Nutritional and Integrative Interventions for Mental Health Disorders – 16 cities throughout the United States (Sept 2016- Jan 2017)

- **Council for Responsible Nutrition** – Natural Care for Mental Health – Dana Point, California (October 2016)
- **New York Association of Naturopathic Physicians** – Supplements You Should Know for Mental Health – New York, NY (October 2016)
- **American Academy of Environmental Medicine** - Mitochondria and Mood – San Diego, California (October 2016)
- **Integrative Healthcare Symposium: Natural Medicine for Depression** – New York City, New York (February 2016)
- **College of Naturopathic Doctors of Alberta: Fibromyalgia and Neuropathic Pain, and Mood: Underlying Neurobiological Mechanisms** - Alberta, Canada (May 2014)
- **Oncology Association of Naturopathic Physicians: Naturopathic Medicine for Mood Disorder with Cancer** – Phoenix, AZ (February 2014)
- **Washington Association of Naturopathic Physicians: Underlying Neurobiological Mechanisms of Fibromyalgia, Fatigue and Mood Disorder** - Seattle, WA (Nov. 2013)
- **New Hampshire Association of Naturopathic Doctors: Detoxification for Mood Disorder?** (November 2013)
- **International Congress for Clinicians of Complementary and Alternative Medicine / Northwestern Memorial Hospital: Natural Medicines for Depression** – Chicago, IL (Oct. 2013)
- **Sottopelle Conference: Naturopathic Medicine for Depression** - Chattanooga, TN (October 2013)
- **American Association of Naturopathic Physicians Conference: How to Use Supplements to Make Antidepressants Work Their Best** – Keystone, CO, (July 2013)
- **American Holistic Medical Association Conference: The Neurobiologic Underpinnings of Fibromyalgia and Depression** - St. Louis, MI (February 2013)
- **Canadian College of Naturopathic Medicine Conference: Toronto, Canada** (January 2013)
- **Pennsylvania Association of Naturopathic Physicians Conference: Pregnancy and Post-Partum Depression: Naturopathic Therapies** – Philadelphia, PA (November 2011)
- **ACA Council on Nutrition: Nutrient Approaches to Depression** - Orlando, FL (May 2011)
- **American Association of Naturopathic Physicians Conference: ‘Natural Medicine for Depression’** – Portland, OR (August 2010)
- **Supply Side East 2010** – ‘Nutraceuticals for Cardiovascular Disease’ (Meadowlands, NJ (September 2010) <http://tinyurl.com/3otj69x>)
- **Staten Island Economic Development Corporation: ‘Naturopathic Medicine’, Staten Island, New York** (September 2009)
- **American Association of Naturopathic Physicians Conference: ‘Natural Medicine for Depression’** – Palm Springs, NY (August 2007)
- **Integrative Symposium (CAM Expo East)** featured presenter on CAM treatment for Depression – New York City, NY (March 2006)

#### **Non-Medical School and Public Classes:**

- **Anxiety Summit with Trudy Scott** webinar – May 2016
- **Natural Gourmet Institute** faculty – New York City, NY (Spring 2005 to present)
- **The Metabolism Summit with Sara Vance** webinar – February 2016
- **Baird Financial Advisors Conference: How To Stay Healthy Despite Your Schedule**

- Dallas, Texas (February, 2016)
- **Depression Summit with Sean Croxton** webinar– June 2015
- **Anxiety Summit with Trudy Scott** webinar – May 2015
- **92<sup>nd</sup> Street Y: Seasonal Affective Disorder Care** – New York City (October 2014)
- **Barron’s Top Women Advisors Summit: How To Stay Healthy Despite Your Schedule** – Palm Beach, FL (December 2013)
- **Mondowell: Natural Anxiety and Depression Care** – New York City (Sept 2013)
- **American Cancer Society 100<sup>th</sup> Birthday Celebration: Cancer and Natural Medicine** – Westbury, NY (March 2013)
- **Open Center**,– New York City, NY (Spring 2006, Fall 2007, Summer 2011, Fall 2012)
- **Strength for Life: Natural Medicines for Cancer Care** (Fall, 2011)
- **New York University**, adjunct faculty – New York City, NY (Summer 2005, Fall 2008, Fall 2009, Fall 2011, Fall 2012)
- **Latino Organization for Liver Awareness** – New York City (June 2008)
- **Lupus Foundation**, Bronx Chapter (November 2005)
- **Sons of Italy**, Staten Island NY (September 2005)
- **Rotary Club**, Staten Island, NY (July 2005)

