



BOOK REVIEW

By Donald F. Feeney DC, DACBN, CCN, LD/N

“Healing DEPRESSION”

Dr. Peter B. Bongiorno, ND, Lac

CCNM Press

Dr. Bongiorno gave a fantastic lecture at the latest Council on Nutrition seminar in Orlando Florida (May 2011). His lecture was so riveting that I purchased his book.

“Healing Depression” is an authoritative and comprehensive text that provides information on the underlying factors that contribute to depression. He then reviews the major pharmaceutical approaches with the drawbacks of each therapy.

Dr. Bongiorno then goes through the protocols of slowly removing the patient from these drugs when you and the Psychiatrist determine that it is safe. He presents soundly researched natural treatment protocols for the diagnosis and treatment of depression. He discusses extensively nutrition, homeopathic, massage, exercise, acupuncture, and many other modalities for the alternative care physician.

You will find this text as an excellent handbook for day to day patient care. I highly recommend this text for your office library.