

Pina LoGiudice ND, LAc



www.innersourcewellness.org

11 Stewart Avenue, Huntington NY 11743

631.421.1848 drpina@innersourcewellness.org @drpinaND

HEALTH CARE EXPERIENCE

InnerSource Natural Health Private Practice

Huntington, NY
March '04-present

- Author: *The Little Book of Healthy Beauty* (Penguin / Perigree)
- Co-founder and co-medical director: focus on integrative care using naturopathic recommendations and Chinese medicine
- Specialties/Interests: Pediatrics, Infertility, Women's Health, Digestive Disorders
- Expert in natural and integrative medicine modalities including: homeopathy, nutrient therapeutics, diet, botanical medicines, hydrotherapy, and Chinese medicine.
- Creator: The BirthPlan™:
www.The9MonthPlan.com



May 2018 appearance on Dr. Oz

MEDIA APPEARANCES

- Dr. Oz Show (FOX) – regular guest expert June 2011 through present. Twenty four appearances to date. To view some appearances:
http://www.innersourcehealth.com/news_video.aspx
- Katie Couric Show- “Natural Sleep Solutions” June 2013
http://www.innersourcehealth.com/news_video.aspx?EntryID=564
- National TV appearances: Veria Channel (Fall 2012), FOX News (boost your fertility naturally, natural medicine for pregnancy, menopause) , the Hallmark Channel (‘Healthy Aging’)
- TV Appearances: News 12- Long Island Cable – Ear Infections; Healthy Sunscreen for children; Naturopathic Licensure in NY
- Radio: 2009 - Z-100 the Parenting Factor – ‘Raising Our Kids’
<http://www.innersourcehealth.com/docs/donhutson.mp3>

RESEARCH EXPERIENCE

National Institutes of Health, Institute of Mental Health **Bethesda, MD**
Dept. of Neuroendocrinology, Philip Gold, MD; Branch Chief Feb.'97- Aug.'98
Pre-doctorate fellowship

Researcher Lead research team in using laboratory techniques such as cryostat neuroanatomical localization, autoradiography, radioimmunoassays for cortisol, ACTH, LH and FSH plasma levels, ELISA studies

PROFESSIONAL LICENSING

- Licensed Naturopathic Physician in the State of Washington (license NT0001293)
- Diplomat in Acupuncture and Licensed Acupuncturist in New York (license no. 2615)

WEBINARS / INTERNET WRITING

- co-author for articles on DoctorOz.com
 - The Benefits of Beet Juice <https://www.doctoroz.com/article/benefits-beet-juice>
 - Natural Alternatives to Prescription Drugs <https://www.doctoroz.com/article/natural-prescription-alternatives>
 - What to Eat for Deep Sleep <https://www.doctoroz.com/article/what-eat-deep-sleep>
 - Best Natural Anti-Depressants - <https://www.doctoroz.com/article/best-natural-anti-depressants>
 - Ubiquinol: Ally Against Aging - <https://www.doctoroz.com/article/ubiquinol-ally-against-aging>
 - Why You Need Wheat Germ - <https://www.doctoroz.com/article/why-you-need-wheat-germ>
 - The New Superfruit: Lingonberry - <https://www.doctoroz.com/article/superfruit-lingonberry>
- Invited expert: ShareCare.com
- www. EarthMommaAngelbaby.com (Itchy Skin & Stretch Marks; Morning Sickness)
- www.healthywoman.org (Acupuncture for insomnia)

INVITED LECTURER

- She Summit (www.shesummit.com) “Your Healthiest Self” – December 2018 (New York, NY)
- Barron’s: Top Women Advisors Summit “Keeping Your Adrenals Running Despite Your Schedule” - December 2013 (Palm Springs, FL)
- Mt. Sinai School of Medicine “Herbal Antibiotics” Winter 2012, 2013, 2014
- California Association of Naturopathic Doctors – “Epigenetics and Natural Pregnancy” (May 2012)
- Strength for Life - Cancer Support Group 2011
- NAVEL Expo – Long Island, NY - Spring 2010 – Hormonal Control
- CAM Expo East – Winter 2007 “Integrative Pediatrics”
- CAM Expo West- Fall 2006 “ Integrative Pediatrics”
- New York University- Adjunct Faculty Winter 2005 – “Digestion”
- Natural Gourmet Institute for Food and Health- NYC 2005, 2006 – “ Digestion”
- Wholistic Mothering Association- Winter 2005 – “Healthy Children”
- Lupus Foundation- NYC September - November 2004