#### **Radio and TV appearances:**

- **NY TV:** Long Island Cable News 12 ([Anxiety – July 2016](#)), Osteoporosis – July 2016, [Nuts for Health](#) - July, 2014, October 2009, Pediatric Health - October 2008)
- **National TV:** A Healthy You and Carol Alt ([Breast Cancer](#) – September 2013), Seattle News FOX news (‘[The Rise of Natural Medicine](#)’ – May 2012) (‘[Gluten: fad or truth?](#)’ - 2011), FOX news (‘[Lingonberry](#)’-2011) FOX news (‘[Organic Foods](#)’ -August 2011), Hallmark Cable Channel ( ‘Aging and Natural Medicine’ - November 2007)
- **National Radio:** Dr. Pat Show: [How Come They’re Happy and I’m Not?](#) (10-3-2013), [Thrive for Five Live](#) (Sept 2012), [PRN Network](#), ‘[Natural Medicine for Depression](#)’ (1-3-2010)
- **National Web:** Rainmakers TV: [Naturopathic Medicine and Medicinal Power from Food](#) ( 9-2013), 4Wholeness.com: [Natural Medicine for Cancer](#) (8-2012)
- **NY Radio:** [WHRC New York](#) (2-2011), Z-100 (‘Parenting Factor’), WWRL (‘On Air with Patrick Fratellone MD’)

#### **Webinars / Internet:**

- **co-authored articles for DoctorOz.com**
  - o [The Benefits of Beet Juice](#)
  - o [Natural Alternatives to Prescription Drugs](#)
  - o [What to Eat for Deep Sleep](#)
  - o [Best Natural Anti-Depressants](#)
  - o [Ubiquinol: Ally Against Aging](#)
  - o [Why You Need Wheat Germ](#)
  - o [The New Superfruit: Lingonberry](#)
- **Invited expert:** [ShareCare](#)
- **Invited expert blogger:** [blog at PsychologyToday.com](#)
- **Webinars:** Emerson Ecologics: Natural Medicine for Depression (Sept 2013), Douglas Laboratories: [‘Natural Medicine for Depression’ \(December 2010\)](#)

### PROFESSIONAL LICENSES and AFFILIATIONS:

- New York Association of Naturopathic Physicians (Vice President from 2006, and current President)
- Licensed Naturopathic Physician in the State of Washington (license NT0001298)
- Diplomat In Acupuncture and Licensed Acupuncturist in the State of New York (license no.2612)
- American Association of Naturopathic Physicians (member)
- Physicians for Social Responsibility (member)

### EDUCATION:

*Bastyr University*, Seattle, WA (September 1998 – June 2003)

Doctor of Naturopathic Medicine, June 2003

Masters of Science in Acupuncture, June 2003

Honors: ND Class Valedictorian, Bastyr Scholarship recipient 1999-2003

*Fairfield University*, Fairfield, CT (Sept 1986- June 1990)

BS, Biology, 1990, BA, English Literature, 1990

Honors: Alpha Epsilon delta (premedical honor society)

