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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**

**When stress turns immunity against itself**



**Pnei News – bimonthly review – nr 6 – year XII– November-December 2018**

## **PNEI NEWS NR 6 – November – December 2018**

### **INTERVIEW**

**Page 3. Stress and autoimmune diseases: the link is confirmed by a first extensive epidemiologic study.**

An interview with Huan Song and Unmur Anna Valdimarsdóttir. The two authors of the study examined the relationship among 41 autoimmune pathologies and the disorders caused by severe stress. Their sample included male and female individuals and the results were compared with their siblings and population in general. The conclusion is that people who have developed stress-related pathologies show a higher risk to develop autoimmune pathologies.

*Paola Emilia Cicerone*

### **STRESS AND THE IMMUNE SYSTEM**

**Page 6. Autoimmunity, stress and integrative care.**

This is an updated excerpt of chapter 17 devoted to autoimmune diseases from “Pnei e scienza della cura integrate. Il Manuale”, Edra, Milano 2017.

*Francesco Bottaccioli, Anna Giulia Bottaccioli*

### **WELLBEING OF THE MIND**

**Page 10. Some things seem self-evident now, and yet they have not always been considered as such.**

Homage to the late Naomi Zeidel Breslau, researcher on post traumatic stress disorder (PTSD). She was the first to demonstrate that traumatic events involving violence lead to higher rates of PTSD than other traumas.

*Patrizia Di Berardino*

### **DIGITAL WELLBEING**

**Page 12. Technologies and development of the psychological wellbeing for digital natives.**

In their ebook, the two authors identify 8 fundamental rules for a psychologically sustainable use of digital technologies for the generations who grow in a electronic world.

*Alessandro Bianchi, Carlo Mazzucchelli*

### **WELLBEING OF HEALTH OPERATORS**

**Page 15. Paths of wellbeing.**

This article is a summary of the presentation held for the seminar “Benessere a ciascuno il suo. Esperienze e prospettive” in Ravenna on 2<sup>nd</sup> December 2017.

*Raffaella Cardone*

### **WELLBEING OF THE EARTH**

**Page 18. Nowadays industrialized agriculture is a threat for the health of human beings and the earth.**

Agro-ecology has been declared as antiscientific because it includes biodynamic agriculture which is considered not scientific, We publish the comment of one of

our members, a researchers on the impacts caused by the current agriculture methods.

*Vittorio Ingegnoli*

## **BOOK REVIEW**

**Page 22.**