

# Proceedings of the Launch conference of Nutrimentum et Curae: a better nutrition for “one health”

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## ABSTRACT

The article summarizes the main moments of the launch press conference of Nutrimentum et Curae (NEC) journal, held in Rome, Piazza Monte Citorio on 11th November 2022. NEC is a scientific, open access Journal devoted to nutritional sciences, and aimed to emphasize the effects of what we eat on our health. In this regard, nutritional choices impact not only people's health, but also animal and environmental conditions, according to the concept of “one health”. NECs aims also to translate scientific results to a wider audience through the use of easy-to-use media such as social networks and the collaboration of bloggers and influencers. Here are synthesized the intervention of the single speakers and the main content of the meeting.

On 11<sup>th</sup> November 2022, a Launch Conference of the journal Nutrimentum et Curae (NEC) was held in Rome, at Hotel Nazionale in Piazza Monte Citorio.

NEC is a new scientific journal whose Editor in Chief is Antonio Gasbarrini, Full Professor of Internal Medicine, Chief of the Internal and Gastroenterology Unit at Fondazione Policlinico Gemelli and the Dean of the Faculty of Medicine and Surgery at the Catholic University of the Sacred Heart.

Gasbarrini was joined by other experts, in order: Francesco Franceschi, the Assistant Editor of NEC, Professor of Internal Medicine at the Catholic University of the Sacred Heart and Chief of the Emergency Department at Fondazione Policlinico Gemelli of Rome; Mauro Tonello, President of Società Italiana Sementi (Sis); Mogol, a famous Italian songwriter, and Laura Conforti, a food blogger known as “Ladfoodie”. Stefania Colantuono, Marcello Covino, Maura Di Vito, Emanuele Rinninella, and Elisa Lepore (on behalf of Vittorio Unfer), the authors of the first five articles already published in the journal, discussed their works. The meeting was moderated by the pressman Andrea Pancani.

Antonio Gasbarrini explained the aim of this new scientific journal starting from the choice of the name, which is in Latin: Nutrimentum et Curae, meaning nutrition and cure, to emphasize the effects of what we eat on our health. Furthermore, Gasbarrini and his team opted for a Latin name because of the Italian origins of the Journal and the entire editorial board. “Nutrition is not only essential for survival but also to maintain health. In so many diseases, nutritional changes represent the key point to achieving improvement and healing.

## KEYWORDS

NUTRITION

FOOD ALLERGY

GUT MICROBIOTA

EATING DISORDERS

ESSENTIAL OILS

FOOD ADDITIVES

INOSITOL

The journal is born to provide scientific support to this area<sup>1</sup>. Prof. Gasbarrini described this new scientific journal, first of all, as multidisciplinary because of the editorial board, which is composed of a variety of experts: medical doctors, clinical nutritionists, gastroenterologists, bioethicists, veterinarians, and environmental and agricultural specialists. Secondly, he underlined the open access of the journal, as the articles are published only in English and online, so that they can be easily read from all over the world. In addition, the journal has a dedicated website and a YouTube channel. He went on to clarify that all the articles must pass through a peer review process, by a team of external and international researchers examining the information and evidence provided in detail, to verify the reliability of data according to scientific criteria.

The presence of Dr. Mauro Tonello at the conference expresses the desire to combine the potential of agriculture with medical knowledge. According to Dr. Mauro Tonello, nowadays the concept of “one health” is gaining more and more strength since human food choices have a strong impact not only on people’s health but also on animal and environmental conditions. He cited global food-related problems such as air and marine pollution, water shortage, and microplastic contamination. Consumers should consider the impact of what they decide to eat because it is a global problem that affects everyone.

Moving forward with the presentation, through the expression “We are what we eat”, Prof. Franceschi explained how the type of nutrition is related to different diseases and mortality. Nutrients, such as vitamins, minerals, proteins, and carbohydrates, impact the modulation of our intestinal microbiota that, as a result, can influence not only health but also several diseases, affecting the immune system. The interaction between our body and infective agents is crucial for immune development. As a matter of fact, while at birth our intestine is roughly sterile, afterward the surrounding environment contaminates it to generate the microbiota. Indeed, through nutrients, we feed and modify our microbiota.

