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A pioneer in the field of integrative medicine, James M. Greenblatt MD has treated patients with complex behavioral and mood disorders since 1990. After receiving his medical degree from George Washington University School of Medicine, Dr. Greenblatt completed his psychiatry residency at George Washington University Medical Center. Dr. Greenblatt went on to pursue a two year fellowship at John Hop

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James M. Greenblatt, M.D., a dually certified child and adult psychiatrist, is a pioneer in integrative medicine who has lectured throughout the United States on the scientific evidence for nutritional interventions in psychiatry and eating disorders. Dr. Greenblatt is the Founder and Medical Director of Comprehensive Psychiatric Resources, an integrative psychiatric practice near Boston. His newly published books, *Answers to Anorexia* and *The Breakthrough Depression Solution*, draw on his

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James Greenblatt, MD, explains that anorexia is a complex disorder with genetic, biological, psychological, and cultural contributing factors. In other words, anorexia is not primarily a psychiatric illness as has been believed for so long; rather, it is a medical illness of starvation that causes malnutrition in the body and the brain. Successful treatment must focus on correcting this malnutrition.

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