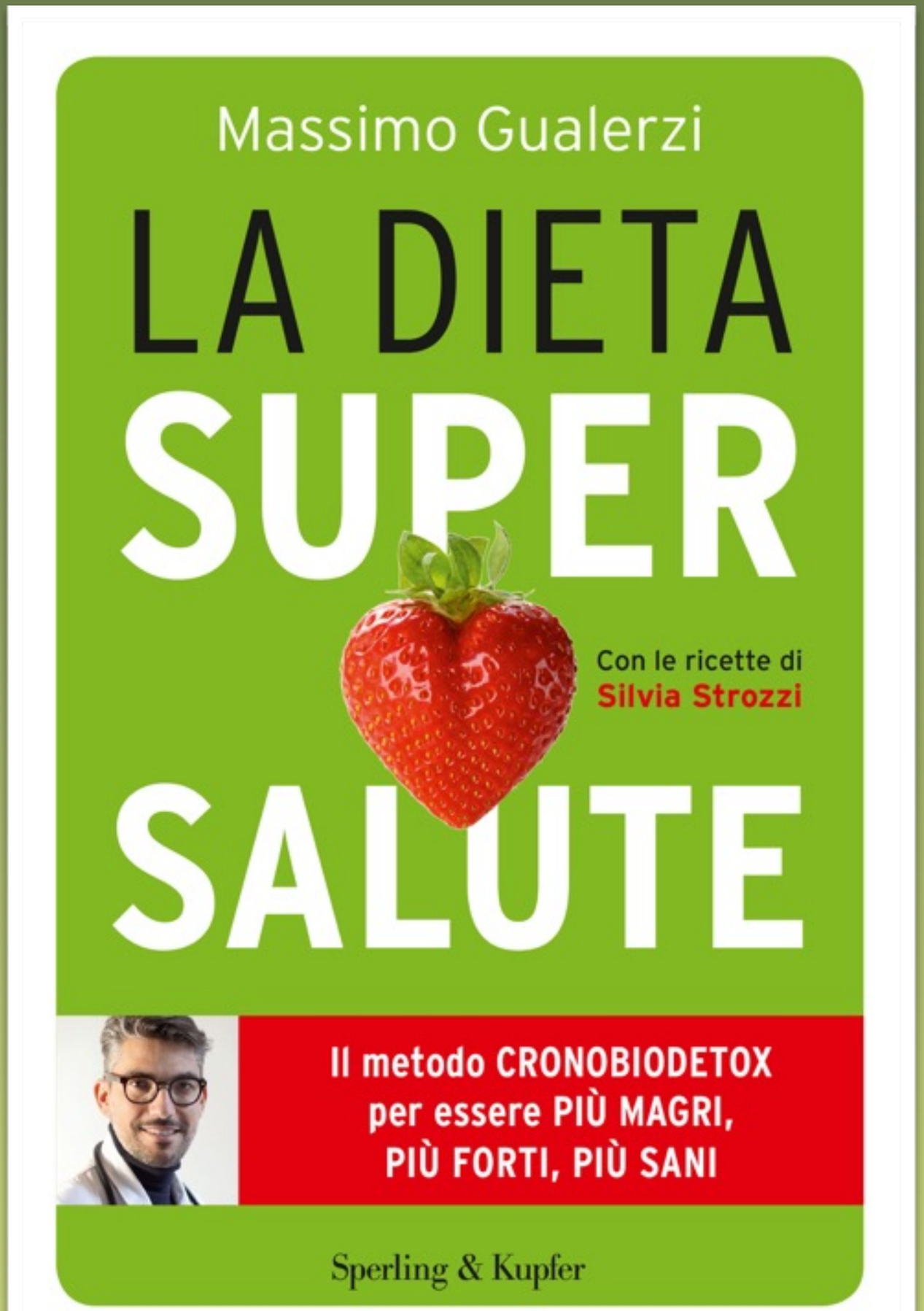


#CRONOLOGIA/#MORFOLOGIA
#TRASFORMAZIONE
#DETOX
#CIBINATURALI

SuperSalute

Facciamo abbastanza per la nostra salute?

- Non conosciamo i nostri nemici
- Ci preoccupiamo solo quando il problema è già evidente
- Seguiamo e alimentiamo falsi miti
-

Epidemiologia

--240000 morti per cause cardiovascolari

--50000 infarti all'anno: 17 ogni ora.

-50% in persone sane

--3000000 di diabetici

—100 ogni 100000 IBD

—1000 ogni 100000 Mal reuma

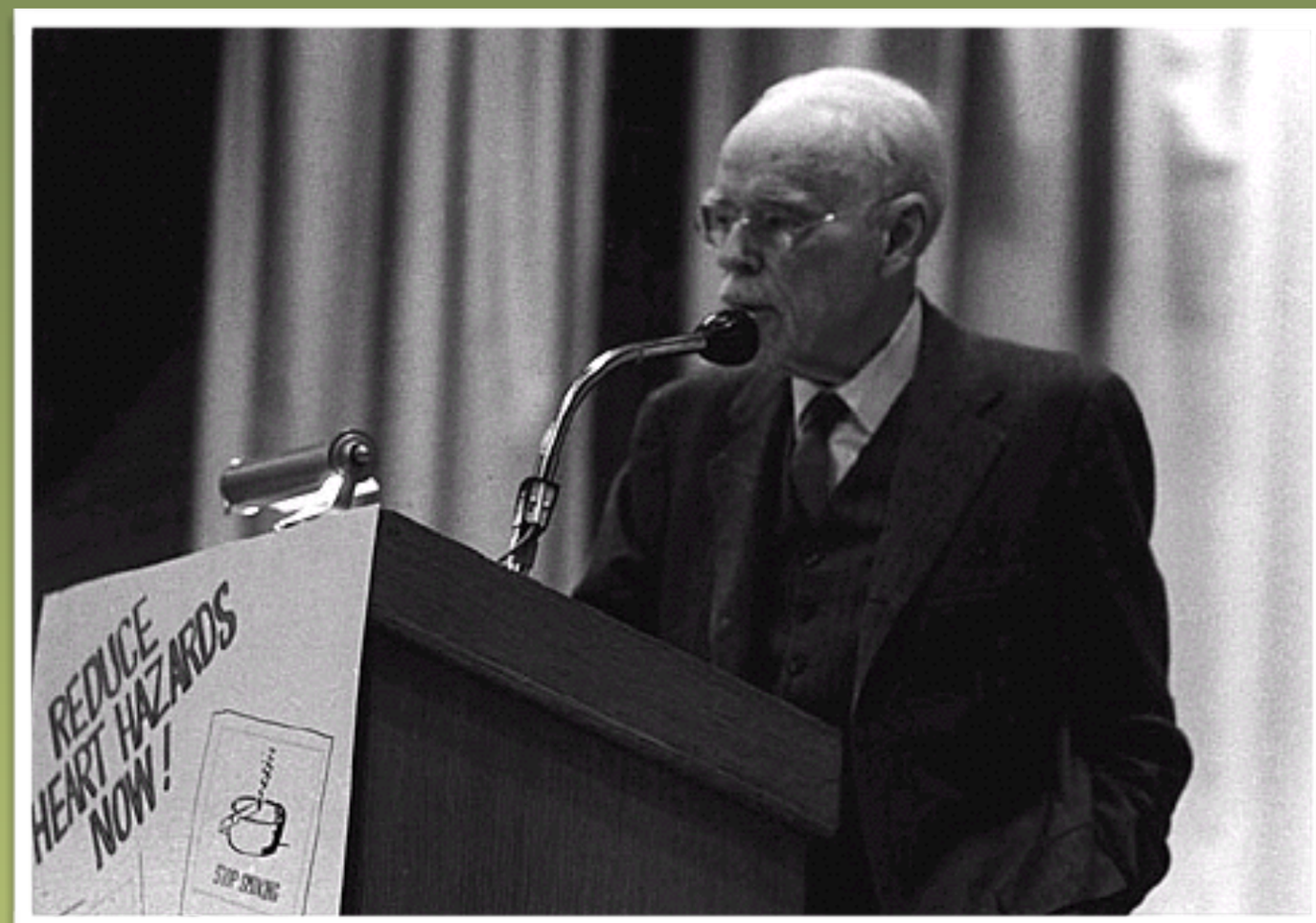
--Dopo i 60 anni:

il 75% delle persone soffre di una malattia cronica

SuperSalute

Facciamo abbastanza per la nostra salute?

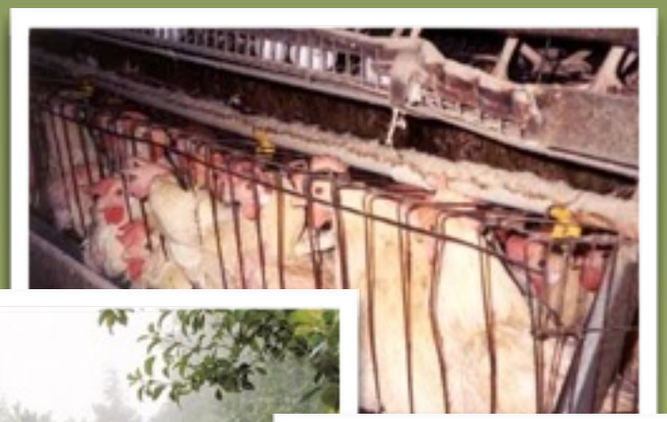
- Lo stile di vita corretto è la medicina del futuro

