



Peter B. Bongiorno ND, LAc

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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 integrative care and Chinese Medicine.

Independent Researcher/Writer on Natural Medicine Topics:

- **Research Consult/Writer on CAM Research topics:** Pinnacle Care – Private Health Advisory, Baltimore MD (2009 to present)
- **Revised:** The Encyclopedia of Healing Foods, Dr. Michael Murray, supervisor (Fall 2005)
- **Editor/major contributor:** 3rd edition of The Textbook of Natural Medicine, Drs. Michael Murray and Joseph Pizzorno, editors and direct supervisors. Wrote and revised 48 chapters of various topics, including expert review of literature regarding natural modalities including Chinese Medicine and acupuncture, homeopathy, supplementation, nutrient therapies and botanical medicines (November 2003 – June 2005)
- **Researcher/writer for Salugenecists**, an innovative web-based natural medicine diagnostic tool. Company President and supervisor: Dr. Joseph Pizzorno (June 2003 – November 2003)
- **Bastyr Center for Natural Health**, Seattle, WA (July 2003 – present). Contributing writer for the Bastyr Clinic monthly newsletter

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:

- 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**, '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:

- **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)
- **New York University**, adjunct faculty – New York City, NY (Summer 2005, Fall 2008, Fall 2009, Fall 2011)
- **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:** 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:

- **Invited expert** [blog at PsychologyToday.com](#)
- **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. LoGiudice PL and **Bongiorno PB**. Herbal Antibiotics. InnerSource Press. 2011. *In press*
2. LoGiudice PL and **Bongiorno PB**. Pregnancy and Primary Prevention. In Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2011 – *in publication*
3. **Bongiorno PB**. 7-Keto for Weight Loss. The Professional Educator. Protocol. January 2011. <http://www.InnerSourceHealth.com/docs/7KETO%20article.pdf>
4. **Bongiorno PB**, LoGiudice P. Hypericum. NMJ 2010; 2(12). http://www.naturalmedicinejournal.com/pdf/NMJ_DEC10_LR1.pdf
5. **Bongiorno PB**. Healing Depression: Naturopathic and Conventional Medicines. CCNM Press. Toronto, Canada. 2010. Textbook. <http://www.InnerSourceHealth.com/depression>

6. **Bongiorno PB.** Vitamin D and Depression. The Professional Educator. Protocol. June 2010.
<http://innersourcehealth.com/docs/vitamin%20D%20and%20depression%20June%202010.pdf>
7. 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>
8. **Bongiorno PB.** Environmental Toxicity and the Detox Continuum. Integrative Practitioner Website. 2009.
http://www.integrativepractitioner.com/article_ektid7334.aspx
9. **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>
10. **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
11. **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.
12. **Bongiorno PB.** Epilepsy. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1649 – 1661.
13. **Bongiorno PB.** Infectious Diarrhea. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 1801 – 1812.
14. **Bongiorno PB.** Glutamine. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006: 993 – 1002.
15. 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
16. 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
17. 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
18. 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
19. 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

20. 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
21. 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
22. 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
23. 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
24. 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
25. 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
26. 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-Aipha in Healthy Women: Analysis of Integrated Basal Levels, Discrete Pulse Properties, and Correlation with Simultaneous Interleukin-2 Concentrations. *Neuroimmunomodulation* 1994;1: 242-250.
http://www.ncbi.nlm.nih.gov/pubmed/7489339?ordinalpos=12&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
27. 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.
28. 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>