

Translation by Patrizia Rustichelli - Stirgwolt

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

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health

TWENTY YEARS OF SIPNEI



Pnei News – bimonthly review – nr 1- 2 – year XIV– January - April 2021

PNEI NEWS NR -1-2 – January – April 2021

EDITORIAL

Page 3. SIPNEI 2001-2021: Our twenty years.

Francesco Bottaccioli

PANDEMIC

Page 6: The protective role played by vitamin D in the SARS-COV-3 infection.

This article shows clinical evidences on the role of vitamin D in reducing the risk of infection. Its supplementation is recommended.

Maurizio Cutolo, Sabrina Paolino, Emanuele Gotelli

Page 10. Long Covid, Brain Fog.

When the infection is over, but the symptoms persist.

Interview with Betty Raman, clinical researcher.

A year has passed since the first cases of SARS-COV-2 infection appeared in Europe. At that time the disease was described as a severe flu or, at worst, as a form of pneumonia. We now know that COVID is a multiple organ pathology that can leave heavy consequences even many months after the infection occurred.

Paola Emilia Cicerone

PANDEMIC

Page 13. For a more comprehensive approach to human health it is necessary to move the focus from the symptoms to the basic pathophysiological processes.

The current biomedical scientist education approaches insufficiently the pathophysiology of diseases and the significant role played by epigenetic while it emphasizes the pharmacological treatment of the symptoms.

Attilio Cavezzi, Giovanni d'Errico, Roberto Colucci

Page 17. News about the interactions between microbiota and the human guest

Gut, brain, behaviour, anti-tumoral immune responses and microbiota are linked by several recently discovered biological interactions which are fully aligned with PNEI paradigm.

Mauro Bologna

DOSSIER

Page 20 Psychiatric medication during psychotherapy. A short guide on what each psychotherapist should know while working with patients who are treated with psychotropic drugs.

BOOK REVIEW

Page 30. Life as a psychoanalyst.



IN MEMORY OF FRANCISCO VARELA.

Page 31. Francisco Varela: a biologist and a philosopher, a radical critic of reductionism in neurosciences.

EDITORIAL

SIPNEI 2001-2021

Our twenty years

Francesco Bottaccioli – First Sipnei President

It was in January 2001 when we formalized the establishment of SIPNEI (Società Italiana di Psiconeuronendocrinoimmunologia) before a notary. This formal act was the last step of a thorough debate which took place on several occasions between November and December 2000 at the Medical School of La Sapienza University in Rome.

It all started with the initiative of a group of endocrinologists from the School of Medicine who involved me in their discussion since the very beginning.

The preparatory meetings included about 30 researchers from the Medical School and the National Institute of Health. There were endocrinologists, psychiatrists, immunologists, hematologists and other specialists discussing on the scientific, cultural and ethical underpinning principles of the new association. The foundations of our project had been laid: the holistic vision of the human being, criticism to reductionism, to the medical hyper-specialization, the healthcare paradigm based on medication-hospitalization, recognition of an integrated (biomedical-psychological) vision of prevention and care that enhances the knowledge and competence of healthcare for the citizens and by doing so it promotes democracy in science and science for democracy, opening to ancient medicines based on a strict scientific verification, the unity of knowledge favouring the dialogue among physical, biological, ecological and humanistic sciences. These are the principles and work plan that Sipnei has pursued in these two decades with mix fortunes.

In their essence, these ideas had already been exposed in my book which was published some years before, in 1995. The title of this successful text was “Psychoneuroimmunology”. It spread new ideas about science and health. It represented a synthesis of the new biological knowledge about the brain, the immune and endocrine system. Above all it extracted the paradigm that was holding them together and showed its revolutionary scope. The paradigm illustrated by the book showed the central role played by psyche and the bidirectional relationship with the biological systems. At page 289 it is stated:” PNEI shows that the psychological phenomena trigger modifications in the body and, on their turn, the modifications occurring on the big somatic

systems (which are often mediated by the autonomous nervous system) trigger psychological and behavioural modifications". In short, psyche is not an epiphenomenon of the brain, it arises from the activity of the brain and of the entire biological network but it retroacts on it modifying it for the good and bad. This was the distinctive trait of our observation, that was embedded in a framework dominated by reductionism in medicine and in neurosciences, a situation well described by Varela in the last interview he gave before passing away in 2001 (see page 31-39), same year of Sipnei foundation.

THE GROWTH OF SIPNEI

In January 2001 I was asked unanimously by the founding members to be the first president, a position I held until 2005. I proposed that Giuseppe Genovesi, at the time a researcher in endocrinology at La Sapienza University, should join me as secretary of the Association. After my mandate, Genovesi became the president. In 2008 the Sipnei national board of directors unanimously elected me honorary president with powers regulated by the Statute.

In 2010 the mandate was entrusted to David Lazzari, psychotherapist psychologist director of hospital psychology at Terni University Hospital, who held it until 2015. Under the presidency of Lazzari, Sipnei went through an intensive growth, acquiring more and more recognition not only in the biomedical field but also in the psychological one. It is known that in February 2020 David was elected President of the National Order of the Psychologists where he conveys the strong scientific imprint and integrated vision of the care gained within Sipnei. Since 2015 Sipnei Presidency has been entrusted to Mauro Bologna, Professor of General Pathology at the University of L'Aquila. With Mauro Bologna, Sipnei entered the University world by teaching the first Level II Master in PNEI and Science of Integrated Care at the University of L'Aquila. The first edition of the Master dates back to the 2013-14 academic year. In February 2021 the eighth consecutive edition of the Master started. This master is attended by doctors, psychologists, biologists, pharmacists and other professionals who study together Pnei paradigm and its application in prevention and healthcare treatment. In the 2017-18 academic year the University of Turin started the I Level Master in Pnei which has been repeated with great success in the following academic years. We are engaged in developing Sipnei courses also in other universities. We hope to communicate good news in the next months.

For the sake of brevity, I leave out the rich educational and congress activity of Sipnei which can be consulted in the archive of www.sipnei.it I need to report that due to the pandemic our IV national Congress had to be re-adjusted. The second part will be carried out online on 21st May (see the announcement on the last page of this issue), the first part was devoted to Covid and took place last October. The third and final part of the Congress is scheduled for May 2022 and we hope it will be in presence.

I conclude by reminding that Sipnei is structured in regional sections and in the last years we have established a national Boards of Research and activity related to bodywork disciplines, mental health disciplines and Early Life stages. Lastly, I would like to remind the two Sipnei reviews founded and edited by me: *Pnei News* is at the XIV year and *Pnei review* founded in 2013 and edited by Franco Angeli in the last years.

We have gone a long way, but we are still at the beginning.

In order to celebrate in a worthy manner our first twenty years of activity, the national board of directors has planned a rich series of seminars which, as it is our habit, stands out for the variety and originality of the addressed themes.

We wish all members to enjoy the 20th anniversary and a special welcome to the new members who have recently joined our scientific and professional community.