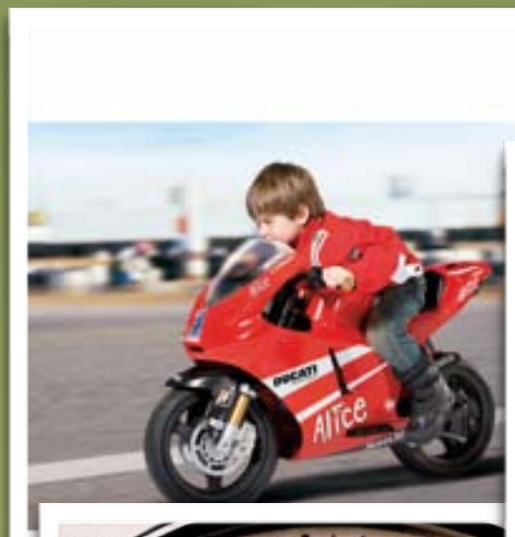


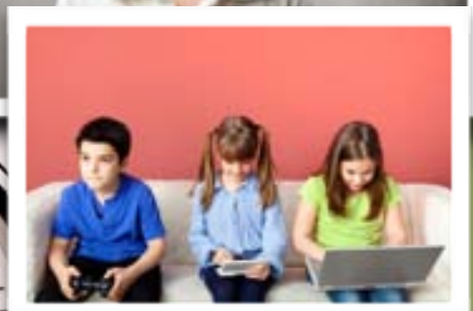
Paul Dudley White, 1938

SuperSalute

STILE DI VITA MODERNO



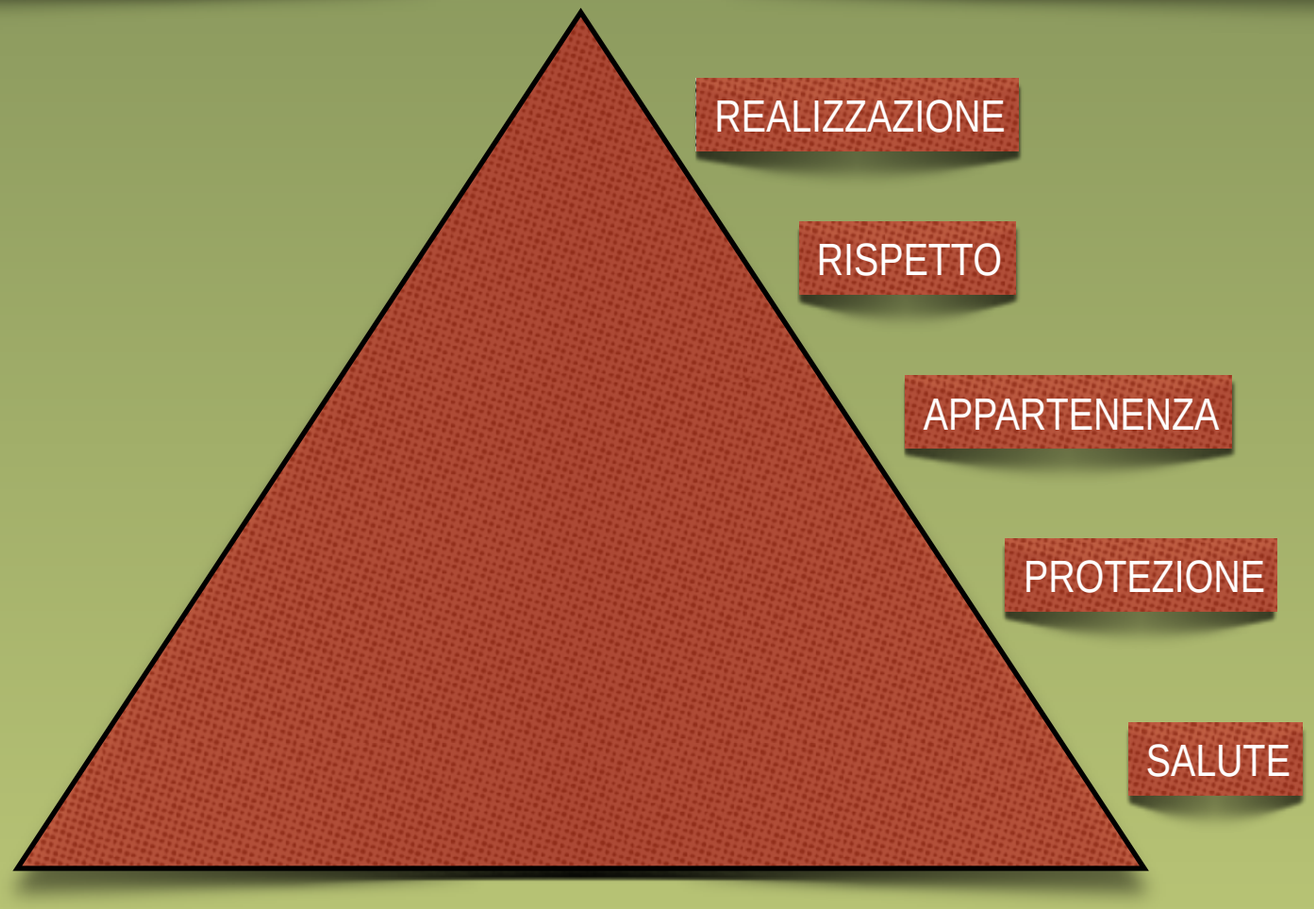




STILE DI VITA MODERNO

STILE DI VITA MODERNO

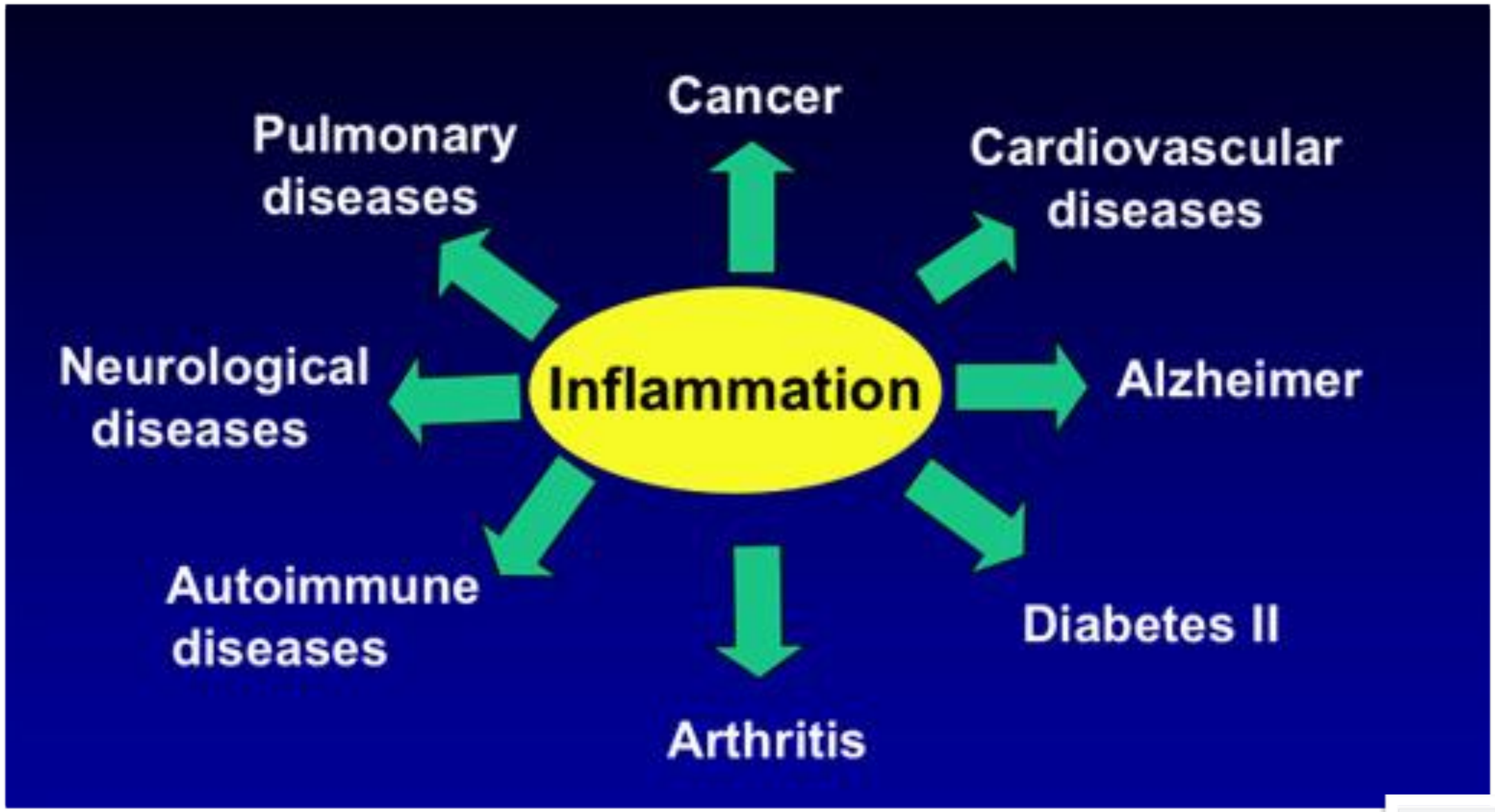
Le forze trainanti non sono cambiate



SuperSalute

CONSEGUENZE DELL'INFIAMMAZIONE

- Obesità viscerale
- Malattie infiammatorie
- Dismicrobiosi intestinale
- Alterazioni Immunitarie
- Malattia psicosomatiche-stress correlate
- Alterazioni endocrine


Cancer
Pulmonary diseases
Cardiovascular diseases
Neurological diseases
Inflammation
Alzheimer
Autoimmune diseases
Diabetes II
Arthritis

PERCHE' CI AMMALIAMO

STRESS, OBESITA', DISTURBI DEL SONNO, SEDENTARIETA', INQUINAMENTO

↕

DISAUTONOMIA / INFIAMMAZIONE / INFEZIONI

↕

MALATTIA-INVECCHIAMENTO

PERCHE' CI AMMALIAMO

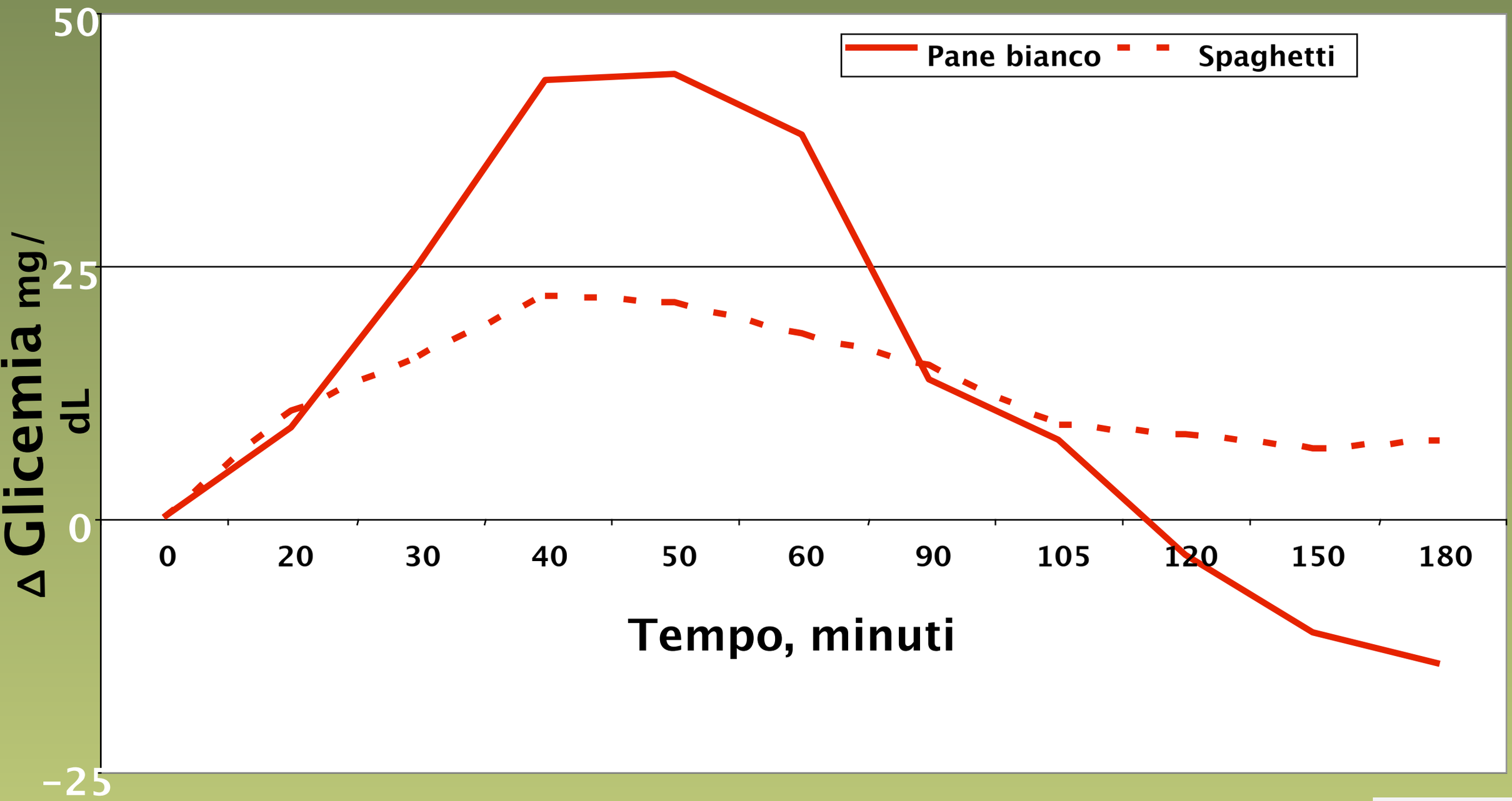
- Sale
- Junk food
- Eccessivo consumo proteico
- Sedentarietà
- Stress
- Dormire male

SuperSalute

TROPPI CIBI RAFFINATI

Junk food e sale

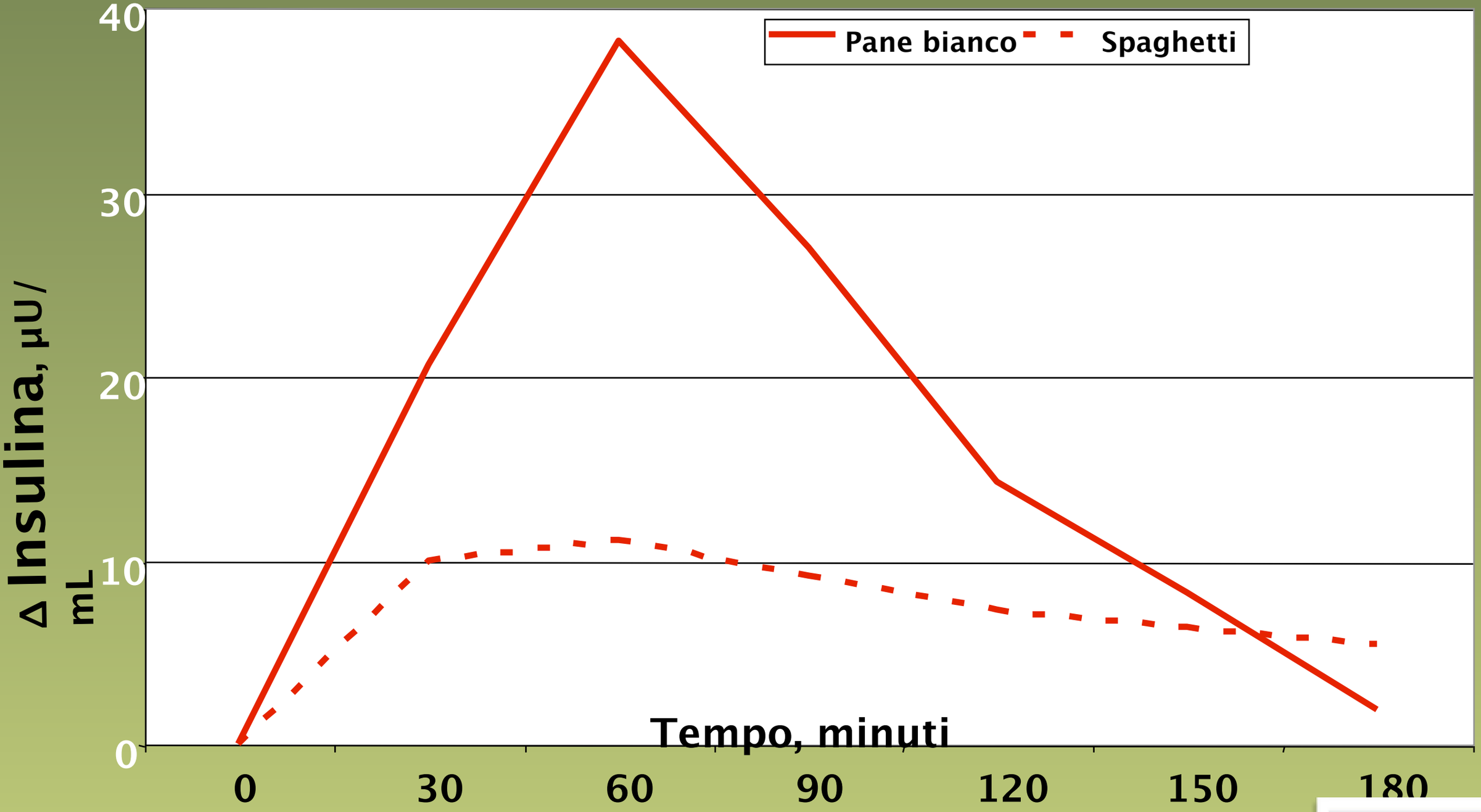
RISPOSTA GLICEMICA
A PANE BIANCO E SPAGHETTI



Ludwig DS. JAMA 2002;287(18):2414-23

SuperSalute

RISPOSTA INSULINEMICA A PANE BIANCO E SPAGHETTI



Ludwig DS. JAMA 2002;287(18):2414-23

SuperSalute

TROPPO SALE

- SIAMO VISSUTI PER MILIONI DI ANNI SENZA SALE
- NON RIUSCIAMO AD ELIMINARLO
- PROVOCA: IPERTENSIONE, INFIAMMAZIONE, CALCOLI, OBESITA'

SuperSalute

TROPPE PROTEINE ANIMALI

Proteine....IGF1.....sviluppo irreversibile adipociti

Il Ferro EME è un potente ossidante, favorisce la formazione di nitrosammine.

