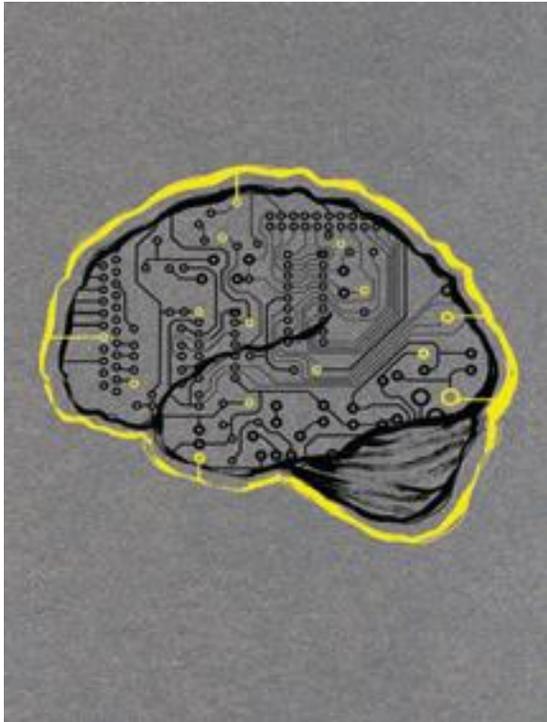


The review of the Italian association of psycho-neuro-endocrine-immunology

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health



The immune system in the brain

The discovery of lymphatic vessels in the brain unravels the missing link of the bidirectional communication between the two systems

PNEI NEWS NR 3 – MAY-JUNE 2015

EDITORIAL

Page 3. Another landmark: the next Sipnei meeting in Turin.

David Lazzari

NEUROIMMUNOLOGY

Page 4. The last barrier has fallen.

A more complete vision of the link between brain and immune system

Nature published an experimental study that challenges the current dogma regarding the absence of a lymphatic system in the brain. Lymphatic vessels have in fact been discovered in the meningeal compartment where they drain the cerebrospinal fluid and at the same time they may be a gateway for the immune cells to the brain.

Francesco Bottaccioli

DOSSIER: STRESS

Page 7. Stress and food: an indissoluble link

We eat to live, for pleasure or because we are under stress. This article proposes a sharp analysis on the relationships among three tightly interwoven aspects of eating.

Ilaria Demorl

Page 11. Can music help lowering blood pressure?

Primary hypertension is a complex phenomenon involving different systems in the human body. Its etiology is multi-factorial and still unclear. The life style has undoubtedly an impact on it. How is it then possible to induce a healthy behaviour? This article reports an exemplary experience, which involved listening to music.

Antonella Ferrari

Page 15. A PNEI experience: PNEIMED meditation in a working environment.

A report of a short PNEIMED based meditation course with health operators who went through a very negative and stressing work experience.

Raffaella Cardone

Page 18. In support of same-sex marriage

We publish the translation of excerpts from a recent editorial appeared on the *New England Journal of Medicine*. Here the famous medical review takes a stand in favor of same-sex marriages seen as a key factor for health.

Edward W. Champion M.D., Stephen Morrissey Ph.D, Jeffrey M. Drazen, M.D.

MEDICINE

Page 20. How much do conflicts of interest influence research?

The case of non-ionizing electromagnetic fields

There is a growing scientific literature showing how the wireless industry influences the publication of studies favoring their stances and interests. They also fund low quality scientific research and spread their results inside the scientific community.

Angelo Levis

EDITORIAL

Another landmark: the next Sipnei meeting in Turin

David Lazzari – Sipnei President

On 30th and 31st of October Turin will host the next Sipnei meeting. The importance of the topics that will be discussed during this conference event reminds us of the last meeting held four years ago in Orvieto.

The main theme of the meeting summarizes by itself the aim of this society: "Knowing and providing medical care to the human being as a whole". This is more than a slogan, it is actually a work program and an objective made of many moments in time and intermediate situations.

Since the beginning the focus of Sipnei has been the knowledge of the human being as a whole. Sipnei members have collected, spread (and sometimes published) data coming from scientific studies conducted with a new way of investigation: a method which follows a not so common modality that is integrating and aligning data from different disciplines which often do not meet. We all know how the whole is greater than the sum of its parts. This is the way Sipnei has produced a new knowledge and synthesis, by being able to see the unity in data and evidences that are normally processed independently from each other.

This dialogue among different professions and knowledge represents undoubtedly a richness that enhances the value of the differences rather than nullifying them.

This has established the foundation for an integrated approach to the medical care where different competencies can dialogue and congeal among them thanks to their horizon of common knowledge.

Obviously this does not mean wanting "to do all and for all". The aim is to address the complexity in a feasible way rather than making it more complicated or redundant and avoiding to support abstract and inapplicable principles. A conscious and integrated approach makes possible to work with flexibility and appropriateness. This is the ground we are engaging on and focusing with our national and regional programs.

One of our objectives is in fact an effective bidirectional exchange between the national organization and the regional sections to be achieved also through an operative coordination of the sections themselves, a major involvement of our members and a different way of joining and settling in for those who approach Sipnei. Another objective is obviously generating knowledge and good practices.

This and more will be discussed during the meeting in Turin.

Regarding our conference event in Turin, I would also like to highlight the participation of professional orders, scientific societies and several universities as well as a work program that recalls a modern physiology and pathology treatise which is not limited to just the organism but includes the individuals and the context they are living in. These are recurring topics, combining them together with clear keys for reading offers though new perspectives and important strategies of intervention. Medical, psychological and philosophical sciences dialogue with each other to build new meaningful perspectives and common work. I will not list here

the several lecturers and contributions (they are listed on the website) as my aim is to emphasize the framework.

The meeting in Turin will open a new phase, which will lead us to the International Congress in 2017 where Sipnei joins the International Society of Neuroimmunomodulation (our international network).

This phase will develop experiences and clinical practice to be implemented with a Pnei approach in the different professions.