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

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health

What a climate!

Brewing a deadly mix.

Economic, ecological, cultural and military crisis



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EDITORIAL

A deadly mix

Francesco Bottaccioli - Master Director of "PNEI and Science of Integrative Care", University of Aquila. Honorary Sipnei President.

In his last book¹, the authoritative sociologist, Luciano Gallino, Professor Emeritus at the University of Turin, depicts accurately what he calls the double crisis that is vexing the contemporary society. It is a combination of both a socio-economical and an ecological crisis which feed each other in synergy. In effect, it is very clear, as we too have documented in this issue, that the crisis of the earth ecosystems is strictly dependent on the structure of the so euphemistically called "market" economies and societies which Gallino rightly defines as "capitalistic" without attributing any moralistic meaning to the term. A term that has instead a technical meaning defining a way of production based on the pursue of the highest profit from the enterprise and that does not set any limit to the exploitation of natural and human resources. This assumption can explain very well the environmental catastrophes occurred in the last decades (see Bophal, Seveso, Casale Monferrato and the Land of Fires), the epochal change of the earth climate and the increased levels of pollution on air, water and soil (the physical basis of life). We will not explain why all the market economies are characterized by the concentration of wealth in very few hands and why, even where there is a flourishing economy, the working people live under a constant stress and have stopped planning for the future. The most indicative sign is the refusal or the indefinite delay to make children. It is the end of the plans in one's own life. To say it in a post-modern language, it is the end of the big narrations that marked a collective change that was also carried by the socialist and communist movements as well as Roosevelt's *New Deal*. Nowadays we are witnessing the fall of the individual perspective of a future perceived as reasonably secure for oneself and the beloved ones.

On this interior frailty there lingers the spectrum of war and mass migration threatening to change the geopolitical configuration of the Middle East and Europe. The subsequences on health can be easily understood and by now they have been well documented. We are not living anymore in the Eighties-Nineties. At that time it was not very popular talking about air or food pollution. By then, the assertion that stress by living in a subordinate and precarious social condition could cause disease and death, was maliciously considered as a pseudo-scientific claim by many.

In this issue we have interviewed Michael Marmot, the most authoritative social epidemiologist in our time and the President of the World Medical Association. Here Michael Marmot points out to the vast amount of data documenting the close connection among status, self-perception, social standing and disease/mortality. In order to explain these data in his researches, Marmot recurs to the Pnei paradigm and the science of stress. Sir Marmot asserts that this is the scientific basis where it could be possible to start a general change in society aiming to protect and improve mankind health. Sadly he is also well aware that people who know the PNEI approach unfortunately have little power at the healthcare policy circles.

In effect, if I think about our own government, it would not be a surprise if Mr. Renzi would consider Pnei as a kind of jinx while Mrs Lorenzin would probably think of it as brand for eye-drops.

. 1) Gallino L (2015) *Il denaro, il debito e al doppia crisi. Spiegati ai nostri nipoti*, Einaudi, Torino
(Money, debt and the double crisis explained to our grandchildren)

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EDITORIAL

Page 3. A deadly mix

Francesco Bottaccioli

ENVIRONMENT AND HEALTH

Interview with Michael Marmot, leading Professor of Epidemiology

Page 4. Social injustice seriously harms health

Social injustice kills. This is the message highlighted in Michael Marmot's researches. The British epidemiologist, one of the most authoritative scholars, has focused on the correlation between health and socioeconomic factors. In his last work, the scientist recaptures 40 years of researches and recommends practical solutions that could considerably improve life and health for the majority of people.

Paola Emilia Cicerone

CLIMATE CHANGE AND HEALTH

Page 7. Why it is so urgent to stop the current climate change and pollution.

If important measures are not taken now, the synergic growth of temperature and pollution will cause widespread damages to health with an increase of the full spectrum of human pathologies: from the infectious to the inflammatory and tumorous ones.

Francesco Bottaccioli

ENVIRONMENT AND ECONOMY

Page 10. The climate is changing. Also economy must change too.

The climate change can represent a powerful motivation for changing the economical patterns at the root of this crisis. Some hope comes from the decisions made at the last summit in Paris together with the current remarkable technological innovations.

Gianni Silvestrini

ENVIRONMENT AND SOCIETY

Page 14. Social and ecological conversion of economy is a metabolic necessity.

The biosphere where we operate has a limited range. If we do not reduce the metabolism of our economies and of our societies, we run the risk to compromise it permanently.

Silvano Balocco

THE ECONOMIC BASES OF HEALTH

Page 16. Circular economy

A repairing and regenerative economy aligned with the systemic vision of health.

Last October the Alleanza per l'Economia Circolare (Alliance for Circular Economy) was founded in Rome. We have asked them to describe the main contents of this project that is going to be of great interest for health operators.

Carlo Romagnoli

FOR A RENEWAL OF PSYCHIATRY

Page 20. Nutrition and mental disorders: a practical approach.

In this article the author reports the results of his. This experimental work was promoted by the University of Messina together with the Azienda Sanitaria (local Health Unit) and was inspired by the possibility to modulate biological, hormonal and metabolic functions through nutrition.

Filippo D'Amico