Nella loro cottura si formano idrocarburi aromatici

Ricchi di grassi saturi che, oltre a infiammare, aumentano la resistenza all'insulina e fanno aumentare la sintesi di colesterolo.

SuperSalute

CIBO MODERNO

FATTORI DI CRESCITA

CARNI
FORMAGGI
SALE

LATTE
PROTEINE
GR.SATURI

INFIAMMAZIONE

GLICEMIA

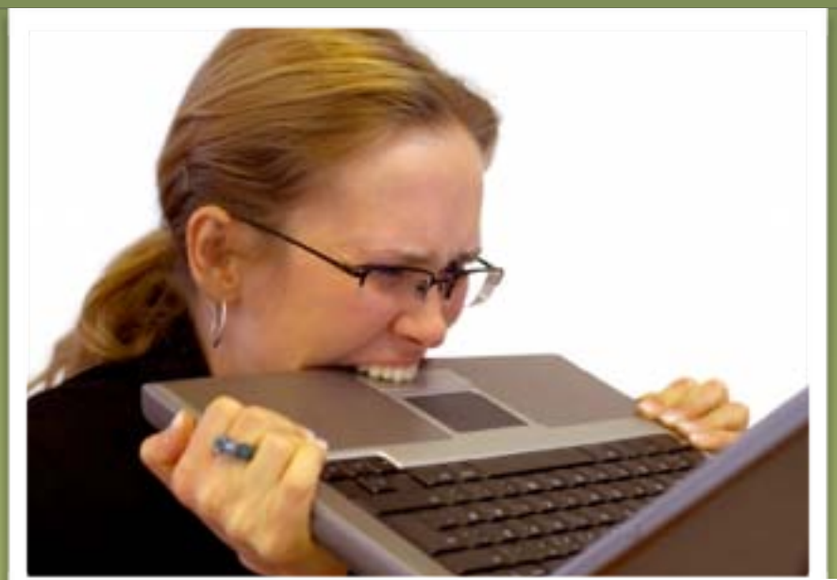
ZUCCHERI
FARINE RAFFINATE

SuperSalute

TROPPO POCO MOVIMENTO

- L'ATTIVITA' FISICA INDUCE LA PRODUZIONE DI SOSTANZE ANTINFIAMMATORIE IL6 TNF INDIPENDENTE
- RIDUCE L'ATTIVITA' NERVOSA SIMPATICA

TROPPO STRESS



COS'E' LO STRESS?

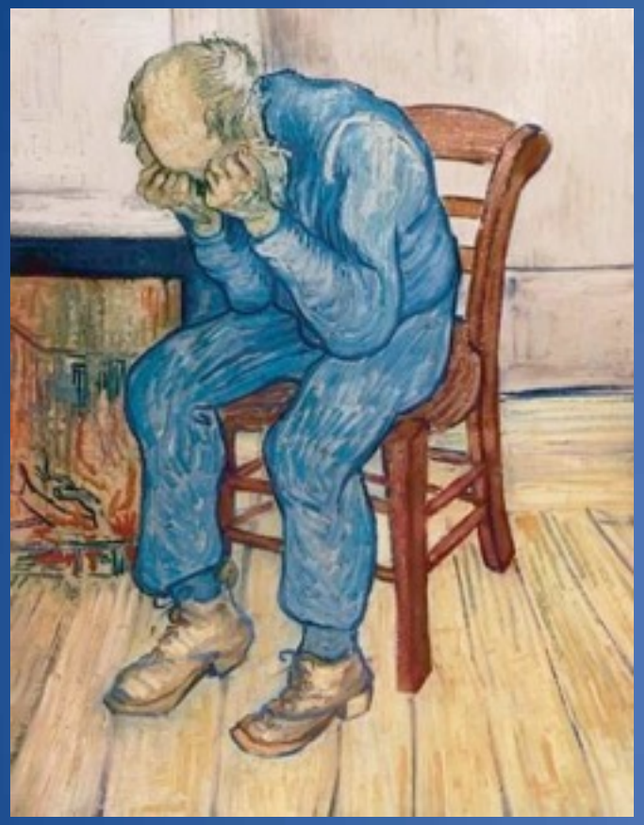
SALE DELLA VITA

COS'E' LO STRESS?

O VELENO MORTALE

SuperSalute

RAPPORTO CUORE CERVELLO

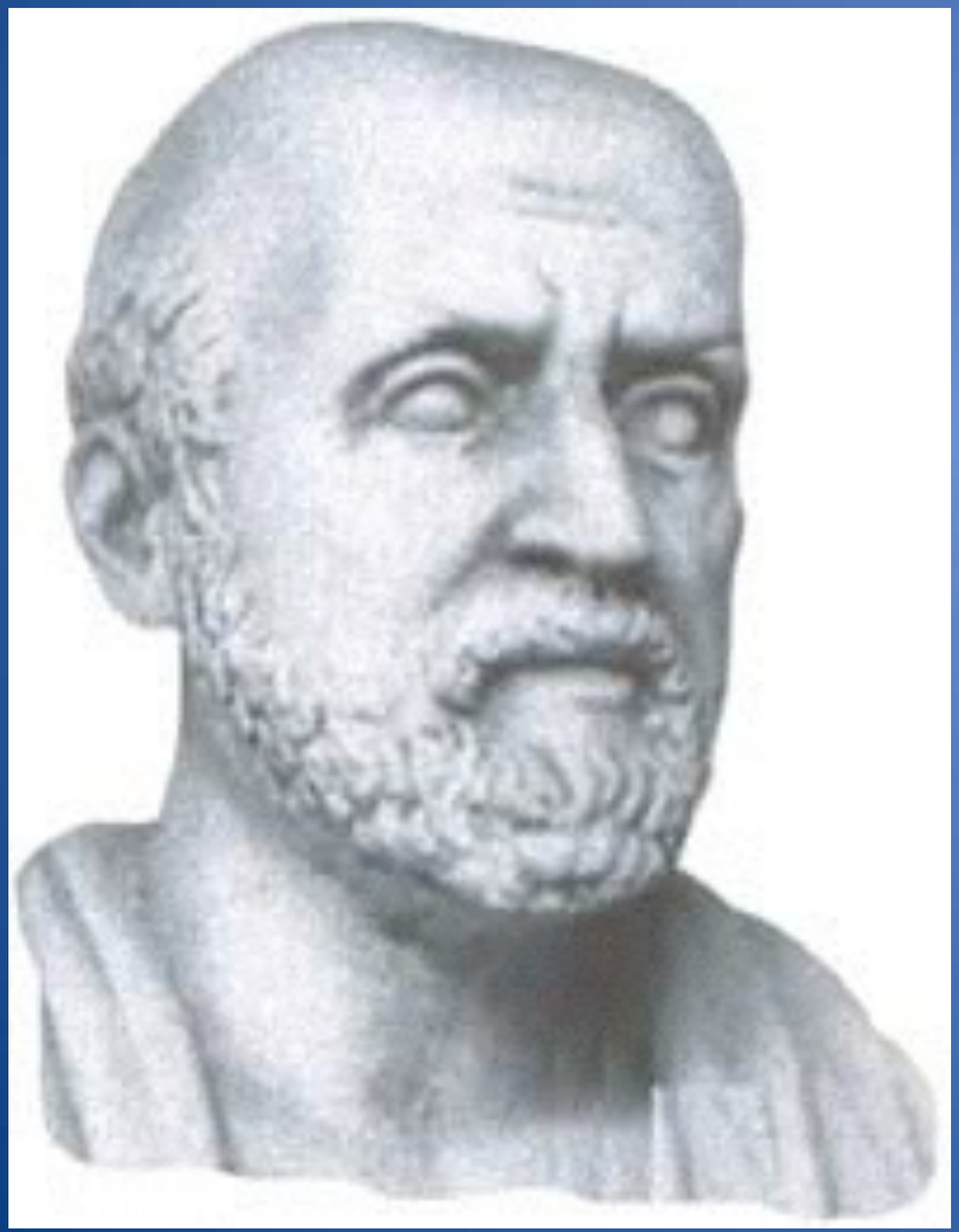


Per la medicina moderna
L'esclamazione
"Mi si spezza il cuore dal dispiacere" è sempre stata interpretata dalla comunità scientifica solo come una somatizzazione non organica di un malessere interiore di natura psichica.

Il cuore che muore dal dispiacere è sempre stato considerato come una "blasfemia intellettuale".

Tali congetture, la comunità scientifica le ha pertanto sempre lasciate alla bocca dell' "uomo della strada" o alla penna del poeta.
Ma nella storia non è stato sempre così…..

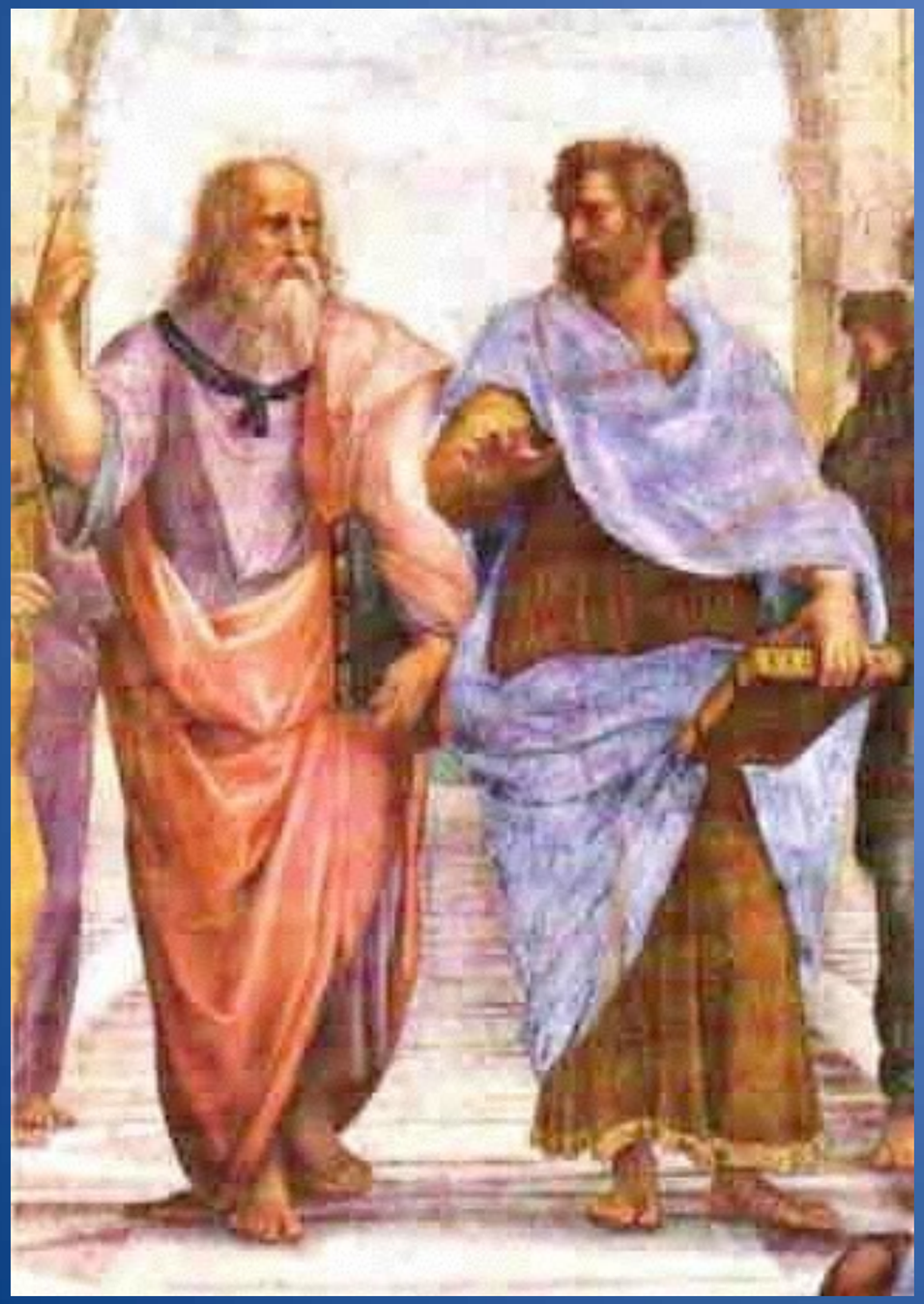
CENNI STORICI
Rapporto Cuore e Cervello
Antica Grecia



Dal cervello, e dal cervello solo, sorgono i piaceri, le gioie, le risate e le facezie così come il dolore, il dispiacere, la sofferenza e le lacrime. Il cervello è anche la dimora della follia e del delirio, delle paure e dei terrori che ci assalgono di notte o di giorno.

