



InnerSource Natural Health News

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Springtime 2005

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Dear Patients and Friends,

Welcome to Springtime in the Northeast. Although Winter has held its grip on u for quite a while, it will not be long before we will be able to go outside and enjoy the great outdoors and restore our very depleted vitamin D reserves.

As the springtime is now here, this is a perfect time to think about clearing our bodies and minds, starting to get out and do more exercise, and preparing for the future warm months ahead

Happy Spring,

Dr. Pina and Dr. Peter



Spring Allergies [back to top](#)

By Peter B. Bongiorno ND, LAc

Spring time is a wonderful of year to get out and start the yard work, have picnics and exercise outdoors. Unfortunately, many people suffer greatly from allergies, hay fever and sinus problems when the pollen of Spring flowers start to permeate the warm air of the season. Natural medicine has an excellent array of treatment options to lessen the severity of seasonal allergies without resorting to drugs. Although pharmaceutical drugs often help alleviate symptoms, these are often steroidal in nature, and can have multiple side effects. Even the non-steroidal and over the counter drugs suppress immune function, thus leaving the body more susceptible to illness in the long run.

Naturopathic medicine has a number of treatments to help reduce the cause of allergies. Although, air borne allergens and toxins cannot always be reduced (especially in New York), in my experience, if a person reduces the load of allergens they do have control over, profound relief

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can occur. Changes you can do at home include eliminating sugar and dairy from the diet, using air purifiers in the bedroom, converting all flooring to non-carpet hard surfaces, using dust and mite free bedding surfaces, using a carbon-based water purifier, and switching to organic foods. I also try to expose subtle food allergies and treat overgrown yeast issues in difficult cases. Acupuncture is excellent to reduce allergic reactions and clear nasal passages. High dose vitamin C, and special bioflavonoids such as quercetin and hesperidin can clear nasal blockage. N-acetyl cysteine can also help clear difficult sinus problems. Buffered saline nasal washes can be very effective. Finally fish oils and herbs like nettles can lower histamine response to bring relief too. Talk to your naturopathic doctor about what may work best for you.



Healthy Pregnancy Prep?

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By Pina LoGiudice ND, LAc

Many of my patients have asked me what can be done to keep healthy during pregnancy. Although how to do this properly is very specific for each woman, the best way is to be as healthy as possible before pregnancy. Before a woman chooses to become pregnant, I find it is helpful to complete a detox plan to help clean out the body and ready herself for the pregnant months ahead. Following the detox, proper prenatal vitamins, adequate intake of healthy oils and fiber, and appropriate exercise can insure a smoothly functioning physiology. Of course the male partner should also be healthy, and I often use a detox plan and various nutrients to encourage healthy production of sperm. Finally, discussion between the future parents and possible psychological counseling to prepare for emotional, economic and housing needs may be important before the blessing of a new life occurs.



New Research:

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- According to the National Sleep Foundation, adults get an average of 6.9 hours a night. Insufficient sleep is linked with poor immune function, poor sexual performance and increased auto accidents (*The NY Times* 03-20-05).
- Men and women taking selenium supplements for 10 years had 41 percent less total cancer than those taking a placebo, a new study by Cornell University and the University of Arizona (*JAMA*. 1996; 276:1957-1963)
- Only 1% of antibiotic prescriptions for sinus problems are appropriate, since 99% of sinus problems are viral and viruses do not respond to antibiotics (*The NY Times* 03-15-05).

Need More Vitamins?:

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- Supplements can now be purchased on line by patients for convenience. Use “For Patients Only” link on our home page and then go to “supplements.”

Lectures/Events with Dr. Peter and Dr. Pina:

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Radio Interview, WUSB 90.1 FM

Tuesday, April 12, 2005, 6:30PM to 7PM

Dr. Pina and Dr. Peter will be on the radio from 6:30 to 7:00PM on WUSB 90.1 FM STONY BROOK, interviewed by Dr. Ellen Kamhi (The Natural Nurse) regarding

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naturopathic medicine and what people can do to support their health using natural medicines and acupuncture. Call in and ask the doctors any questions you have.

