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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 vanguard naturopathic, integrative and Chinese Medicine patient care.

New York Association of Naturopathic Physicians: Immediate Past President

- **President** October 2014 – October 2017
- **Vice-President** October 2006 - 2014
- **Board Member** since 2003

Advisor/Natural Medicine Expert:

- **Consultant and Formulator:** Douglas Laboratories (December 2014 – present)
- **National Lecturer:** PESI (September 2016 – present), multiple cities
- **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 direct supervisor: Dr. Joseph Pizzorno (June 2003 – November 2003)

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

Pre-doctoral Research Assistant in the 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 research, and 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 LICENSES and AFFILIATIONS:

- New York Association of Naturopathic Physicians (Vice President from 2006, and President from 2015 through October 2017, current board member)
- 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

Master 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)

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:

Physician Conference Invited Speaker:

- **Integrative Healthcare Symposium:** Learning from Ketamine How to Use Natural Medicines – New York City, New York (February 2020)

- **A4M: 26th World Congress** – Addiction: Using Natural Medicines to Break the Patterns – Las Vegas, CA (December 2018)

- **Academy of Integrative Health and Medicine** – Natural Anxiety and Depression Care: What Works – San Diego, CA (October 2018)

- **Integrative Medicine for Mental Health** – Natural Medicine for Mood: What Can Ketamine and Genetics Teach Us – Dallas, TX (*upcoming* September 2018)

- **American Association of Naturopathic Physicians** – Mental Health Update – (San Diego, CA (July 2018)

- **California Association of Naturopathic Doctors** – Genetics and Nutrigenomics in Mental Health – Rodondo Beach, CA (April 2018)

- **American Academy of Environmental Medicine** – Natural Medicine for Mood: What Can Ketamine and Genetics Teach Us? – Park City, Utah (October 2017)

- **Integrative Medicine for Mental Health** - Mitochondria and Mood – Orange County, California (September 2017)

- **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)

Invited Medical School Lectures:

- **Mount Sinai School of Medicine**, co-created with Dr. Patricia Bloom and co-teaches the first elective integrative medicine series (Jan –March 2012 – *present*)
- **Maryland University of Integrative Health** – Nutritional Genomics for the Brain – Laurel, MD (June 2017)
- **A4M Spring Congress** – Mitochondrial Underpinnings of Neurological 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)

Non-Medical School and Public Classes:

- **Natural Gourmet Institute** faculty – New York City, NY (Spring 2005 to present)
- **Green Chimneys Mental Health Series: Natural Mental Health Treatments** – Ridgefield, CT (October 2017)
- **Baird Financial Advisors Conference: How To Stay Healthy Despite Your Schedule** – Dallas, Texas (February, 2016)
- **Anxiety Summit with Trudy Scott** webinar – May 2015
- **92nd 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 100th 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:

- **articles written for DoctorOz.com**
 - o The Benefits of Beet Juice - <https://www.doctoroz.com/article/benefits-beet-juice>
 - o Natural Alternatives to Prescription Drugs - <https://www.doctoroz.com/article/natural-prescription-alternatives>
 - o What to Eat for Deep Sleep - <https://www.doctoroz.com/article/what-eat-deep-sleep>
 - o Best Natural Anti-Depressants - <https://www.doctoroz.com/article/best-natural-anti-depressants>
 - o Ubiquinol: Ally Against Aging - <https://www.doctoroz.com/article/ubiquinol-ally-against-aging>
 - o Why You Need Wheat Germ - <https://www.doctoroz.com/article/why-you-need-wheat-germ>
 - o The New Superfruit: Lingonberry - <https://www.doctoroz.com/article/superfruit-lingonberry>
- **Invited expert:** [ShareCare](#)
- **Invited expert blogger:** [blog at PsychologyToday.com](#)

Professional and Public Webinars:

- Douglas Laboratories: Clinical Solutions for Mood, Health and Neurotransmitter Production (April 2018) <https://www.youtube.com/watch?v=CpbNwEAhoQ8>
- American Association of Naturopathic Colleges: Naturopathic Medicine for Anxiety and Depression – (December 2018)

<https://register.gotowebinar.com/recording/recordingView?webinarKey=3261040819448651010®istrantEmail=drpeter%40innersourcehealth.com>

- Health Masters Anxiety Series (September 2017)
- Anxiety Summit with Trudy Scott – (May 2016)
- The Metabolism Summit with Sara Vance webinar – (February 2016)
- Depression Summit with Sean Croxton webinar– June 2015
- Emerson Ecologics: Natural Medicine for Depression (Sept 2013)
- Douglas Laboratories: ‘Natural Medicine for Depression’ (December 2010)

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, New York (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)
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
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
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
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
17. **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.
18. **Bongiorno PB**. Epilepsy. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1649 – 1661.
19. **Bongiorno PB**. Infectious Diarrhea. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1801 – 1812.
20. **Bongiorno PB**. Glutamine. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd 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, Cernal 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
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
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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.
http://www.ncbi.nlm.nih.gov/pubmed/8990190?ordinalpos=5&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
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
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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.

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