

Psychoneuroendocrineimmunology and science of integrated care. The Manual

The human organism functions like a network of structured and interconnected systems, that influence and are influenced by the psychic dimension. Psychoneuroendocrineimmunology is the paradigm that describes this network. With the present volume, through the 23 chapters that compose it, the Psychoneuroendocrineimmunology paradigm presents itself in its full extension:

The first part describes the historical and philosophical bases of THE paradigm

In antiquity, in the East and in the West, the human being was seen as a whole, but also in Modernity, systemic approaches to the knowledge of the functioning of the human being were very present. These approaches have been cancelled by the reductionist paradigm, which acquired its complete structure in the twentieth century with the massive entry of industry into the sciences and care practices.

The three chapters of this part, dedicated to Antiquity and Contemporaneity offer a historical and philosophical vision of the evolution of the medical sciences and care, presenting new and alternative points of view to current ones

The second shows the biological revolution underway, which through the bursting of epigenetics radically changes the traditional view of genetics and of the evolution of the human species. In the second part of this book the reader will encounter the scientific fundamentals underpinning the close integration of medicine and psychology from the early life.

Biology is undergoing an exciting moment as the revolution of Copernican proportions, at present under way, is bridging the abyss that has separated the area of human biology from that of social history.

The third

- describes in detail the nervous system, highlights the main news: neurogenesis, the lymphatic vessel in brain, the networks inside the brain
- describes in detail neuroendocrine system, focus on stress system and other neuroendocrine axes: thyroid axis, gonadal axis, the growth axis, prolactin, and endocannabinoids;
- describes in detail immune system, innate and acquired immunity and immune circuits: type 1, type 2, type 3
- describe the psychic system criticizing the reductionism in neuroscience and showing the influence of psyche on the brain
- the closing chapter of this section, on the physiological basis of PNEI, is dedicated to integration between nervous, immune, endocrine, and psychic systems

The fourth, based on a rigorous examination of the facts, shows the modulation tools of the human network for preventive and therapeutic uses, such as nutrition, physical activity, psychotherapy, meditation, and other behavioral and natural medicine techniques

The fifth part, chapter by chapter, disease after disease, in critical dialogue with reductionist physiopathology and clinical hyperspecialization, presents integrated care schemes, proposed on the basis of the available scientific evidence, for acute cardiovascular diseases, and disturbances of the psyche-brain system (from depression to anxiety disturbances, schizophrenia, autism, neurodegeneration), and immune disorders, and eating and metabolism disorders, and reproductive and sexual dysfunctions, and cancer.

the final chapter deals with the science of integrated care: the future.

THE AUTHORS

Francesco Bottaccioli (Umbertide, 1949) se graduó con honores en Filosofía e Historia de la Ciencia en la Universidad Sapienza de Roma, y en Neurociencia Cognitiva y Psicología, en la Universidad de L'Aquila. Es miembro de la dirección científica y profesor de la Maestría en Psiconeuroendocrinoinmunología de la Universidad de Aquila y Turín. Fundó la Sociedad Italiana de Psiconeuroendocrinoinmunología (SIPNEI), de la que fue el primer Presidente y, posteriormente, el Presidente de Honor. Ha publicado numerosos artículos, ensayos y libros exitosos, algunos de los cuales han sido publicados en otros idiomas. Ha colaborado, desde su fundación, en el inserto "Saludo" del periódico La Republica y en algunas de las obras del Instituto de la Enciclopedia Italiana, incluyendo "Siglo XXI" y "Treccani Medicina".

Anna Giulia Bottaccioli (Roma, 1987) se graduó con honores en Medicina y Cirugía en 2012 en la Facultad Sapienza de Roma, donde obtuvo su especialización en Medicina Interna en 2018. En 2014 también obtuvo el Diploma de Calificación en Medicina Tradicional China y Acupuntura. Es profesora de Psicosomática desde 2018 en las Facultades de Psicología de las Universidades "Vita e Salute" San Raffaele de Milán. Enseña Psiconeuroendocrinoinmunología en el Máster en PNEI y la Ciencia de la Atención Integrada en las Universidades de Turín. Es coautora de artículos científicos en inglés publicados en revistas internacionales revisadas por pares. Ejerce la profesión médica de forma independiente en varias ciudades italianas.