

Translation by Patrizia Rustichelli-Stirgwort

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

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health

HALFWAY

CAUGHT BETWEEN VACCINES AND THE THIRD WAVE



Pnei News – bimonthly review – nr 1 – year XIV– January - February 2021

PNEI NEWS NR 1 – January – February 2021

EDITORIAL

Page 3. Halfway: caught between vaccines and the third wave

Francesco Bottaccioli

PNEI MODEL IN PRACTICE

Page 4. My experience of integrative care for the treatment of COVID-19

This report of my personal experience aims to give a practical evidence about the possibility to be treated differently, with an integrative approach.

Emanuela Ferrari

THE CHINESE LESSON

Page 7. The Jade Windscreen Powder – The Chinese way for COVID-19 prevention

Yu pin feng san – YPFFS – or Jade windscreen Powder is the name of an ancient Chinese recipe. It can be traced back in *the Essential Teachings of Dan Xi* – a text compiled by Zhu Zhen-Heng, and edited in 1481. It is a remedy that has been used for more than 5 centuries. The formula has been tested and used in China for the prevention of COVID and previously for the pathologies related to SARS-CoV-2.

Lucio Sotte

THE ENGINEER MICROBIOTA

Page 11. The microbiota can be seen as a programmer and an engineer having an impact on the organism starting from early life

Eleonora Lombardi Mistura, Ornella Righi, Gioia Curati: Emanuela Stoppele, Roberta Dell'Acqua, Mariapia de Bari, Federica Taricco, Vera Gandini

EPISTEMIOLOGY/DEBATE

Page 15. Enactivism: the deep intertwining between mind and body

Enactivism originated from the dialogue among biology, neurosciences, phenomenology and Buddhist tradition. This theory shows how mind and body are deeply intertwined as the mind is embodied. Not only: the meaning given by each individual to the world depends strictly on the possibilities of reception and action of the same individual, starting from a cell level.

William Marcozzi, Marco Chiera

GOOD READS

Page 19. Maimonides: a philosopher and physician who lived during the XII century.

He can be considered as a psychotherapist ahead of his time.

Moses Ben Maimon known as Maimonides was an Andalusian Jew who later settled in Egypt due to change of fortune and circumstances. There he became a rabbi. He is a great example of an independent and courageous thinker bringing innovation in culture and medicine. In this issue we publish excerpts from the paragraph devoted to him in the book "Filosofia per la Medicina. Medicina per la Filosofia. Oriente e Occidente a confronto" (Philosophy for Medicine. Medicine for Philosophy. East and West: a comparison). Ed. Tecniche Nuove

BOOK REVIEW

Page 24. Nutrire l'immunità contro COVID-19. Integrare le cure, cambiare la sanità.
(Nurturing the immunity against COVID-19. Integrating care methods, changing the healthcare system)



EDITORIAL

Halfway: caught between vaccines and third wave.
The need to recalibrate healthcare and communication.
The risk of a boomerang effect.

Francesco Bottaccioli - Director

The virus evolution has shown an extraordinary capacity of adapting with its new variants: the British and the South African ones which were identified in December 2020¹, as well as the most recent Brazilian variant. This scenario can lead to a new pandemic phase with more uncertainties than those experienced during the first two waves which shattered 2020. The concern is high at worldwide level. The worries concern the virus variants, the infection's increased transmissibility, the efficacy of vaccines which were produced based upon the initial outbreak of the virus. The worry is that vaccines may fail or decline their declared efficacy. There are also difficulties in terms of production and organization for a large- scale vaccine distribution in rapid times. The most worrisome of them all is the scientific uncertainty about the durability of immunity provided by the vaccine and its ability to really stop the spread of the infection.

All these uncertainties risk to produce a boomerang effect on the psychological resistance of billions of people who lived through a time of monitored freedom and were then galvanized by an intense propaganda presenting the vaccine as a quick and final solution. If this does not happen, there is a high risk of a mass psychological destabilization with dangerous behavioural consequences. That is why we believe it is necessary to recalibrate the communication and to appoint vaccination to a long-term strategy that cannot be based only on the use of face-masks and lockdowns.

While the world is on fire, China, this immense land where all began, is living since many months a period of tranquillity and a strong economic recovery. The small outbreaks of infection are handled with a prompt and apparently effective response. China is the only country registering a growing GDP in 2020 and, thanks to a good management of the pandemic, it is set to overtake the US economy years earlier than it was predicted².

China beat USA and Europe 10 to 0 in the pandemic management.

Should we investigate the reasons for this success?

“China has defeated the pandemic because it is a totalitarian State” is the most common explanation given by those people who are prejudiced against China. In effect Chinese authorities imposed a strict lockdown and implemented a capillary tracing with electric devices able to signal in real time the risk of contagion. But is it only these measures that made the difference?

As far as we know, China is not the only totalitarian State in the world, there are many other countries which are considered as such and they were hit by the pandemic as well. If we compare figures, China came out of it much better. On 18th January 2021 Russia reported 3,5 million cases and 65,000 deaths; Iran reported more than 1,300,000 cases and 57,000 deaths; Hungary 360,000 cases and 12,000 deaths. China 98,000 cases and 4,800 deaths.

Thus, beside a hard lockdown and highly effective measures of control and tracing there must be something else explaining the Chinese difference. The extra gear used by the Chinese authorities is integrating healthcare methods: combining scientific medicine (its life-saving medications and technology) with psychological assistance, nutritional counselling and the ancient Chinese medicine. In this issue we publish the description of an ancient herbal recipe which is widely used in China for the prevention of Covid-19.

1. Kai Kupferschmidt (2021) Viral evolution may herald new pandemic phase, *Science* 08 Jan 2021: 371: 108-109 DOI: 10.1126/science.371.6525.108
2. Li Yuan (2021) In a Topsy-Turvy Pandemic World, China Offers Its Version of Freedom, *The New York Times* 4th January 2021