

4th Course in Clinical Psycho-Neuro-Endocrino-Immunology (PNEI)

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4th Course in Clinical Psycho-Neuro-Endocrino-Immunology (PNEI) was held from 10.-13.5.2023. in Zagreb. As usual, participants gathered from all parts of world to hear and learn from experts in novel approach to health and disease. Organized by HAZU and Poliklinika Orlando, the course is an example of scientifically grounded medicine, but applicable in everyday practice. Akademkinja Vida Demarin and dr Sanja Toljan, founders of the Course presented the history of PNEI, its meaning for modern medicine and the principles of PNEI (anatomy, physiology, function, integration). The emphasis was to give different approach to medicine as it has been taught nowadays, integrative versus separate. Although it is much easier to follow body systems in separation, in real life they are coordinated, driven mainly by central nervous system. Integration of brain, immunity, endocrine system and the body performance is complicated to follow, but modern science gave us many insights into it.

The course teaches the circadian rhythm alignment, neuroplasticity, microbiome function, inflammation, the principles of anti-inflammatory therapies like physical activity, diet, pharmacotherapy of low dose medicine. Special emphasis is on diagnostics in PNEI medicine, like testing the cortisol diurnal curve and estimating the allostatic load in each individual.

After the course, the participants comment as „their heads were full of new information“, it was above their expectations to hear so many new things, but with solid foundations in science.

The 5th Course in PNEI is planned for spring 2024.



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