The launch of NEC has been honored by the presence of the speech of Giulio Rapetti, also known as “Mogol”. In Italy, Mogol reached his popularity for writing most of the masterpieces of Italian modern music, in collaboration with Lucio Battisti and other great singers. However, for years, he also dedicated himself to the study of the human immune system and the main concepts of nutrition. He leads a healthy life, eating well and doing physical exercise, becoming a testimonial of the crucial role of primary prevention.

He anticipated the presentation of its new care center (La Rinascita) arising in Avigliano Umbro (Terni, Italy) for the recovery of health, intended as whole health status. “Every day you have to think for five minutes that the important thing is to live healthily and make people live healthily”, Mogol said. Mogol further entertained the audience by talking about deep arguments such as the need not to be afraid of death and the importance to have self-esteem.

Later on, during the conference, it emerged the relevance to put all the verified information available at everybody’s disposal. In order to achieve this goal, figures such as bloggers, influencers, and content creators play an important role. For this reason, Laura Conforti, known as Ladfoodie, attended the conference. She explained how her followers often sent her messages asking for her point of view on nutritional aspects which fall outside the main topics of her blog. In these terms, she stressed the importance of having access to verified data on nutrition to combat the abundance of fake news on these topics.

The second part of the press conference was dedicated to the discussion of the first five works published by the Journal. First, Stefania Colantuono, from Fondazione Policlinico A. Gemelli of Rome, explained why nutrition can have an impact on the immune system through the gut microbiota. In her review, she focused on arguments such as immunonutrition, food allergy, microbiome, and epithelial barrier, with a focus on food allergy<sup>2</sup>.

Marcello Covino, a researcher at the Catholic University of the Sacred Heart and Responsible in charge of the First Aid Service Unit at Fondazione Policlinico Universitario A. Gemelli, conducted a study examining the impact of social restriction during the SARS-Cov2 pandemic, on people suffering from eating disorders. In this period, the number of those people accessing the Policlinico Gemelli Emergency Department increased by 70%, and the average age was 5 years lower. In conclusion, it is essential to consider both the short and long-term effects caused by the pandemic, with the awareness that the psyche massively affects nutrition<sup>3</sup>.

Maura Di Vito, a researcher at the Catholic University of the Sacred Heart, presented the results of a study targeted to identify potentially promising essential oils (EOs) for the treatment of Impetigo<sup>4</sup>. The research highlighted the importance of avoiding the use of homemade formulations mixing commercial products because these formulations lack scientific studies concerning their efficacy and could compromise the success of the therapy.

Later on, Emanuele Rinninella, a researcher at the Catholic University of the Sacred Heart, and Clinical Nutritionist at Fondazione Policlinico A. Gemelli of Rome explained the effects of the consumption of ultra-processed foods on health, through a detrimental modulation of the gut microbiota and intestinal barrier. The quality of these foods is often compromised by the presence of food additives, artificial colorants, emulsifiers, and artificial sugars. His review focused on the association between food additives and the risk of an increased risk of non-communicable diseases (NCDs) such as metabolic syndrome, obesity, diabetes, inflammatory bowel diseases, and cancer<sup>5</sup>.

Finally, Elisa Lepore, from the Research and Development of Lo.Li. Pharma of Rome, on behalf of Vittorio Unfer (The Experts Group on Inositol in Basic and Clinical Research, Rome, Italy, and UniCamillus – Saint Camillus International University of Health Sciences, Rome, Italy), pointed out the possible positive consequences of consuming inositol to recover or prevent the adverse effects of medicines used in the case of bipolar disorder. Such drugs cause side effects a depletion of inositol in the peripheral tissues. For this reason, oral Inositol supplementation could help these patients to regain total well-being<sup>6</sup>.

The launch press conference involved the participation of several press agencies and a wide spread is expected to highlight the importance of nutrition and its health and environmental effects in modern society.

#### **Declaration of interests**

The authors declare that they have no conflict of interest.

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