



WHY am I depressed and HOW can I overcome it?: The Bongiovanni Method: Harnessing the Power of Personalized Medicine, Modern Neuroscience, and Nutritional Psychiatry to Help You Overcome Depression

Dr. Bradley Bongiovanni

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If you have depression, you're not alone. And that is good news if you are the manufacturer of antidepressant medications. However, if you are a person suffering with depression, you may be wondering if antidepressants are the answer and how long you might have to take them? This ebook is about WHY you become depressed in the first place, and HOW you can overcome it.

Conventional physicians are trained to diagnose the symptoms of depression and prescribe an antidepressant. Although the diagnostic workup includes ruling out thyroid disorders, nutritional deficit like B12 and iron, blood sugar dysregulation, and more...this is RARELY done for the average patient. I cannot count how many times patients have presented to our clinic with either a long history of antidepressant use with absolutely no laboratory evaluation ever done, or are about to be prescribed an antidepressant without any lab evaluation, yet want to discover if there could be a better way. Well, I am here to tell you, there is.

As a functional medicine physician, trained and licensed as a naturopathic doctor, it was drilled into my medical training from day 1 to 'identify and treat the cause'. If you are a patient with depression, you must find a physician who is root-cause obsessed. These root causes include diet and food sensitivities, hormone imbalances, nutritional deficits, brain chemistry imbalances, stress axis dysfunction, gut-brain axis dysfunction, genetic variants and vulnerabilities, poor lifestyle habits like lack of sleep and sedentary lifestyle, and chronic inflammation (often hidden). These root causes should be worked through to identify the cause for EACH patient, as no two patients are alike.

People are often surprised to hear that I am not against medication, even psychiatric medication. What I am against is the RUSH to medication without proper and thorough evaluation into the cause of the patient's illness. Most often, this functional medicine approach obviates the subsequent need for medication, but if a patient requires medication, then so be it. I like to call myself "pro-patient".

This book walks the reader through the myriad of possible causes of depression, drawing attention to the ultimate dysfunction underlying the condition, which is hypothalamic-pituitary-adrenal (HPA) axis dysfunction. HPA axis dysfunction is a chronically activated stress response that can be re-balanced and fine-tuned to work as intended through diet, sleep, exercise, nutrition, stress management, hormone balance, inflammatory control, and optimization of genetic tendencies. We include 2 real patient, case studies at the end so the reader can see how this is all implemented and comes to fruition in the real world of functional medicine.

You're not alone. Let us give you a hand.



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