The Plan

- INTAKE
- DRUGS?
- LABS

RECOMMENDATIONS

- Sleep
- Stress Support
  - Thought Work
  - Mind / Body Work
- Food/ Digestion /
  Blood Sugar / Inflammation
- Exercise
- Hydrotherapy
- Detoxification
- Supplements
INTAKE

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The first duty of love is to listen.” - Paul Tillich
Elements of a first visit

1 - Greet the patient in the waiting area
2 - Ask How the Patient Found You
3 - Introduction to yourself and what you do
4 - Magic Wand Question
5 - 7 attributes for each CC / Suicide?
6 - Bowel Function, Sleep, Exercise
7 - Food and Water Intake
8 - Childhood, Schooling, Current Work, Family Life and Religion
9 - Spirit: Stressors, Goals, Passions and Calming Rituals
10 - Daily Schedule
11 - Review of Systems and Physical Exam
12 - “Anything Else We Missed?”
13 - Recommendation Plan and Follow Up
14 - Hug / Touch Your Patient
• INTAKE

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- **NMDA**: NRX 1074
- **Multimodal (s, da, ne)**: Vortioxetine (Brintellix™)
- **Melotoninergic**: Agomelatine (Valdoxan, Melitor)-
- **SSRIs (s)**: citalopram (celexa), escitalopram (lexapro), paroxetine (paxil), fluoxetine (prozac), sertraline (zoloft), fluvoxamine (luvox)
- **SNRIs (s, ne)**: duloxetine (cymbalta), venlafaxine (effexor), desvenlafaxine (pristiq)
- **SSRI (s) and 5HT partial agonist**: Vilazodone (Viibryd)
- **TCAs (s, ne, anticholinergic)**: amyptriptyline (elavil), imipramime (tofranil), nortriptyline (pamelor), chlomipramine (anafranil),
- **MAOi’s (s, ne, mel, d)**: Tranylcypromine (Parnate), Phenelzine (Nardil) → Selegiline (Emsam)
- **Wellbutrin (da)**: buproprion (wellbutrin)
- **Anxiolytic (benzos)**: busparone (buspar)
- **Sedative**: SARI (serotonin antagonist and reuptake inhibitor): trazadone (Oleptro), nefazadone, mirtazepine (remeron),
- **add-ons**: antipsychotics: quetiapine (Seroquel), aripiprazole (abilify) (5HT D2 agonist), lamotrigine (lamictal)
**other conventional care:**

- **ECT** - 1 week for effect
- Transmagnetic stimulation
- Vagus nerve stimulation
- Deep brain stimulation
- Psychosurgery
- Ketamine
So, when to use what...?

1) **If risk of hurting self or others** → use conventional therapies first and natural as an adjunct

2) **If patient cannot take care of self or family** → use conventional therapies first and natural as an adjunct

3) **If the above criteria is not met and patient is willing** → use natural therapies first

4) **Pregnancy and breast feeding** → needs case by case evaluation

5) **If patient is on medications** → start by working with natural therapies and begin to slowly taper medications after natural treatments begin to take an effect
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helpful lab tests

- Fasting glucose
- CBC
- Chem Panel
- Lipid Panel
- Homocysteine
- TSH, T3, T4
- DHEA/DHEAs
- Free & total T
- Progesterone
- 25(OH) vitamin D
- B12/folic acid
- MTHFR
- carnitine
- Serum mercury
- Celiac
- Urine kryptopyrroles
- Environmental: blood metals, urine provocation, hair metals
- SIBO
Saliva testing

George – 28 – depression, CFS

Elina – 39 – depression, some anxiety
Are you suicidal?

Only in the morning.
Roz - 58 - depression, insomnia
the plan

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recommendations

- **Sleep**
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Depression is often characterized by sleep disturbances and often precede the onset or recurrence of depression.

70% of sleep apnea patients have depression symptoms. 

30% of pts with insomnia are depressed.

Depression is often characterized by sleep disturbances and often precede the onset or recurrence of depression.
Sleep Rx?

- Bedtime rituals
- Eat before bed?
- Melatonin
- Melatonin Prolonged Release
- Tryptophan: 2 g hs
- Valerian
- Casein decapetide
- Phosphatidylserine

"You call it sleep, I call it keeping reality at bay."
Phosphatidylserine and golf

- healthy young golfers with handicaps of 15–40.
- 200 mg per day PS (n = 10) or placebo (n = 10)
- significantly improves (p < 0.05) the number of good ball flights during tee-off which might result in improved golf scores, and trend towards improved stress levels versus placebo
recommendations

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Bongiorno P. Healing Depression page 76
Bongiorno. Holistic Solutions for Anxiety and Depression. p 102.
“Glucocorticoid Resistance”
How to work on the HPA?

