

## Clinical psycho-neuro-endocrine-immunology in practice ( PNEI)

### AUTHOR:

SANJA TOLJAN

The 6th Cours in Clinical PNEI, organized by Croatian Academy of Sciences and Arts, Department of Medical Sciences and Orlando Clinic form Zagreb, was held form April 22th – April 25th, 2025. in Zagreb. Participants came from different medical backgrounds, but with the same goal: to study clinical PNEI and to implement it in their everyday medical practice.

Clinical PNEI is a relatively new medical branch that has been rarely presented to caregivers, which makes this course very attractive for participants. The paradigm shift was brought through “new lenses” onto “old medical postulates”. There is still ultimate challenge to implement new pathophysiology into understanding the nature of diseases and new discoveries about treatment, not only pharmacological. All teachings are provided with solid evidence-based support.

The lecturers were medical doctors, but also nutritionists, pharmacists, psychologists and kinesiologists, and the themes that were brought to participants were:

Introduction to Clinical PNEI, Physiology and pathophysiology in clinical PNEI, Diagnostics in PNEI, Therapeutic goals in PNEI, Neuroplasticity, Circadian rhythm and its clinical importance, Microbiome in clinical practice, Stress management strategies in PNEI, Pharmacotherapy, Anti-inflammatory diet, Physical activity in PNEI, Hormone replacement therapy.

The course also offered case reports, which encouraged participants to take active role in the implementation of PNEI approach.

Participants spent most of the time together, eating together healthy lunches, as a reminder of healthy practice, not only for patients, but also for people who provide medical care. “Medice, cura te ipsum”,



is strongly advised during the course. Medical knowledge taught in Course, is strongly advised to caregivers to heal themselves, and as healthy persons, easily can provide authentic medical care to complicated and complex pathologies.

The Course offered new medical approach, changing of a paradigm in health care to experienced participants, but also to young doctors. Participants are encouraged to continue their education in PNEI by following the medical databases, as the knowledge in this discipline is spreading very quickly, offering new therapeutic solutions.