### BOOKS / PUBLICATIONS:

1. **Bongiorno PB** Stress, Fear, Trauma and Disease: Underlying Factors. Greenblatt J and Brogan K. eds.. Integrative Therapies for Depression. 1st Edition. CRC Press Livingstone. December 2015.
2. **Bongiorno PB** *Put Anxiety Behind You – The Complete Guide to Healing Anxiety for Good*. Red Wheel/Conari Press, October 2015. <http://www.amazon.com/Put-Anxiety-Behind-You-Drug-Free/dp/1573246301>
3. **Bongiorno PB** *Holistic Solutions for Anxiety & Depression: Combining Natural Remedies with Conventional Care a therapist's guide*. W.W. Norton March 2015 <http://www.amazon.com/Holistic-Solutions-Anxiety-Depression-Conventional/dp/0393709345>
4. **Bongiorno PB**, Steinhardt A. *Physician Heal Thyself: A Medical Student's Guide to Integrative Care*. Textbook for medical students. *In review for publication*.
5. **Bongiorno PB**. *How Come They're Happy and I'm Not?: The Complete Natural Program to Healing Depression for Good*. Red Wheel/Conari Press, Boston (November 2012). <http://www.amazon.com/How-Come-Theyre-Happy-Not/dp/1573245801>
6. **Bongiorno PB**. Depression, Fibromyalgia, Chronic Fatigue and Pain: Shared Neurobiological Pathways and Treatment. *Townsend Letter for Doctors and Patients*. 2012 (Oct): 62-69. ([http://www.innersourcehealth.com/news\\_published.aspx?EntryID=460](http://www.innersourcehealth.com/news_published.aspx?EntryID=460) )

7. LoGiudice PL and **Bongiorno PB**. Pregnancy and Primary Prevention. In Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 4th Edition. Elsevier/Churchill Livingstone. 2012 1723-1739
8. LoGiudice PL and **Bongiorno PB**. Herbal Antibiotics. E-book on InnerSource Press. 2011. [http://www.innersourcehealth.com/book\\_Herbal-Antibiotic-Alternatives.aspx](http://www.innersourcehealth.com/book_Herbal-Antibiotic-Alternatives.aspx)
9. **Bongiorno PB**. 7-Keto for Weight Loss. The Professional Educator. Protocol. January 2011. <http://www.InnerSourceHealth.com/docs/7KETO%20article.pdf>
10. **Bongiorno PB**, LoGiudice P. Hypericum. NMJ 2010; 2(12). [http://www.naturalmedicinejournal.com/pdf/NMJ\\_DEC10\\_LR1.pdf](http://www.naturalmedicinejournal.com/pdf/NMJ_DEC10_LR1.pdf)
11. **Bongiorno PB**. Healing Depression: Integrated Naturopathic and Conventional Treatments. CCNM Press. Toronto, Canada. 2010. Textbook. <http://www.InnerSourceHealth.com/depression>
12. **Bongiorno PB**. Vitamin D and Depression. The Professional Educator. Protocol. June 2010. <http://innersourcehealth.com/docs/vitamin%20D%20and%20depression%20June%202010.pdf>
13. LoGiudice P, **Bongiorno PB**. ADHD: Tips for Parents - A Ten Point Plan. Education.com 2009. <http://www.innersourcehealth.com/docs/ADHD%20article%20on%20education.com.pdf>
14. **Bongiorno PB**. Environmental Toxicity and the Detox Continuum. Integrative Practitioner Website. 2009. [http://www.integrativepractitioner.com/article\\_ektid7334.aspx](http://www.integrativepractitioner.com/article_ektid7334.aspx)
15. **Bongiorno PB**, Fratellone P, LoGiudice P. Garlic (*Allium Sativum*): A Narrative Review. Journal of Complementary and Alternative Medicine. 2008; 5(1) Available at: <http://www.bepress.com/jcim/vol5/iss1/1>
16. **Bongiorno, PB**. Complementary and Alternative Medicine Treatment for Depression. In: Licinio J, Wong ML, eds. The Biology of Depression. Weinheim, Germany: Wiley-VCH, February 2005. 993-1019. [http://www.innersourcehealth.com/articles/depression\\_chapter.pdf](http://www.innersourcehealth.com/articles/depression_chapter.pdf)
17. **Bongiorno PB**, LoGiudice P. Parkinson's Disease. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3<sup>rd</sup> Edition. Elsevier/Churchill Livingstone. 2006: 1999 – 2013.
18. **Bongiorno PB**. Epilepsy. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3<sup>rd</sup> Edition. Elsevier/Churchill Livingstone. 2006: 1649 – 1661.
19. **Bongiorno PB**. Infectious Diarrhea. In: Pizzorno, JE, Murray, MT eds. The Textbook of

