

# X ISNIM CONGRESS & III SIPNEI CONGRESS

## DIET AND INFLAMMATION

**D. Degli Innocenti<sup>1</sup>, G. Facincani<sup>2</sup>, M. Marrella<sup>3</sup>, M. Colombo<sup>4</sup>, E. Paravati<sup>5</sup>**

<sup>1</sup>Nutrizionista, Università di Verona, Centro Studi e Ricerche Mente eCorpo, Socio SIPNEI

<sup>2</sup>Psicologo, Centro Studi e Ricerche Mente eCorpo, Socio SIPNEI

<sup>3</sup>Psicologa, Centro Studi e Ricerche Mente eCorpo, Socio SIPNEI

<sup>4</sup>Psicologa, Centro Studi e Ricerche Mente eCorpo, Socio SIPNEI

<sup>5</sup>Neuropsicologa, Medicina Psicosomatica, Centro Studi e Ricerche Mente eCorpo, Coordinatore SIPNEI Veneto Ovest -Trentino Alto Adige

The pathogenesis of chronic disease has a critical part in common: inflammation<sup>1</sup>. It is a chronic inflammation which is maintained at subclinical level for a long time. The origin is multifactorial. In addition to genetic and epigenetic structure of the person, a key role in its development is played by the person's lifestyle, the context in which they live and, in particular, from the diet. There are many pathogenic pathways connecting diet and inflammation. Some are known, others enough explored and other emerging.

The health of a person depends on the body's ability to respond to endogenous and external stressors. This capacity comes from the characteristics of his body and the significant and often decisive help of external factors. Among them and regarding non-communicable chronic diseases, food plays a key role<sup>2</sup>. Food have elements which can cause illness and others which, on the contrary, help the body to avoid their occurrence. Because inflammation is the common step between all chronic non-communicable diseases, to understand the links between food and inflammation it is necessary to know which are the dietary factors that cause or help the body to fight them. For this purpose it is necessary to take into account the quality of the foods, namely the nutritional, organoleptic, hygienic, sanitary and functional qualities which cause or defending the body against inflammation. Medical researchers are discovering in details their mechanisms of action, their interactions as well as the influence they have on feeding behavior.

The ways which link diet and inflammation are numerous and deeply interconnected. This paper describes the relationships that exist between the quality of food and their mutual interactions with inflammation

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