- **Relationships**

- **Passion for life/ spirit**
  - “Follow your bliss”
  - Fun is the Raison d'être

- **Rx:** Laughing, MP3 player, sky diving, new clothes and haircut, creative work, volunteering

- **Rx:** Self-Esteem work

- **Rx:** psychotherapy, acupuncture, meditation

Mental illness? “Pathologizing one’s non-conformity.” - gary greenberg
acupuncture

Effects of Acupuncture, RU-486 on the Hypothalamic-Pituitary-Adrenal Axis in Chronically Stressed Adult Male Rats.

Eshkevari L¹, Mulroney SE¹, Egan R¹, Lao L¹.


Acupuncture and moxibustion for stress-related disorders.
Kondo T¹, Kawamoto M.
recommendations

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Food: What to Eat?

- **Water** - needed for tryptophan (trp) brain absorption
- **Cold water fish** a few times a week
- **Low glycemic load** foods
- **High protein**: beans, fish, raw nuts
- **Oatmeal** (*avena sativa*)
- **Mediterranean Diet**
- **Almonds, pomegranate**
- **Food allergies / sensitivities**
digestion

- 95% of body serotonin is in the gi system EC cells
- Celiac disease: reduces CSF trp (reversed after gluten free diet x 1 yr)
- Trp stores are especially vulnerable to intestinal malabsorption
- Food allergies create “exorphins” which ↓’s endorphins
- 20% of patients with functional bowel disorders also have psychiatric comorbidities Agazzi A. et al. Dig Liver Dis. 2003; 35(8):590-5
Natto, kim chi, yogurt, miso, tempeh, sauerkraut
blood sugar control

- Small frequent meals
- Low glycemic load foods
- Protein / healthy fat / healthy carb
- Chromium
inflammation

- Lower stress
- Anti-inflammatory diet
- Leaky gut test → Gut healing
Shakespeare break
It seems his sleeps were hinder’d by thy railing, And therefore comes it that his head is light. Unquiet meals make ill digestions. Thereof the raging fire of fever bred, And what’s a fever but a fit of madness? Thou sayest his sports were hinderd by thy brawls. Sweet recreation barred, what doth ensue But moody and dull melancholy, Kinsman to grim and comfortless despair...The consequence is, then, thy jealous fits Have scared thy husband from the use of wits.
Bongiorno. Holistic Solutions for Anxiety and Depression. p 102.
Bongiorno. Holistic Solutions for Anxiety and Depression. p 102.
• Sleep
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• **Exercise**
• Hydrotherapy
• Supplements
exercise

- Study comparison with conventional Rx: RCT of 156 adults compared exercise with sertraline (zoloft). After 10 months, subjects in the exercise group had significantly lower relapse rates ($p = 0.01$) than subjects in the medication group.

Exercise
- not so scientific study

Totals: n = 58

‘Escalators’: 47
‘Step people’: 11

18% of people choose the stairs (82% did not)
• Sleep
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hydrotherapy

- Water: “allays lassitude” (Hippocrates)

- Physiologic stressors important for brain

- Moderate cold stressors: lower brain inflammation, activates epinephrine and β-endorphins

- But, extreme cold: can impair function

- Rx: start warm shower with 5 minute cooling down to a sustain 2-3 minute period of 68°F. Qd to bid (Shevchuk. Adapted Cold Shower for Depression. Med Hypoth 2008 (70):995-1001).

- Constitutional hydrotherapy

nature

- Lower cortisol, blood pressure, heart rate, and inflammation, while enhancing parasympathetic activity

- Phytoncides

- “Forest bathing” (Shirin yoku)

- Sunshine – vitamin D

Multi-modal mood study

- 2001 - University of Washington,
- 112 women with mild or moderate depression.
- control group or
- walk outside during daylight hours for 20 minutes 5/7 days
- also: multiple vitamin
- who did not do any walking, and they received a placebo vitamin.
- 85% tx group: less depression, better mood all around, with greater self-esteem and well-being
Heavy metals:
- toxic to the brain, mitochondria, and nervous system
- Increases inflammation
- inhibits glutamate removal
- Depression: Pb, Hg, Cd, Ar
- CV/DM: BPA

Treatments: food and detox, chelators: suppository, oral, i.v
- Sleep
- Stress Support
  - Thought Work
  - Mind / Body Work
- Food / Digestion / Blood Sugar / Inflammation
- Exercise
- Hydrotherapy
- Environmental

**Supplements**
Supplemental plan

1 - lab test repletion
2 - treatment resistance support
3 - “3 UNeed”: Multiple, Fish Oil, Probiotic
4 - Mood Systems Support
5 - Neurotransmitter Balance
“lab test” supplements

Blood Work:

- **Vitamin D**: Shaffer Psychosom Med. 2014 Apr;76(3):190-6.  


