Meta-analysis shows antidepressant medications may not be effective in mild to moderate depression cases (the majority reasons antidepressants are prescribed), and no better than placebo. Dr. Peter Bongiorno will describe how complementary and integrative medicine is poised to provide a more complete answer for depression sufferers.

He will reveal evidenced-based support for using natural medicines to help heal the underlying causes of depression, to avoid drug side effects, and help medications work better in treatment – resistant cases.

Attendees will learn:
• what are the underlying causes of depression
• which laboratory tests are essential for the depression sufferer and how these can help guide complementary treatment
• when conventional treatments are appropriate first line therapy
• which diet and lifestyle recommendations are most helpful for depression
• how to use natural supplements safely 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

Biographical Sketch for Dr. Bongiorno:

Dr. Peter Bongiorno is co-medical director of InnerSource Natural Health and Acupuncture 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 Neuroendocrinology, and he also researched at Yale University in the department of pharmacology before training at Bastyr University in naturopathic medicine and acupuncture. Dr. Bongiorno teaches an integrative medicine class at the Mount Sinai School of Medicine, and also teaches about holistic medicine at the Natural Gourmet Institute. He serves as Vice President of the NY Association of Naturopathic Physicians and 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 (CCNM 2010). His latest book How Come They’re Happy and I’m Not: 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 and www.InnerSourceHealth.com.