- Natural Medicine. 3<sup>rd</sup> Edition. Elsevier/Churchill Livingstone. 2006: 1801 – 1812.
20. **Bongiorno PB**. Glutamine. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3<sup>rd</sup> Edition. Elsevier/Churchill Livingstone. 2006: 993 – 1002.
  21. Licinio J, Negrao AB, Mantzoros C, Kaklamani V, Wong ML, **Bongiorno PB**, Negro PP, Mulla A, Veldhuis JD, Cearnal L, Flier JS, Gold PW. Sex Differences in circulating human leptin pulse amplitude: clinical implications. *J. Clin Endocrinol Metab*. 1998 Nov;83 (11):4140-7.  
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  22. Licinio J, Negrao AB, Mantzoros C, Kaklamani V, Wong ML, **Bongiorno PB**, Mulla A, Cearnal L, Veldhuis JD, Flier JS, McCann SM, Gold PW. Synchronicity of frequently sampled, 24-hour concentrations of circulating leptin, luteinizing hormone, and estradiol in healthy women. *Proc Natl Acad Sci USA*. 1998 Mar 3; 95(5):2541-6.  
[http://www.ncbi.nlm.nih.gov/pubmed/9482922?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/9482922?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)
  23. Loddick SA, Wong M-L, **Bongiorno PB**, Gold PW, Licinio J, Rothwell NJ: Endogenous interleukin- 1 receptor antagonist is neuroprotective. *Biochemical and Biophysical Research Communications* 1997 May 8; 234(1):211-5.  
[http://www.ncbi.nlm.nih.gov/pubmed/9168991?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/9168991?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)
  24. Licinio J, Mantzoros C, Negrao AB, Cizza G, Wong M-L, **Bongiorno PB**, Chrousos GP, Karp B, Ellen C, Flier JS, Gold PW: Human leptin is secreted in a pulsatile fashion. *Nature Medicine* 1997; Vol 3, No.5: 575-579.  
[http://www.ncbi.nlm.nih.gov/pubmed/9142131?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/9142131?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)
  25. Wong M-L, **Bongiorno PB**, Rettori V, McCann SM, Licinio J: Interleukin (IL) 1b, IL-1 receptor antagonist, IL-b, and IL-13 gene expression in the central nervous system and anterior pituitary during systemic inflammation: Pathophysiological Implications. *Proceedings of the National Academy of Sciences* 1997; 94: 227-232.  
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  26. Wong M-L, Al-Shekhlee A, **Bongiorno PB**, Esposito A, Sternberg ES, Gold PW, Licinio J: Localization of Urocortin Gene Expression in Rat Brain and Pituitary. *Molecular Psychiatry* 1996; 1: No.4: 307-312.  
[http://www.ncbi.nlm.nih.gov/pubmed/9118356?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/9118356?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)
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31. Licinio J, **Bongiorno PB**, Gold PW, Wong M-L: The Gene Encoding for the Novel Transacting Factor Propiomelanocortin Corticotropin-Releasing Hormone Responsive Element Binding Protein 1 (PCRH-REB- 1) is Constitutively Expressed in Rat Pituitary and in Discrete Brain Regions Containing CRH or CRH Receptors: Pathophysiological Implications. *Endocrinology* 1995;136: No.10, 4709-4712.  
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34. Barber DL, Ganz MB, **Bongiorno PB**, Strader CD. Mutant constructs of the beta-adrenergic receptor that are uncoupled from adenylyl cyclase retain functional activation of Na-H exchange. *Mol Pharmacol.* 1992 Jun 41(6):1056-60.  
<http://www.ncbi.nlm.nih.gov/pubmed/1319545>