IPPOCRATE

CENNI STORICI
Rapporto Cuore e Cervello



“Il cuore è la sede delle sensazioni, la residenza dell’anima ed il luogo in cui si forma e si immette il sangue in circolo”

Aristotele

“Il cuore è posto nel petto, come dentro ad una cittadella, dove albergano coraggio e collera. La sua stessa attività esagerata rischia di dissecarlo”.

Platone

CENNI STORICI
Rapporto cuore e cervello
I poeti

“Ma il suo cuore stremato, troppo debole,
ahimè, per sopportare anche
quel colpo,
schiacciato fra due sentimenti estremi,
estrema gioia ed estremo dolore,
s’è spezzato in un ultimo sorriso…

Re Lear
W. Shakespeare

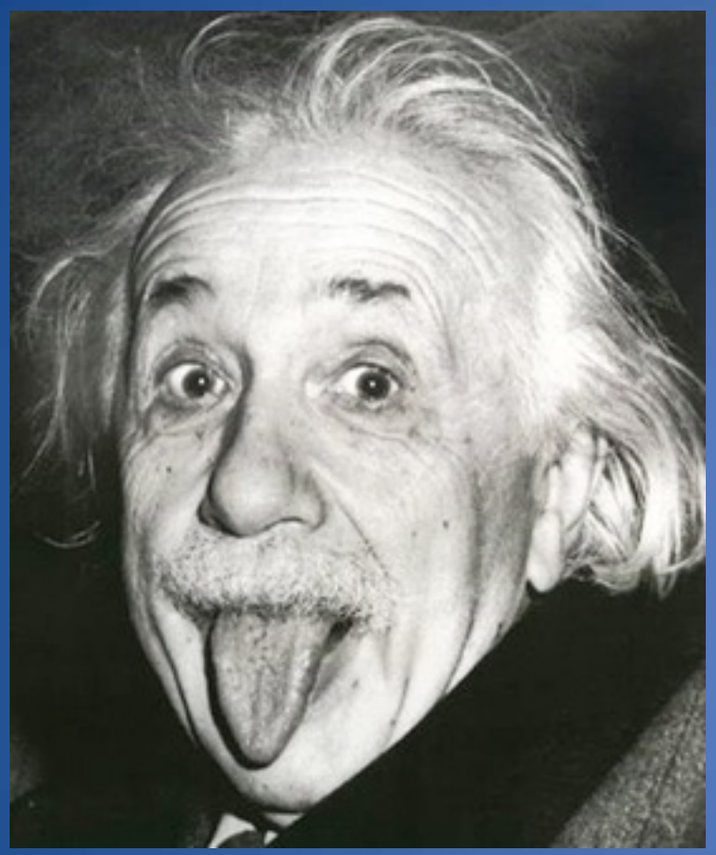
STORIA
Il Rapporto cuore cervello

“Non dispiaccia ai poeti, ma il cuore non è che una pompa”.

Fisiologo

Francese

CENNI STORICI
Rapporto Cuore e Cervello
‘900

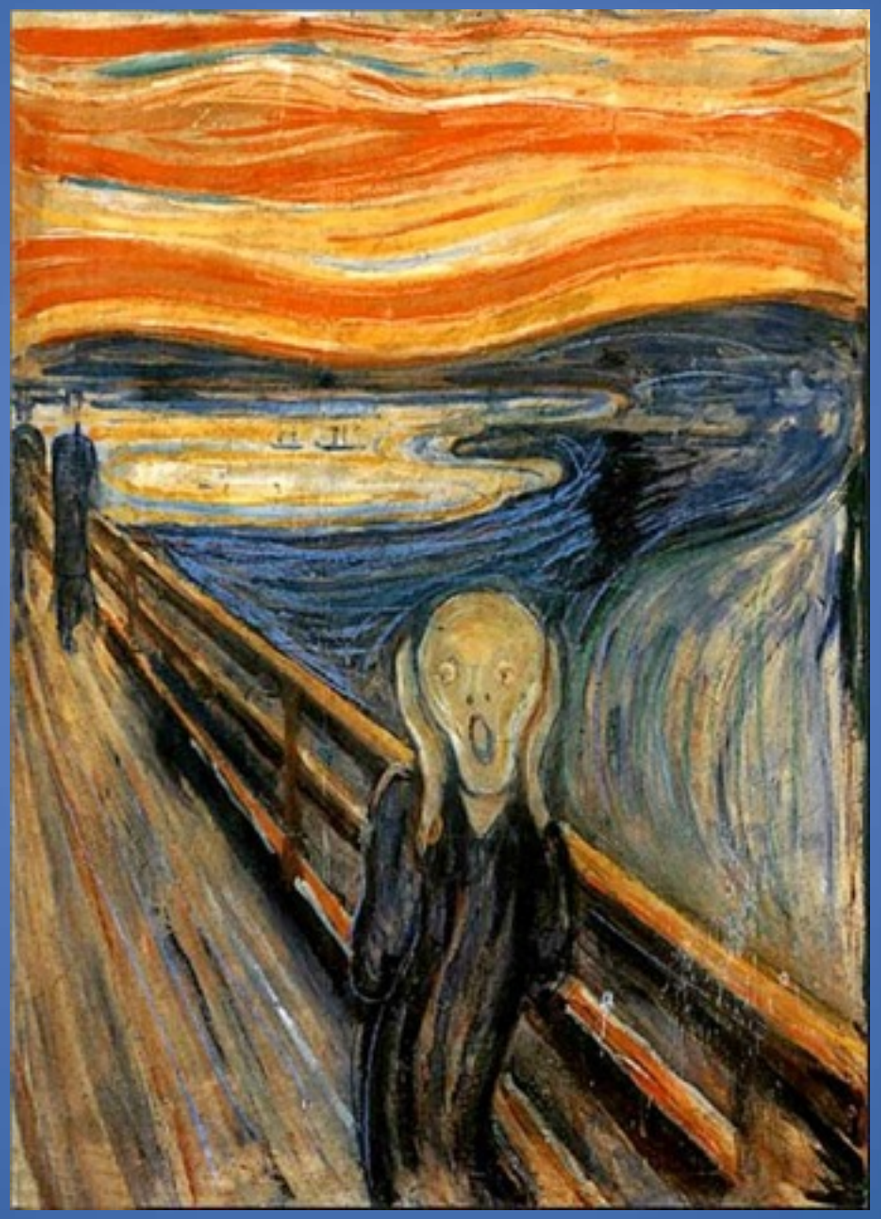


E’ più facile spezzare un atomo
che un pregiudizio.

A. Einstein

- ***Ci sono voluti circa 2.000 anni per capire che lo stress può causare un danno acuto al cuore.***
- Siamo tutti più preparati a concepire lo stress come causa di necrosi del tessuto gastrico, l’ulcera peptica, piuttosto che la necrosi ischemica del tessuto miocardico, l’infarto miocardico acuto.

Cardiomiopatia da Stress



o “Sindrome di Takotsubo”

Definizione

Cardiomiopatia caratterizzata da disfunzione sistolica acuta del ventricolo sinistro, frequentemente correlata a stress psico-fisico e generalmente reversibile, in assenza di coronaropatia ostruttiva.

CUORE.....e CERVELLO

Transient Left Ventricular Dysfunction Under Severe Stress: Brain-Heart Relationship Revisited

Junya Ako, MD, Krishnankutty Sudhir, MD, PhD, HM Omar Farouque, MBBS, PhD, Yasuhiro Honda, MD, Peter J. Fitzgerald, MD, PhD

The Center for Research in Cardiovascular Interventions, Stanford University Medical Center, Stanford, Calif.

ABSTRACT

PURPOSE: Transient left ventricular dysfunction in patients under emotional or physical stress, also known as tako-tsubo-like left ventricular dysfunction, has been recently been recognized as a distinct clinical entity. The aims of this review are to define this phenomenon and to explore its similarities to the left ventricular dysfunction seen in patients with acute brain injury.

METHODS: MEDLINE database, bibliographies of each citation for relevant articles, and consultation with clinical experts were used to examine the clinical picture of tako-tsubo-like left ventricular dysfunction.

RESULTS: We identified case series and a systematic review that report on patients with this syndrome. This phenomenon occurs predominantly in female patients, presenting with a variety of ST-T segment changes and mildly elevated cardiac enzymes that mimic an acute coronary syndrome. The left ventricular dysfunction, typically showing a hyperkinetic basal region and an akinetic apical half of the ventricle, occurs in the absence of obstructed epicardial coronary arteries. The ventricular dysfunction usually resolves within weeks with a generally favorable prognosis. This phenomenon has similarities to that seen in patients with acute brain injury with regard to clinical presentation, pathology, and its reversible nature.

CONCLUSIONS: Transient left ventricular dysfunction occurs in the absence of obstructive epicardial coronary artery disease. In its broadest sense, this phenomenon may encompass a range of disorders including left ventricular dysfunction after central nervous system injury.

KEYWORDS: Sympathetic nervous system; Stunned myocardium; Female gender; Microvascular; Subarachnoid hemorrhage

