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PROFESSIONAL EXPERIENCE/ WORK EXPERIENCE:

Naturopathic Doctor and Licensed Acupuncturist: March 2004 – present

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

Advisor/Natural Medicine Expert:

- **Advisory Board Member:** Madre Laboratories (Summer 2012 – present)
- **Research Consult/Writer on CAM Research topics:** Pinnacle Care – Private Health Advisory Company, Baltimore MD (2009 to present)
- **Revised:** The Encyclopedia of Healing Foods, Dr. Michael Murray, supervisor (Fall 2005)
- **Researcher/writer for Salugenecists**, an innovative web-based natural medicine diagnostic tool. 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 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)

Research Assistant – Veterans Affairs Hospital. Affective Disorders Unit/ Neuroimmunology

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:

Invited Medical School Lectures:

- **Mount Sinai School of Medicine**, co-created with Dr. Patricia Bloom and taught the first elective integrative medicine series at Mt. Sinai (Jan –March 2012, 2013)
- **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)

Invited Conference Featured Speaker:

- **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:

- **Open Center**, lecturer – New York City, NY (Spring 2006, Fall 2007, Summer 2011, Fall 2012)
- **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)
- **Natural Gourmet Institute** faculty – New York City, NY (Spring 2005, to present)

- **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:

- **National TV:** 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:** [PRN Network, ‘Natural Medicine for Depression’](#) (1-3-2010)
- **NY Radio:** [WHRC New York](#) (2-2011), Z-100 (‘Parenting Factor’), WWRL (‘On Air with Patrick Fratellone MD’)
- **NY TV:** Long Island Cable News 12 (October 2009,October 2008)

Webinars / Internet:

- **co-author for articles on DoctorOz.com**
 - 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](#)
- **Webinar Douglas Laboratories:** [‘Natural Medicine for Depression’ \(December 2010\)](#)

PROFESSIONAL LICENSES and AFFILIATIONS:

- 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)
- New York Association of Naturopathic Physicians (Vice President from 2006 to present)
- 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 Speaker 2003, 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)

PUBLICATIONS:

1. **Bongiorno PB.** *How Come They're Happy and I'm Not?: The Complete Natural Program to Healing Depression for Good.* Red Wheel/Conari Press(November 2012). (<http://www.amazon.com/How-Come-Theyre-Happy-Not/dp/1573245801>)
2. **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)
3. 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
4. LoGiudice PL and **Bongiorno PB.** *Herbal Antibiotics.* E-book on InnerSource Press. 2011.
5. **Bongiorno PB.** 7-Keto for Weight Loss. The Professional Educator. Protocol. January 2011. <http://www.InnerSourceHealth.com/docs/7KETO%20article.pdf>
6. **Bongiorno PB,** LoGiudice P. Hypericum. NMJ 2010; 2(12). http://www.naturalmedicinejournal.com/pdf/NMJ_DEC10_LR1.pdf
7. **Bongiorno PB.** *Healing Depression: Integrated Naturopathic and Conventional Treatments.* CCNM Press. Toronto, Canada. 2010. Textbook. <http://www.InnerSourceHealth.com/depression>
8. **Bongiorno PB.** Vitamin D and Depression. The Professional Educator. Protocol. June 2010. <http://innersourcehealth.com/docs/vitamin%20D%20and%20depression%20June%202010.pdf>
9. 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>
10. **Bongiorno PB.** Environmental Toxicity and the Detox Continuum. Integrative Practitioner Website. 2009. http://www.integrativepractitioner.com/article_ektid7334.aspx
11. **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>

12. **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
13. **Bongiorno PB,** LoGiudice P. Parkinson's Disease. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1999 – 2013.
14. **Bongiorno PB.** Epilepsy. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1649 – 1661.
15. **Bongiorno PB.** Infectious Diarrhea. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1801 – 1812.
16. **Bongiorno PB.** Glutamine. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 993 – 1002.
17. 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.
http://www.ncbi.nlm.nih.gov/pubmed/9814504?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
18. 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
19. 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
20. 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
21. 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.

http://www.ncbi.nlm.nih.gov/pubmed/8990190?ordinalpos=5&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum

22. 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
23. Wong M-L, **Bongiorno PB**, Al-Shekhlee A, Esposito A, Khatri P, Gold PW, Licinio J: IL1b, IL-1 Receptor Type I, and iNOS Gene Expression in Rat Brain Vasculature and Perivascular Areas. *Neuroreport* 1996; 7: No. 14: 2445-2448
http://www.ncbi.nlm.nih.gov/pubmed/8981400?ordinalpos=6&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
24. Wong M-L, Rettori V, Al-Shekhlee A, **Bongiorno PB**, Canteros G, McCann SM, Gold PW, Licinio J: Inducible Nitric Oxide Synthase Gene Expression in the Brain During Systemic Inflammation. *Nature Medicine* 1996; 2: No.5: 581-584.
http://www.ncbi.nlm.nih.gov/pubmed/8616720?ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
25. Wong M-L, **Bongiorno PB**, Gold PW, Licinio J: Localization of Interleukin 1 b (IL-1 b) Converting Enzyme mRNA in Rat Brain Vasculature: Evidence that the Genes Encoding the IL-1 System are Constitutively Expressed in Brain Blood Vessels. Pathophysiological Implications. *Neuroimmunomodulation* 1995; 2:141-148.
http://www.ncbi.nlm.nih.gov/pubmed/8646563?ordinalpos=11&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
26. Wong M-L, Loddick SA, **Bongiorno PB**, Gold PW, Rothwell NJ, Licinio J: Focal Cerebral Ischemia Induces CRH mRNA in Rat Cerebral Cortex and Amygdala. *Neuroreport* 1995; 6:1785-1788.
http://www.ncbi.nlm.nih.gov/pubmed/8541482?ordinalpos=10&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
27. 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.
http://www.ncbi.nlm.nih.gov/pubmed/7664694?ordinalpos=9&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
28. Licinio J, Wong M-L, Altemus M, **Bongiorno PB**, Bernat A, Brabant G, Tamarkin L, Gold PW. Pulsatility of 24-Hour Concentrations of Circulating Interleukin-1-Alpha in Healthy Women: Analysis of Integrated Basal Levels, Discrete Pulse Properties, and Correlation with Simultaneous Interleukin-2 Concentrations. *Neuroimmunomodulation*

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29. Licinio J, Wong M-L, Altemus M, **Bongiorno PB**, Bernat A, Brabant G, Tamarkin L, Gold PW. Pulsatility of 24-Hour Concentrations of Circulating Interleukin-1-Alpha in Healthy Women: Analysis of Integrated Basal Levels, Discrete Pulse Properties. *Endocrine* 1993;1:123-129.
30. 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/sites/entrez>