EDUCATION

Bastyr University
Doctorate of Naturopathic Medicine
Master of Science in Acupuncture

Seattle, WA
June 2003

University of Rochester
Bachelor of Arts, Major: Psychology

Rochester, NY
May 1995

Instituto di Lingua Moderna
Studied Italian Politics/History/Language

Milan, Italy
Jan. '94-June '94

ACTIVITIES & ASSOCIATIONS

- * Member of American Association of Naturopathic Physicians since 2003
- * Secretary and Board Member of New York Association of Naturopathic Physicians- 2005, 2006
- * Student Physician's for Social Responsibility, co-founding member Bastyr chapter
- * Bastyr University Student Council 1998-2000
- * Vigilant Fire Company: Great Neck, NY- Fire Medic, 4/96-10/96
- * University of Rochester Varsity Women's Field Hockey, 9/91-94
- * Delta Gamma Fraternity, 11/91-6/95

ADDITIONAL SKILLS/EDUCATION

- * TCM Review of Women's Diseases and Infertility
- * Japanese Acupuncture: Shonishin
- * Cranial-sacral Therapy
- * C.P.R/First Aid Certified

ABSTRACTS/PUBLICATIONS

- * Kachko R, **LoGiudice P.** Parkinson's Disease. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 5th Edition. Elsevier/Churchill Livingstone. 2006
- * **LoGuidice P.** *The Little Book of Healthy Beauty*. Penguin / Perigree. New York. 2016. <http://amzn.to/2a14uSn>
- * **LoGiudice P** and Bongiorno PB. Pregnancy and Primary Prevention. In Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 4th Edition. Elsevier/Churchill Livingstone. 2012 pp: 1723-1739
- * **LoGiudice P** and Bongiorno PB. *Herbal Antibiotic Alternatives*. InnerSource Press. 2011.
- * Murray MT, **LoGiudice P** and Bongiorno PB. Otitis Media. In Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2011

- * **LoGiudice P.** Pregnancy and Depression. In: Bongiorno PB , Healing Depression: Naturopathic and Conventional Treatments. CCNM Press. Toronto. 2010.
- * Bongiorno PB, **LoGiudice P.** Hypericum. NMJ 2010; 2(12)
http://www.naturalmedicinejournal.com/pdf/NMJ_DEC10_LR1.pdf
- * **LoGiudice P**, Bongiorno PB. Pediatrics and Depression. In: Bongiorno PB , Healing Depression: Naturopathic and Conventional Treatments. CCNM Press. 2010.
- * **LoGiudice P**, Bongiorno PB. ADHD: Tips for Parents - A Ten Point Plan. Education.com 2009.
<http://www.innersourcehealth.com/docs/ADHD%20article%20on%20education.com.pdf>
- * Bongiorno PB, Fratellone P, **LoGiudice P.** Garlic (*Allium Sativum*): A Narrative Review. Journal of Complementary and Alternative Medicine. 2008: 5(1) Available at: <http://www.bepress.com/jcim/vol5/iss1/1>
- * Bongiorno PB, **LoGiudice P.** Parkinson's Disease. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006
- * Editor/Reviser for Encyclopedia of Healing Foods by Murray, MT. 2005
- * Prolo P, Negrao A, Mantzoros C, Wong M-L, Negrao P, Vianello J, **LoGiudice J**, Spokes H, Flier J, Gold P, Licinio J. Fluctuations in rapidly sampled circulating plasma leptin concentrations are associated with psychological variables in healthy men and women. Presented at the Society for Neuroscience, 1998 Annual Meeting Los Angeles, California 1998
- * Prolo P, Negrao A, Mantzoros C, Wong M-L, Negrao P, Vianello J, **LoGiudice J**, Spokes H, Gold P, Licinio J. Psychological variables are associated with fluctuations in circulating plasma leptin in healthy men and women. Presented at NIH Research Festival, 1998