Sistema Nervoso Autonomo

CUORE.....e CERVELLO

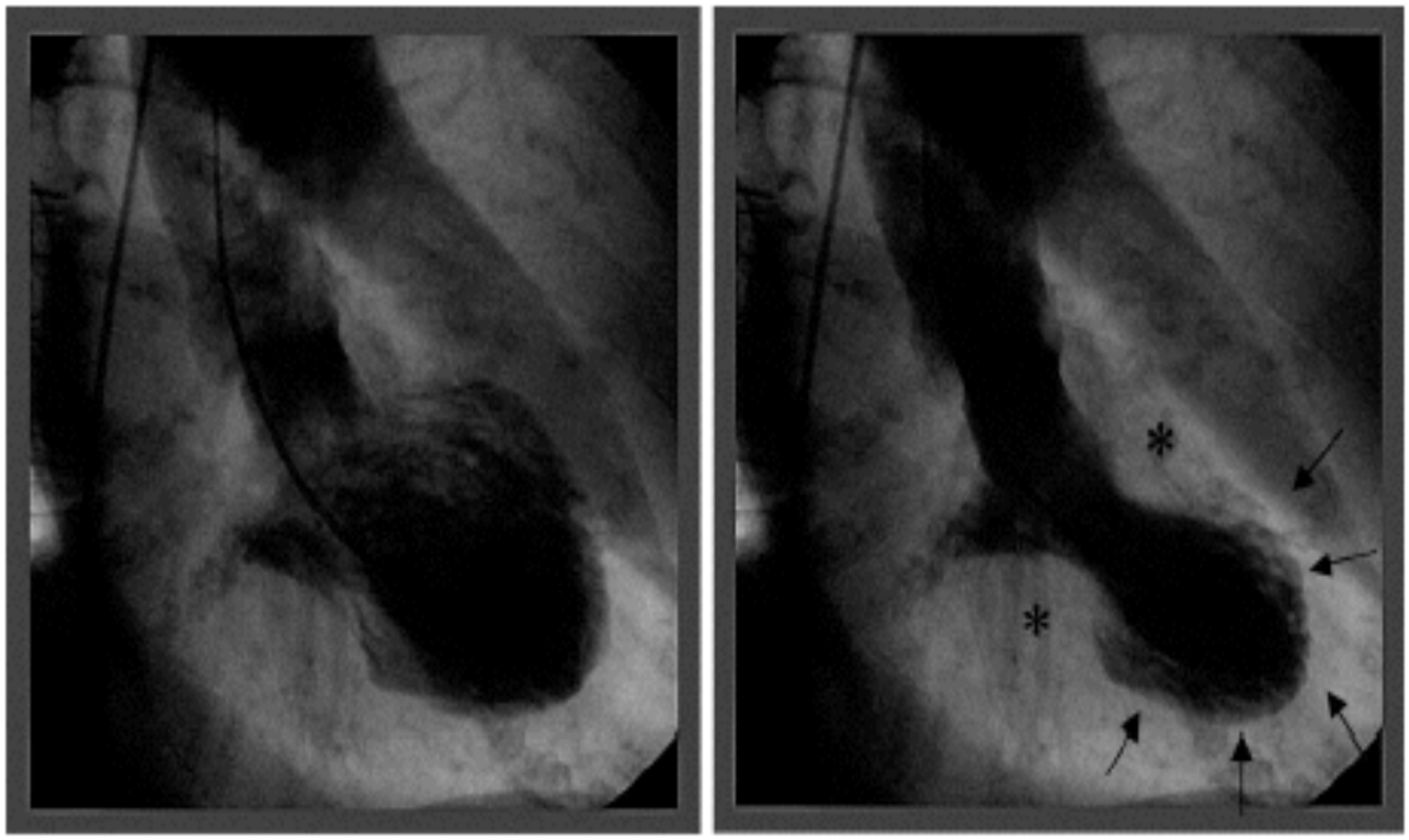
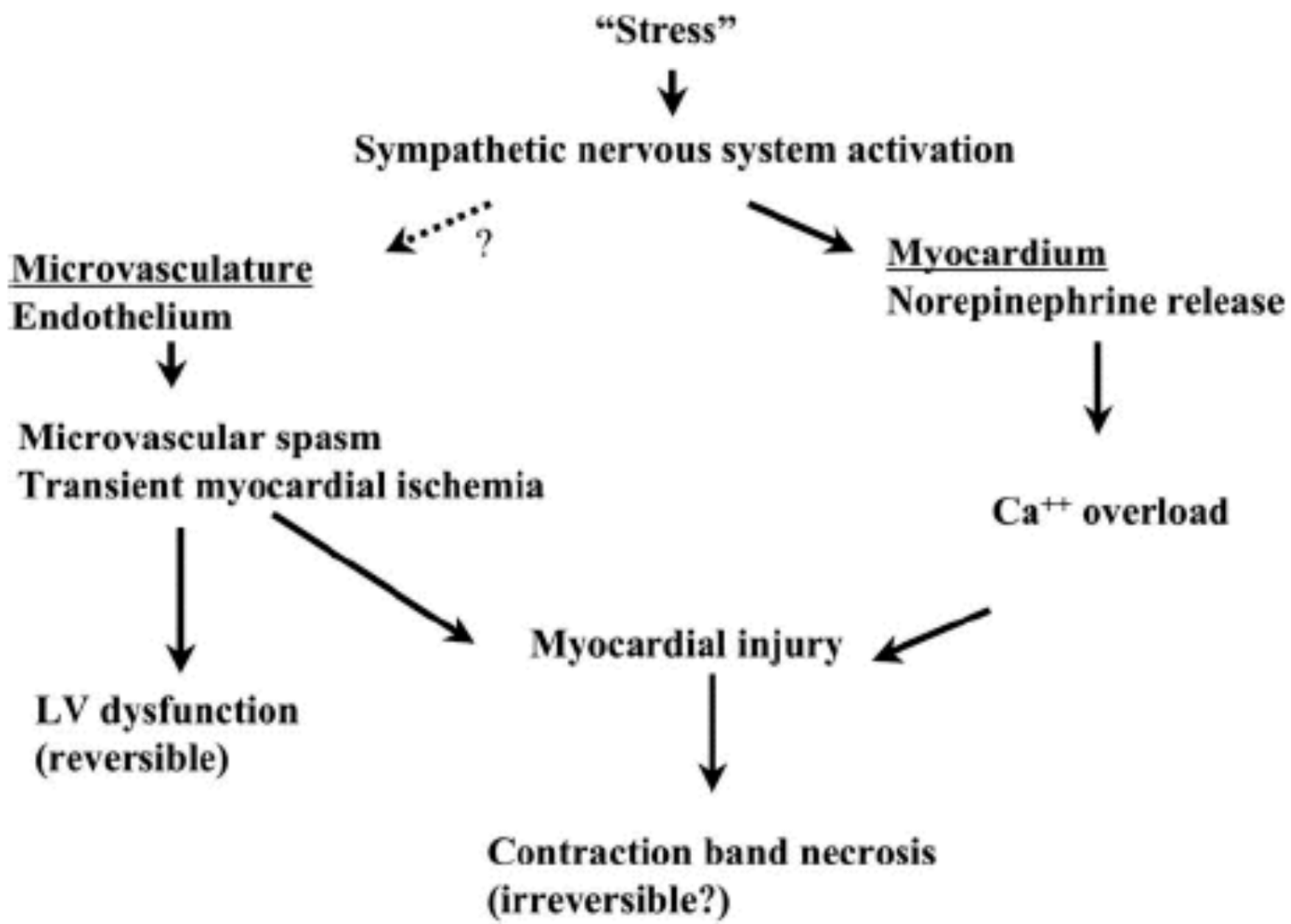


Figure 1 Representative left ventriculogram of tako-tsubo-like left ventricular dysfunction. Akinesis in the apex (arrows) and hyperkinetic basal region (*). End-diastole (left), end-systole (right).

Sistema Nervoso Autonomo

CUORE.....e CERVELLO



Sistema Nervoso Autonomo

STATE-OF-THE-ART PAPER

Psychological Stress and Cardiovascular Disease

Joel E. Dimsdale, MD
La Jolla, California

(J Am Coll Cardiol 2008;51:1237–46)

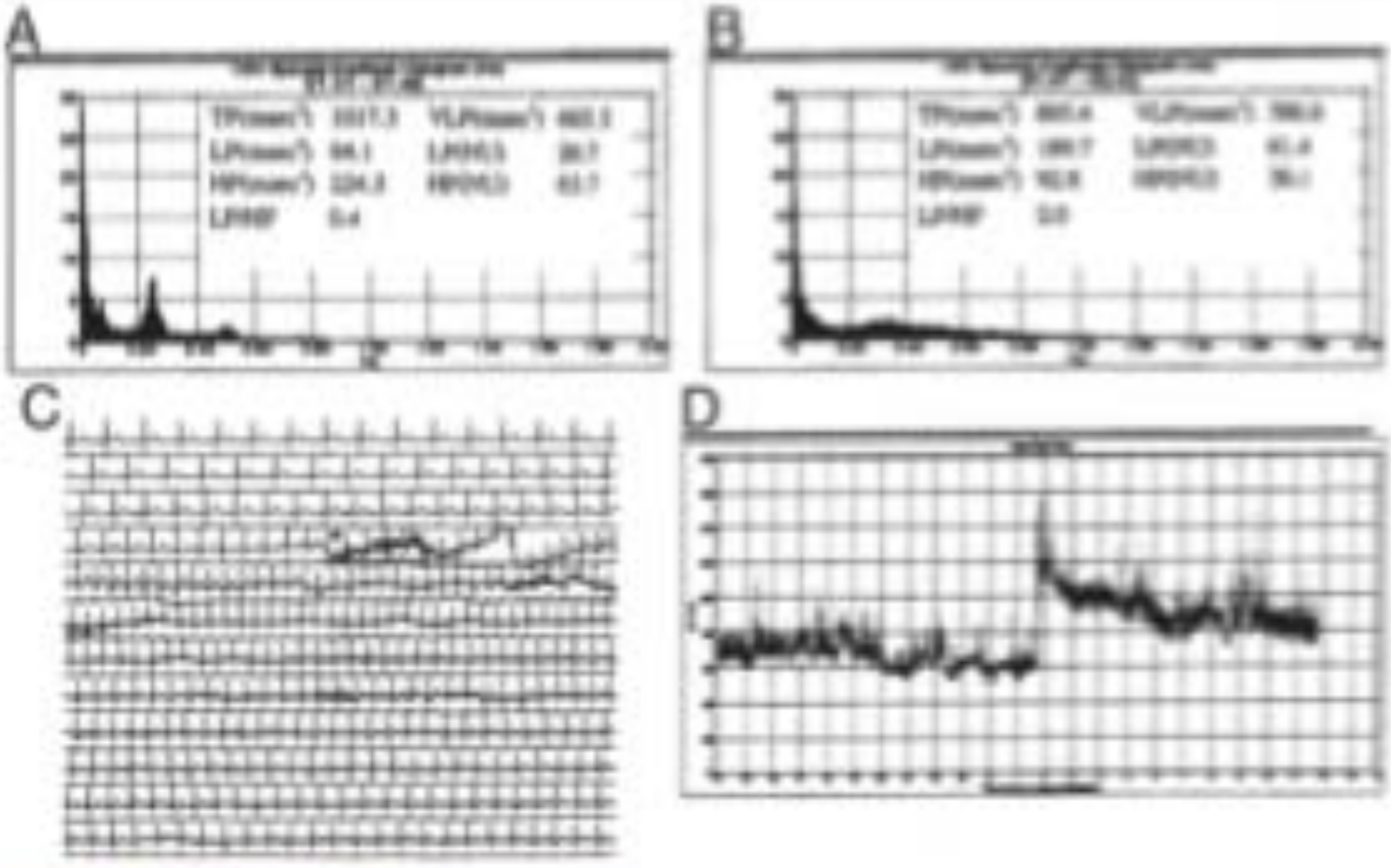


Figure 1 Holter Report During Earthquake

(A and B) Heart rate variability 0 to 15 min before and 15 min after the earthquake, respectively. The histogram shows a decrease in the high-frequency (HF) zone and an increase in the low-frequency (LF)/HF ratio from 0.4 to 2.0. **(C and D)** A sudden increase in heart rate up to 100 beats/min and sinus tachycardia that persisted for 5.8 min. NU = normalized units; TP = total power; VLF = very low frequency. Reprinted, with permission, from Huang et al. (5).

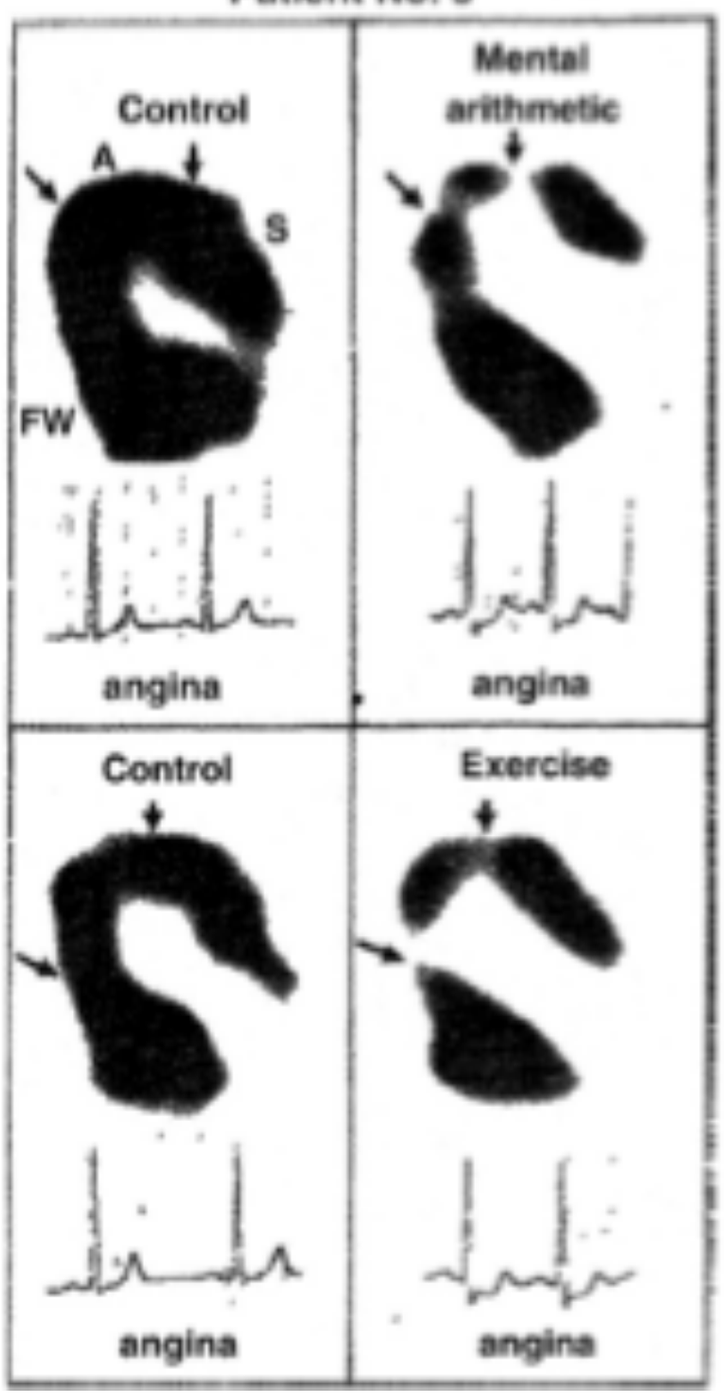


Figure 5 **Effect of Mental Stress and Exercise on Regional Myocardial Uptake**

Changes in regional myocardial uptake of rubidium-82 and in electrocardiogram in relation to chest pain before and after mental arithmetic or exercise. Control scans show homogeneous regional cation uptake. In the patient above there are defects in uptake (**arrows**) in the anterior wall with mental arithmetic and exercise, and these changes are accompanied by ST-segment depression and angina. A = anterior wall; FW = left ventricular free wall; S = interventricular septum. Adapted and reprinted, with permission, from Deanfield et al. (9).