- **Hormonal**: thyroid, progesterone, estrogens, testosterone, DHEA

- **B vitamins, methylators, MTHF**


Adrenal:


Treatment resistance?

- **Folic acid (MTHF)** – 15mg. (75 pt. study) Fava et al. 49th annual meeting of the American College of Neuropsychopharmacology; December 5–9, 2010

- **Testosterone / estrogen / thyroid** if applicable


- **Vitamin B12**: a full response to anti-depressant medications when B12 levels were higher (439.1 pmol/L) versus non-responders (347.2 pmol/L) and partial responders (396.0 pmol/L). *BMC Psychiatry.* 2003;3:17.

- **Creatine**: women study of 5 grams creatine plus lexapro had positive results by week 2. *J Psychiatry.* 2012 Sep 1;169(9):937-45.
Fatty acids: “Augmenting a standardised antidepressant treatment with omega-3 fatty acids resulted in a marked improvement in depression symptoms measured on the Hamilton scale in the majority of patients with treatment-resistant depression.”
3 u need

- **Multiple vitamin:** significant reduction in the overall score on a depression anxiety and stress scale  

- **Fish oil:** 2 g/day in total, looking for 1,000 mg/day of EPA and ~800 mg DHA  

- **Probiotics:** lactobacillus / bifidus: two probiotic compounds given for 30 days, yield beneficial psychological effects: lowered depression, anger-hostility, anxiety, and better problem solving, compared with the placebo group.  
some favorites: support for physiology


- **Rhodiola:** 340 mg (rosavin 3.07%/ rhodioloside 1.95%) qd Phytomedicine. 2015 Mar 15;22(3):394-9

- **Curcumin:** 500 mg capsule qd Eur Neuropsychopharmacol. 2015 Jan;25(1):38-50.

- **Saffron:** 30mg qd. serotonergic, antioxidant, anti-inflammatory, neuro-endocrine and neuroprotective effects. meta-analyis of 6 studies: Hum Psychopharmacol. 2014 Nov;29(6):517-27.
some more favorites: support for neurotransmitters

- **Tyrosine**: no effect by itself, J Affect Disord. 1990 Jun; 19(2):125-32
- **SAMe**: 200 -1600mg of SAM-e twice a day (min). J Affect Disord. 2014 Aug;164:76-81.
- **5-HTP**: “better than placebo” Cochrane Database Syst Rev. 2001; (3):CD003198.
one more new fav: venetron

- Apocynum venetum, a shrub of the dogbane family
- Chinese medicine: clears damp. SXs: neurasthenia, palpitation, insomnia, edema with frequent urination, hypertension, and nephritic edema
- Flavonoids (kaempferol). No hypericin or hyperiform
- Significant antidepressant-like effects, which likely attribute to increased NE and DA, and serotonin
- Case reports of women treated for premenstrual syndrome (PMS) and depression
sexual healing


- RCT 50 MDD patients: Prozac 20mg + yohimbine (titrated based on BP) of - Response Neuropsychopharmacology (2004) 29, 1166–1171,


- Current: NIH studying as IV during REM sleep for depression sxs - Rapid Antidepressant Effects of Yohimbine in Major Depression at www.clinicaltrials.gov accessed 5-16-09
Ginkgo:

- open trial of 63 people: 84% effective rate.
- positive effect on all 4 phases of the sexual response cycle: desire, excitement (including erection and lubrication), orgasm, and resolution (the ‘afterglow’ or good feeling immediately following orgasm).
- 60 mg qd to 120 mg bid (average = 209mg/d).

- One other small study of 240mg qd with no benefit
endnote: About Patient Preferences

- 15% preferred medication alone. 24% preferred just psychotherapy; 60% who preferred both (n=315)
- those who received a preferred treatment experienced more rapid improvements

Hippocrates recommendations (fifth century BC):

- Vegetable diet
- Physical movement
- Water therapy
- St. John’s wort
**INTAKE**

**DRUGS?**

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- Exercise
- Hydrotherapy - Nature
- Environmental - Mitochondria
- Supplements
Thank you / namaste

Peter Bongiorno ND, Lac

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www.InnerSourceHealth.com