New York Association of Naturopathic Physicians (NYANP) Dinner and Presentation [back to top](#)

on naturopathic approaches to depression (for nyanp members only)

Monday, April 11, 2005 at 7 pm at Remède, 214 Sullivan Street, suite 3b, New York, NY 10012

Dr. Peter Bongiorno has recently authored a new chapter regarding complementary and alternative treatments for depression management, which can be viewed [here](#), which is now published in the new psychiatric textbook *The Biology of Depression*. Doctors are encouraged to bring cases for discussion. RSVP to dinnerinnyc@nyanp.org by April 8, 2005.

Radio Interview, WUSB 90.1 FM

Tuesday, April 22, 2005, 6:30PM to 7PM

Dr. Pina and Dr. Peter will be on the radio from 6:30 to 7:00PM on WUSB 90.1 FM STONY BROOK, interviewed by Dr. Ellen Kamhi (The Natural Nurse) regarding naturopathic medicine and what people can do to support their health using natural medicines and acupuncture. Call in and ask the doctors any questions you have.

Manage Pain Naturally

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May 18, 2005, 6:20PM to 7:50PM New York University, 1 West 4th Street at Mercer Street (Hebrew Union College)

Pain is the number one reason a person goes to the doctor. Although there are many drugs to help lessen the perception of pain, patients are not usually given an approach that actually treats the underlying causes of pain. Dr. Pina LoGiudice, a naturopathic doctor and acupuncturist, discusses the multiple factors that may lead to pain, and discusses which naturopathic medicine and acupuncture treatments can help bring safe and effective relief. Dr. LoGiudice also offers home remedies that can help to maintain a pain free body. No grades are given for this course. Please click on: www.scps.nyu.edu for more information and to register.

Cancer and Natural Medicine

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Thursday May 19, 2005, 6:20pm-8:40pm New York University, 1 West 4th Street at Mercer Street (Hebrew Union College)

A diagnosis of cancer exacts a great emotional and physical toll on the recipient. Dr. Peter Bongiorno, naturopathic doctor and acupuncturist, dispels myths about what causes and does not cause cancer, and offers the latest research on preventing the disease by using natural therapies. The steps after a diagnosis are explained, as well as how to gain control over the situation. Learn what to expect from conventional medicine cancer treatment, as well as how and when to safely use natural therapies adjunctively. Guidelines as to when natural medicine might be contraindicated are included. No grades

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are given for this course. Please see www.scps.nyu.edu for more information and to register.

Healthy Aging and Natural Medicine

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Saturday June 4, 2005, 10:00AM to 2 PM at New York University, 48 Cooper Square

Although many cultures view the later years in life as a time of empowerment and wisdom, this time period is often associated only with wrinkles, gray hair, and physical and mental deterioration in the Western world. Dr. Pina LoGiudice, naturopathic doctor and acupuncturist, explores issues of growing older and discusses how other cultures view this natural part of life in a more positive context. Learn how natural medicine can be used to prevent disease and support a more active and healthy lifestyle as we enter the later decades of life. Disease conditions and specific natural treatments are discussed. No grades are given for this course. Please see: www.scps.nyu.edu for more information and to register.

Heart Disease and Holistic Thinking

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Saturday, June 11, 2005, 9:30am-3:30pm New York University, 48 Cooper Square

The number-one killer in the United States is heart disease. This class focuses on the basics that everyone should know about their own heart. Topics include the basic physiological function of the heart, description of its spiritual associations from a traditional Chinese medicine standpoint, and how heart disease can manifest differently for women. Dr. Peter Bongiorno takes you through the foods, supplements, lifestyle changes, and exercises to safely help you prevent disease. Find out how to speak comfortably and confidently with your doctor about your heart health by understanding the laboratory tests and diagnostic imaging used by cardiologists. No grades are given for this course. Click on: www.scps.nyu.edu for more information and to register.



Perfect Quinoa Every Time

Quinoa is a non-wheat grain, with plenty of protein. For perfectly cooked quinoa, simply add 1 part grain to 2 parts liquid in a saucepan. After the mixture is brought to a boil, reduce the heat to simmer and cover. One cup of quinoa cooked using this method usually takes 15-to-20 minutes to prepare, which is less time than brown rice. The grains have become translucent at the end of the cooking process, and the white germ has partially detached from the main body of the grain, appearing like a white-spiraled tail.



Quote:

“Now, good digestion wait on appetite. And health, on both! (Shakespeare, *Macbeth*, Act III, scene I)

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