



# InnerSource Natural Health News

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## **The Energetic Woman** - Pina LoGiudice ND, LAc

One of the most common circumstances I see in my practice revolves around fatigue. Many women come to my office to tell me "I am so tired that I just do not feel like myself anymore." If this is true for you, there is fortunately much hope!

Oftentimes, fatigue is a combination of not one factor, but numerous factors that have contributed over time to the current condition. For each woman, the factors are different. Once serious medical conditions have been ruled out, it is best to look at a person's sleep patterns, eating, stress levels, happiness at work and personal relationship states. I also like to see blood tests that look at blood sugar, iron levels, oxygen-carrying ability of the blood, as well as certain vitamin levels and thyroid function. Sometimes naturopathic doctors will also find patterns in these tests not readily detected by conventional medical care. Finally, there are special saliva tests that can also help us understand if certain hormones are low or are being released at the wrong time.

Once the above issues are assessed, I often prescribe a recommendation plan for my patients that help each person address the specific issues that are the greatest challenge for her. Invariably, diet, nutritional support as well stress and spiritual work are key components to keeping healthy and to strengthen a tired body. I often support the adrenal glands with

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supplementation and work to calm the nervous system with the herb Siberian ginseng, which can also help balance sugar, increase energy, and calm the mind safely and without side effects. Acupuncture is invaluable as well to balance a nourish energy. I also like to use emotional freedom technique, which is a combination of talk therapy and acupressure, to help the woman heal from any emotional weights that may be contributing to fatigue. [Back to top](#)



**A Hearty Heart** - Peter B. Bongiorno ND, LAc

Heart disease is the number two killer in our country. Main contributors to heart disease include lack of exercise, high saturated and trans fat intake, excess sugar intake, blood pressure and stress. Evidence from arteries of young soldiers who were killed in Korea taught us that vessel blockages start at a young age. New research has also shown us that inflammation from underlying infections, autoimmune processes, and digestive distress play a major role in advancing heart disease.

Although cholesterol has been a major media and drug company focus, the fact is 50% of all people who have heart attacks have normal or low cholesterol levels. There are other laboratory markers naturopathic doctors seek to help understand whether or not someone is at cardiac risk. Some of these include homocysteine, C-reactive protein, lipoprotein, fibrinogen, and particle sizes of “good” and “bad” cholesterol. Checking these and using appropriate natural therapies to balance levels may be a stronger preventive measure.

The best approach for someone who wants to prevent cardiovascular disease is to look into all the possible factors, and see which of these are most important to work on. Of course, the cornerstone of any program should include exercise, healthy eating and stress management. Looking at lab indicators can also help your naturopathic doctor use specific nutrients and botanicals to lower risk factors as well. For those with heart disease, advanced measures may include intravenous blood therapies to provide extra nutrients and clear blockages, therapies to achieve “natural bypasses” and consultation with a cardiologist to learn about conventional options that may be needed. [Back to top](#)



**WE MOVED!:** Please note our Manhattan practice has moved to Fifth Avenue.

The new address is: 130 Fifth Avenue, 9<sup>th</sup> floor, NY, NY 10011 and it is located between 18<sup>th</sup> and 19<sup>th</sup>. Please look for a Open House Announcement in the next month. [Back to top](#)



**New Research:** [Back to top](#)

- People with **cancers of the head and neck** may reduce their risk of developing painful mouth sores from radiation therapy by regularly ingesting honey, according to a study in *Supportive Care in Cancer* (2003;11:242–8).
- **Pesticide-related illness** is relatively common in school employees and students, according to a surveillance report in the July 27, 2005 issue of *The Journal of the American Medical Association*.

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- Increased intake of calcium and vitamin D may reduce the risk of **premenstrual syndrome (PMS)**, according to the results of a case-control study published in the June 13, 2005 issue of the *Archives of Internal Medicine*.

**Lectures/Events with Dr. Peter and Dr. Pina:** Contact us or [www.InnerSourceHealth.com](http://www.InnerSourceHealth.com) for more information about our lectures.

- **Healthy Aging:** September 6, 2005 Tuesday – 11:30PM Location: 1305 Old Northern Blvd, Roslyn, Long Island

- **Back to School: Keep Your Children Healthy Through the Academic Year.** September 8, 2005 – Thursday – 6:00PM Location: Wild By Nature, 369 West Main Street, Huntington, Long Island

- **Natural Ways to Avoid Allergies.**

September 22, 2005 – Thursday - 6:30PM to 8PM Location: Organic Avenue, 23 Ludlow Street, #2, NYC 10002, lower east side.

- **Back to School: Keep Your Children Healthy Through the Academic Year.**

September 24, 2005 – Saturday – 11:00AM Location: Port Nutrition, 24 Main Street, Port Washington, Long Island

- **Natural and Integrative Management of Cancer.**

October 15, 2005 – Saturday-10:00 A.M. – 1:00 P.M. Location: Natural Gourmet Institute, 48 West 21st Street, NYC.

- **Depression: Complementary and Alternative Treatments.**

March 4, 2005 – Saturday – time t.b.a. Location: Marriot Marquis, Times Square in NY City.

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- **Integrative and Holistic Care for a Healthy Heart.**

March 17, 2005 – Friday- 7 to 10PM Location: The Open Center, 83 Spring Street, NY City.



**Dr. Peter's Hummus Recipe:** [Back to top](#)

- Pour two small cans of garbanzo beans and their juice into a pot. Add a few cloves of garlic and boil gently for 10 minutes. Remove from heat, strain (but keep the liquid) and add to a blender. Add 1 cup of liquid, 1/4 cup of extra virgin olive oil, the juice from two fresh lemons and mix. Add 3/4 cup of tahini and blend further. At this point you may want to add more olive oil or bean water depending on what consistency you like best. Add salt, pepper and cumin to taste. Cool in refrigerator and serve with pita chips or rice crackers.



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