(J Am Coll Cardiol 2008;51:1237–46)

DORMIAMO POCO E MALE

- CRONOBIOLOGIA
- DISTURBI DEL SONNO
- FARMACI

DORMIAMO POCO E MALE

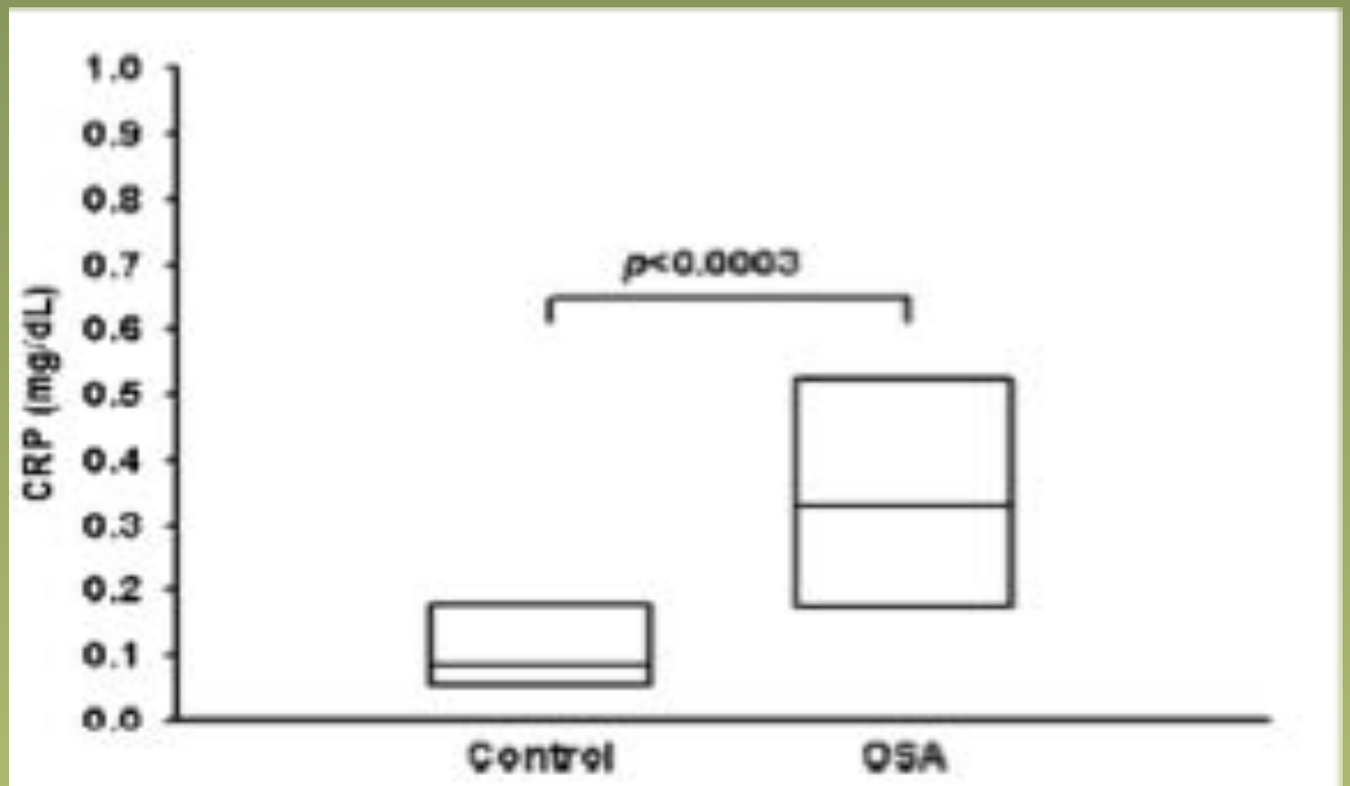


FIGURE 3. CRP is higher in patients with OSA than in control subjects; box plot showing plasma CRP in OSA patients (n = 22) and control subjects (n = 20). Middle horizontal line inside box indicates median. The bottom and top of the box are 25th and 75th percentiles, respectively. Reprinted from Shamsuzzaman et al. Circulation 2002; 105:2462, with permission of Lippincott, Williams & Wilkins.

IPERINSULINEMIA + IPERTONO SIMPATICO

NEUROPEPTIDE Y

GRASSO VISCERALE

DIABETE TIPO 2 + IPERTENSIONE

SINDROME METABOLICA

CHI È PIÙ A RISCHIO?

- Luca 55 anni

-No Fumo

-Fam pos

-Col 260

-PA 160/100

-Cir 80 cm

- Marco 50 anni

-No fumo

-Fam neg

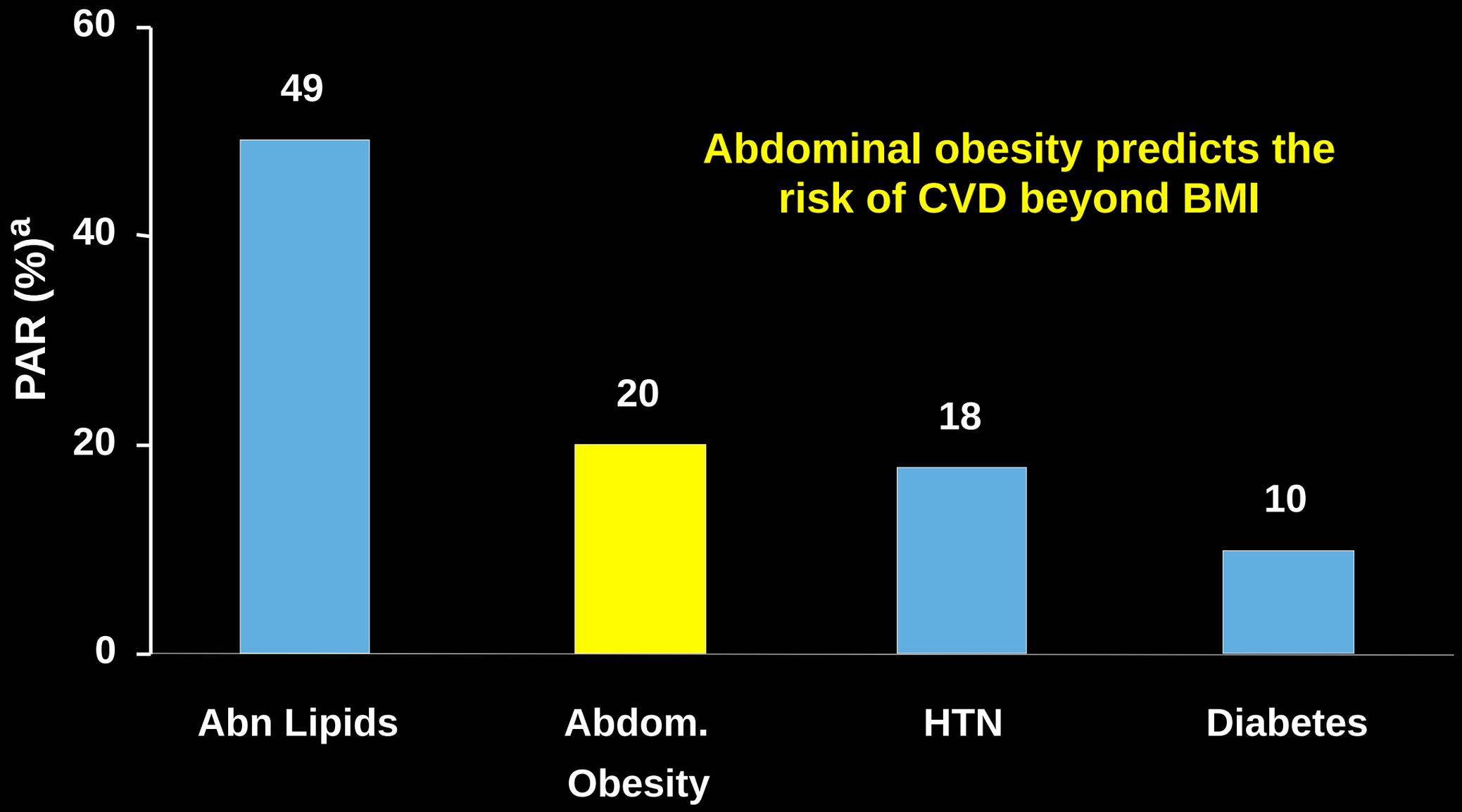
-Col 210

-PA 135/80

-Cir 120 cm

Abdominal obesity: a major underlying cause of acute myocardial infarction

Cardiometabolic risk factors in the InterHeart Study



Abdominal obesity predicts the risk of CVD beyond BMI

[a]Proportion of MI in the total population attributable to a specific risk factor

