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For Immediate Release

Author & Physician Dr. Ronald Grisanti Releases *Depression: A Functional Medical Approach*

New article introduces new methods to combat medical depression

August 26, 2014—Greer, S.C. : Dr. Grisanti, medical director of Functional Medicine University, introduces readers to a new way to look at a very persistent problem which plagues almost twelve million Americans. The cost to the public, including the recent death of actor Robin Williams, is immense. Though known for his humor and kindness, Williams succumbed to feelings of hopelessness and took his own life. Antidepressants are not the answer because they don't explain the root cause, Dr. Grisanti explains, as he reveals new insights and discoveries made during his years of work in private practice.

No one treatment is a cure-all but a variety of causes ranging from thyroid and nutrient deficiencies to chemical and toxicity exposure need to be tested and eliminated until a specific diagnosis is possible. His newly published, highly researched multi-disciplinary article addresses practical tools and considerations that health care professionals can utilize to make a unique contribution to this field of their practice.

This article answers – in a substantive way – how a new perspective applied to an age-old mystery can improve diagnosis and treatment without the use of various cocktails of antidepressants, which can sometimes create more problems than they solve. To quote Dr. Grisanti, “the recommending of an anti-depressant without this type of medical detective work is simply not acceptable.”

Root cause analysis is emphasized in his novel and science-based approach. Functional medicine is used to determine the true causative factors in a patient's condition. Once the underlying causes are addressed the problem itself goes away. Treatment – resistant depression means simply that prescribed drugs are not working – that is an unacceptable conclusion according to Dr. Grisanti.

Depression is reaching epidemic proportions and the dismal record of antidepressants is not the solution. It's reported that close to half of those on antidepressants quit after four months because they are simply not working. Drug companies selectively publish studies on antidepressants. The problem is they have published nearly all the studies that show benefit -- but almost none of the studies that show these drugs are ineffective.

On the other hand, according to Dr. Grisanti: “The medical literature is ‘over-flowing’ with peer-reviewed abstracts proving beyond a shadow of a doubt that depression, nutritional deficiencies and chemical toxicities are linked.”

In primary care medicine, depression often ranks as a common cause for patients to seek medical attention. Depression is the second-leading cause of disability in the United States. Studies indicate that neurological harm can occur through a combination of cross reacting antibodies, immune complex disease and direct toxicity. These are known causes that can be investigated and successfully treated.

Depression treatments across the wide scope of stress management and anxiety problems need to be effective and not a treatment of symptoms. The treatments have to consider the complex combination of biochemical, metabolic and hormonal relationships. Improvements in each part can create a holistic balance since the body and mind function in tandem.

In “Depression – A Functional Medical Approach,” Dr. Grisanti addresses this concern—from a patient’s perspective - if you want to get better and bring happiness and joy back into your life, then you owe it to yourself to be absolutely certain that you have all potential causes thoroughly checked.

About Dr. Grisanti

Dr. Grisanti is a Board Certified Chiropractic Orthopedist with a Masters degree in Nutritional Science. He also holds a Diplomate with the American Clinical Board of Nutrition and has a passionate interest in helping patients get well and stay well in the least harmful and most long-lasting way possible. As Medical Director of Functional Medicine University, he teaches chiropractors, acupuncturists, naturopaths and medical doctors how to implement the exciting, science-based paradigm of Functional Medicine.

About Functional Medicine University

Functional Medicine University is nationally recognized as a leader in functional medicine education for the health care professional and is sponsored by Southern California University of Health Sciences.

FMU provides a comprehensive approach to the study of functional medicine.

FMU has an international student body compiled from all 50 states in the US and 42 countries abroad. The entire Functional Medicine Training Program is available on-line

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- Instructors who practice what they teach. They teach from a practical level.
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For more information, visit www.FunctionalMedicineUniversity.com , call 1-877-328-4035 or email at drgrisanti@charter.net



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