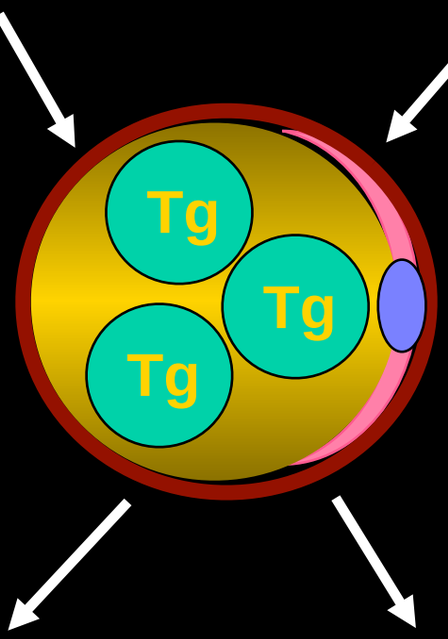
Yusuf et al 2004

The evolving view of adipose tissue: an endocrine organ

Old View: inert storage depot

Fatty acids **Glucose**

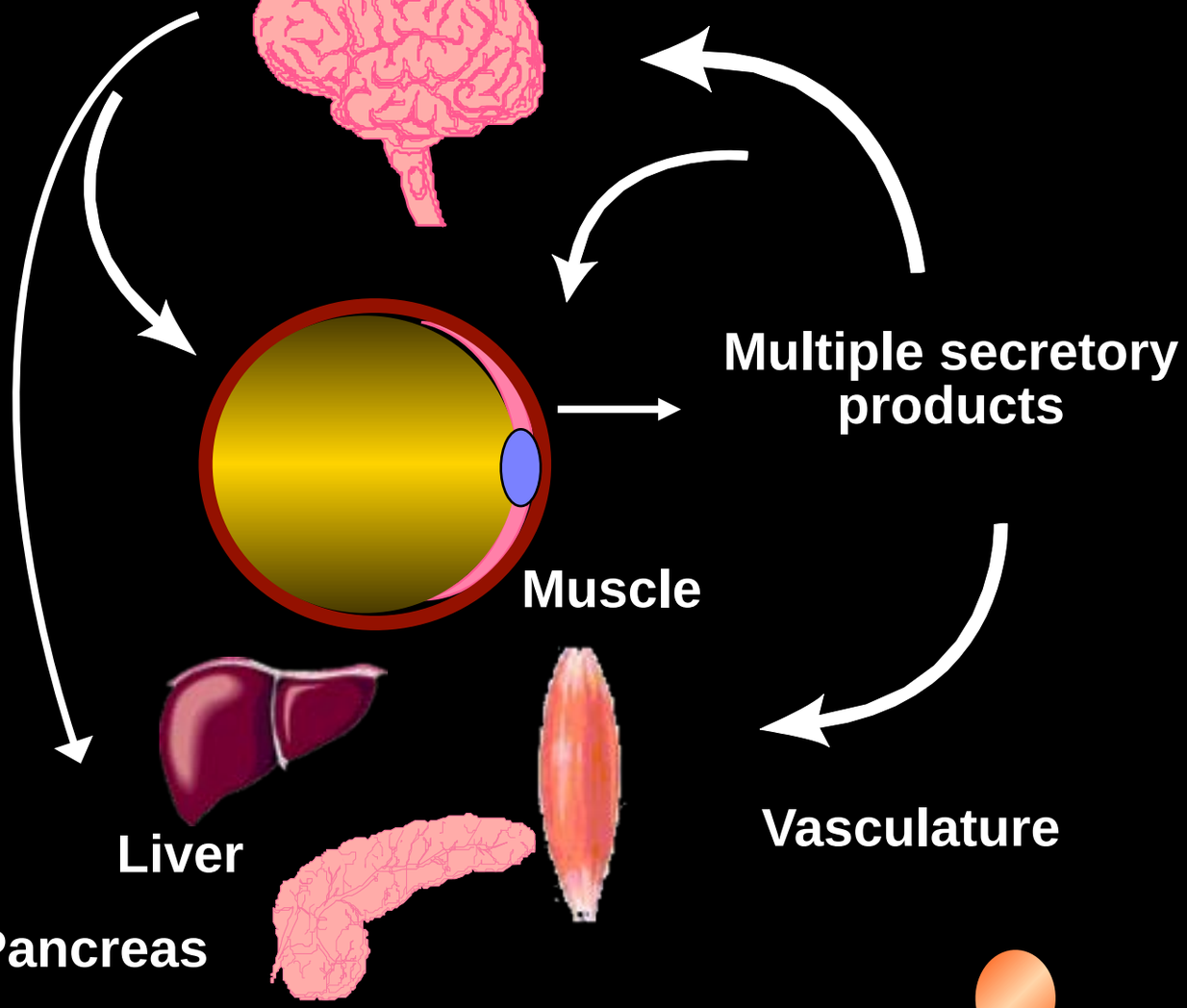
Fed



Fasted

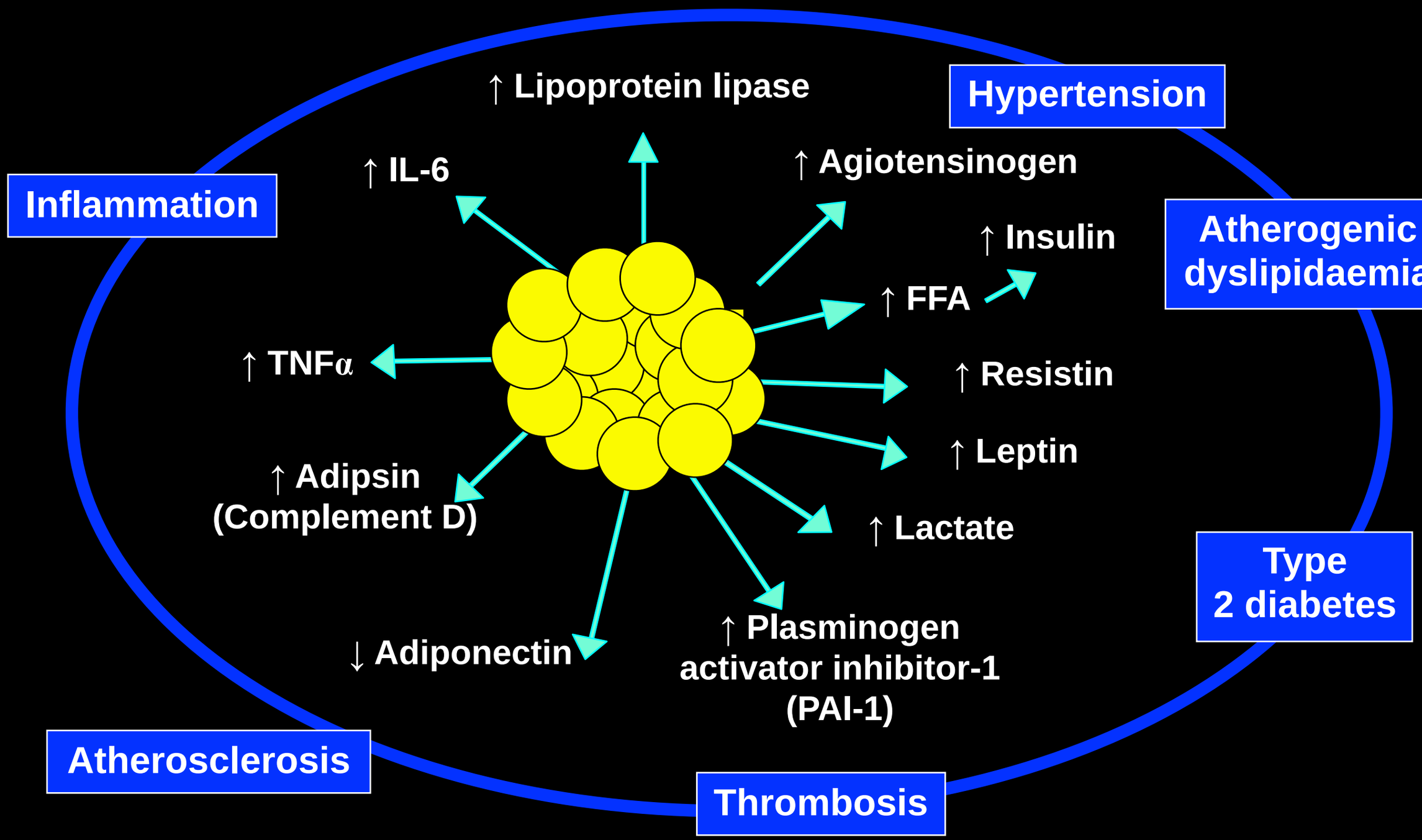
Fatty acids **Glycerol**

Current View: secretory/endocrine organ

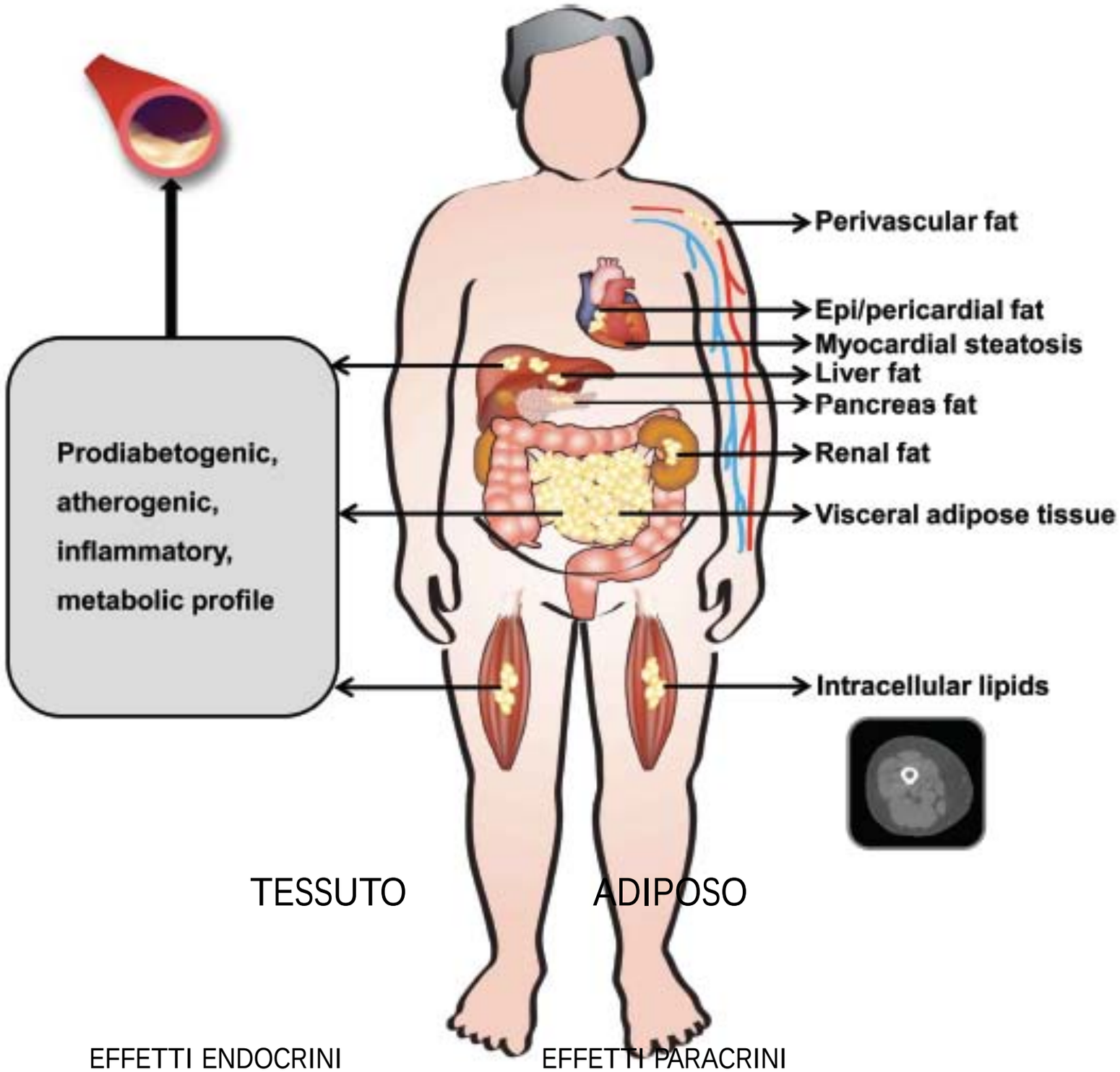


Lyon CJ et al 2003

Intra-abdominal adiposity promotes DM2 and hypertension: MET.SYND



Lyon 2003; Trayhurn et al 2004; Eckel et al 2005



Ectopic fat depots with systemic effects:

- Liver fat
- Visceral adipose tissue
- Intracellular lipids
- Pancreas fat

Ectopic fat depots with local effects:

- Perivascular fat
- Epi/pericardial fat
- Renal fat
- Etc.

Brief Reviews

Autonomic Neural Regulation of the Immune System

Implications for Hypertension and Cardiovascular Disease

François M. Abboud, Sailesh C. Harwani, Mark W. Chapleau

(*Hypertension*. 2012;59:755-762.)

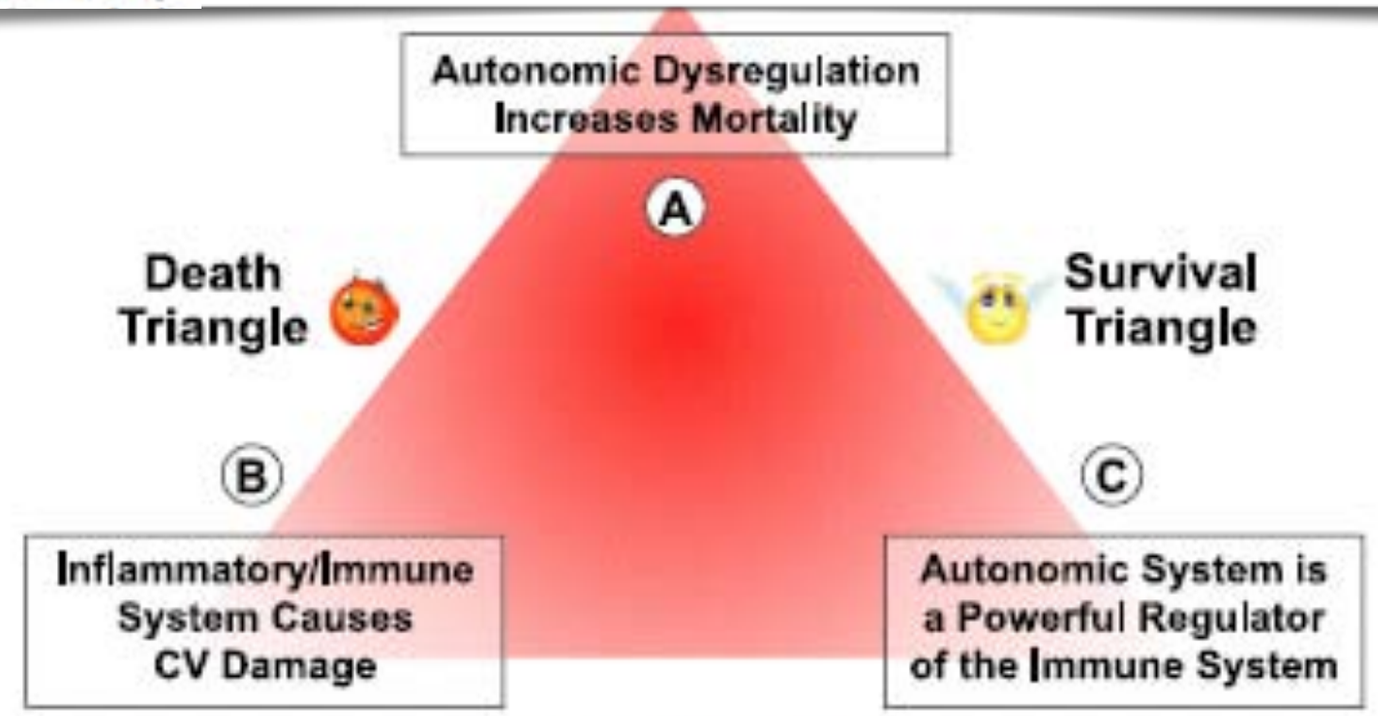


Figure 2. The triangle reflects the convergence of the neural and immunologic mechanisms in cardiovascular disease. It can be either a "death triangle" with excessive sympathetic and renin-angiotensin-aldosterone system (RAAS) activities that enhance the inflammatory immune response and increase mortality or a "survival triangle" with enhanced parasympathetic activity, which has been shown to suppress the inflammatory immune response and prolong survival.

SUPER SALUTE

Brief Reviews

Autonomic Neural Regulation of the Immune System

Implications for Hypertension and Cardiovascular Disease

François M. Abboud, Sailesh C. Harwani, Mark W. Chapleau

(*Hypertension*. 2012;59:755-762.)

Tonic Suppressive Vagal Influence on the Immune System

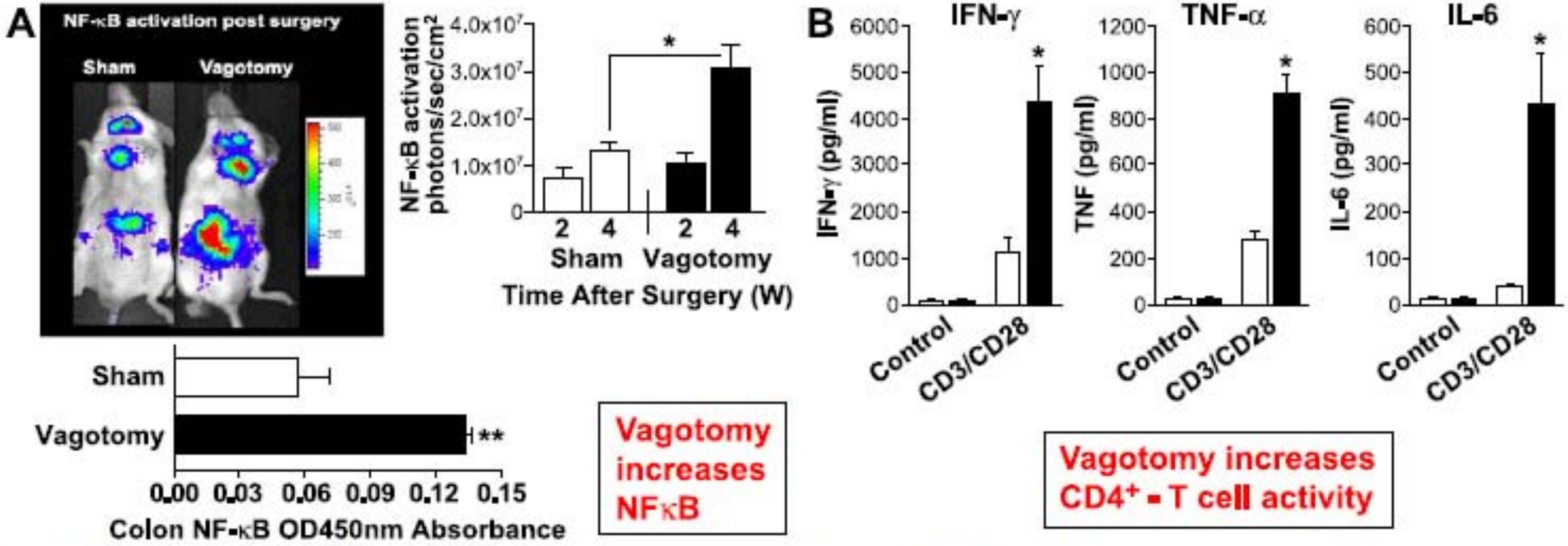


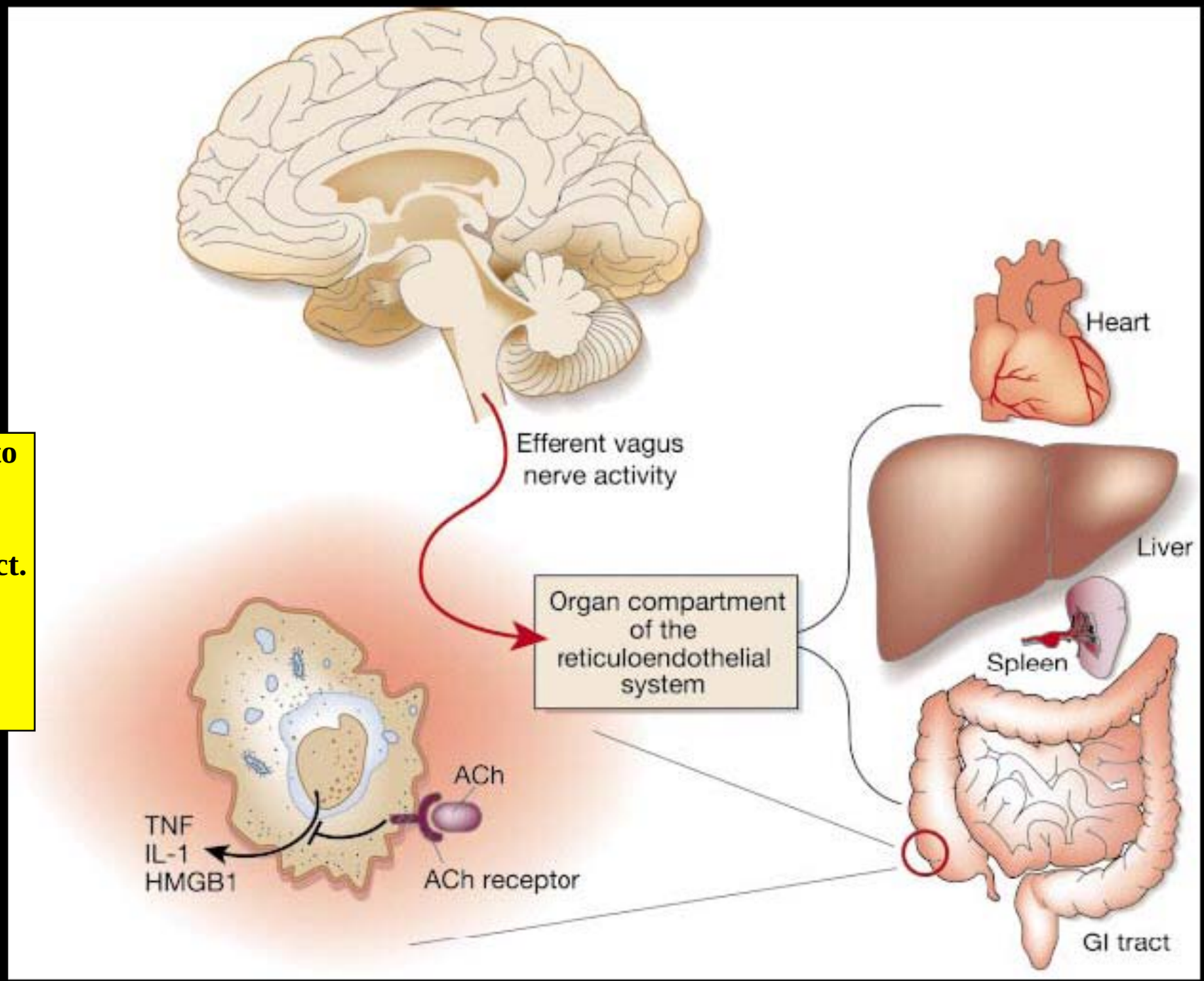
Figure 4. A, Subdiaphragmatic vagotomy induces pronounced nuclear factor κB (NFκB) activation in the colon in vivo over a period of 4 weeks (w) postvagotomy. Adapted with permission from O'Mahony et al.[49] **B**, Vagotomy results in a significant increase in gene expression of interferon (IFN)-γ, tumor necrosis factor (TNF), and interleukin (IL)-6 in isolated splenic murine $CD4^+$ T lymphocytes. Adapted with permission from Karimi et al.[50]

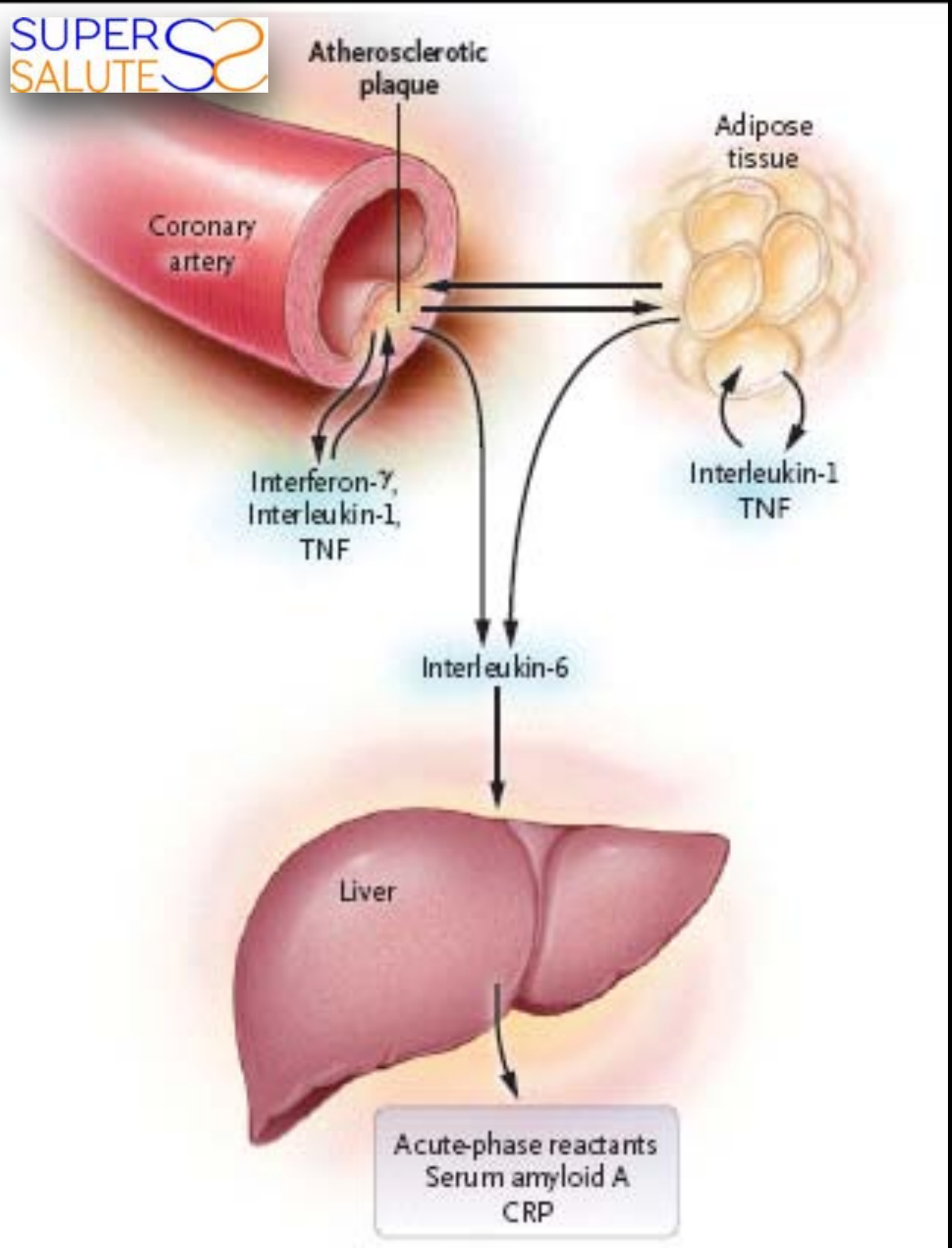
The dark side of inflammation is represented by the neural pathway

.

Efferent activity in the vagus nerve leads to acetylcholine release in organs of the reticuloendothelial system, including the liver, heart, spleen and gastrointestinal tract.

.





CELLULE IMMUNITARIE ATTIVATE

(NELLA PLACCA E NEL TESSUTO ADIPOSO DEI SOGGETTI CON SINDROME METABOLICA)

PRODUCONO IFN-γ, IL-1, TNF

IL-6 INDOTTA DAL TNF

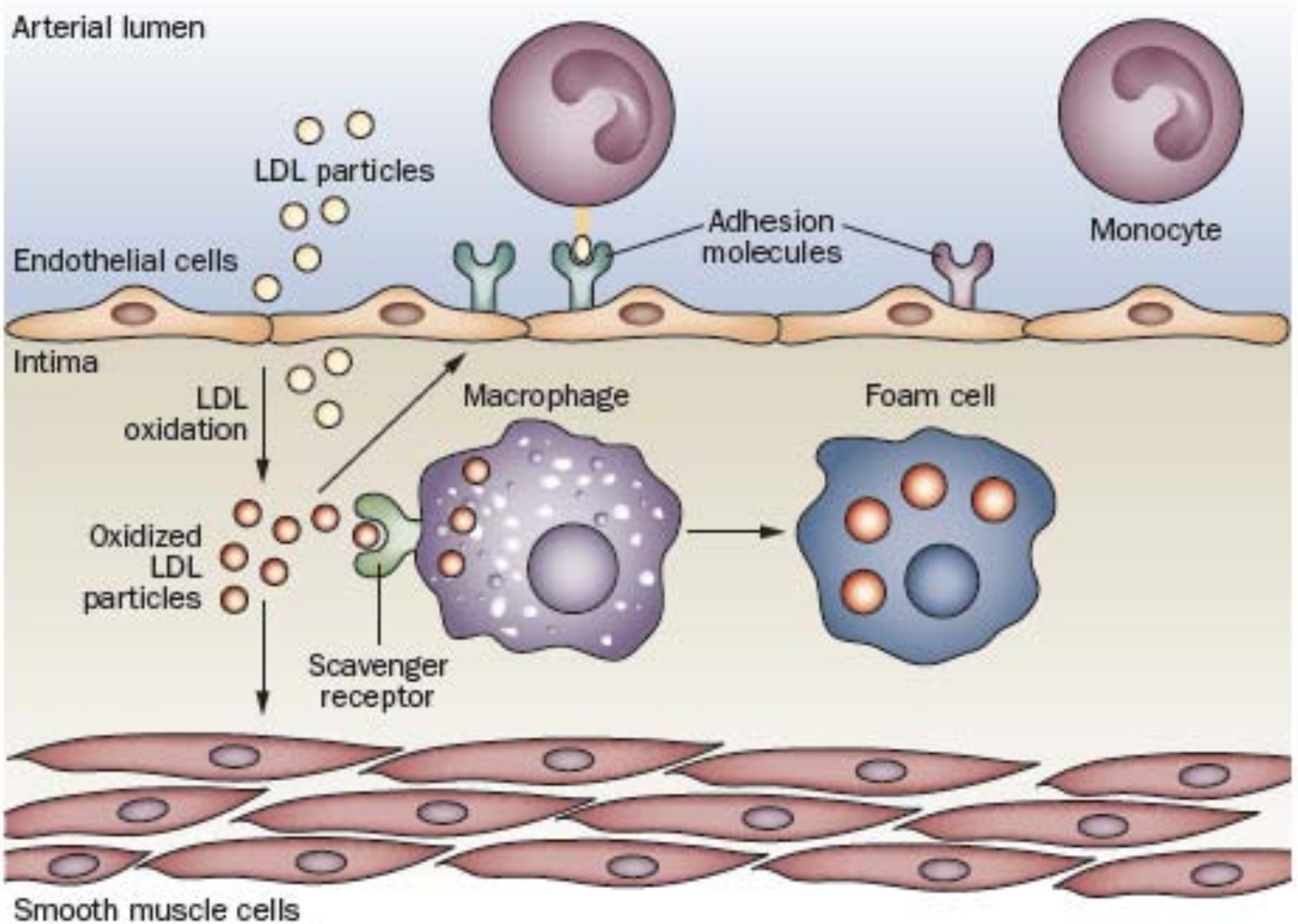
STIMOLA LA PRODUZIONE DI CRP, AMYLOID A E FIBRINOGENO NEL FEGATO

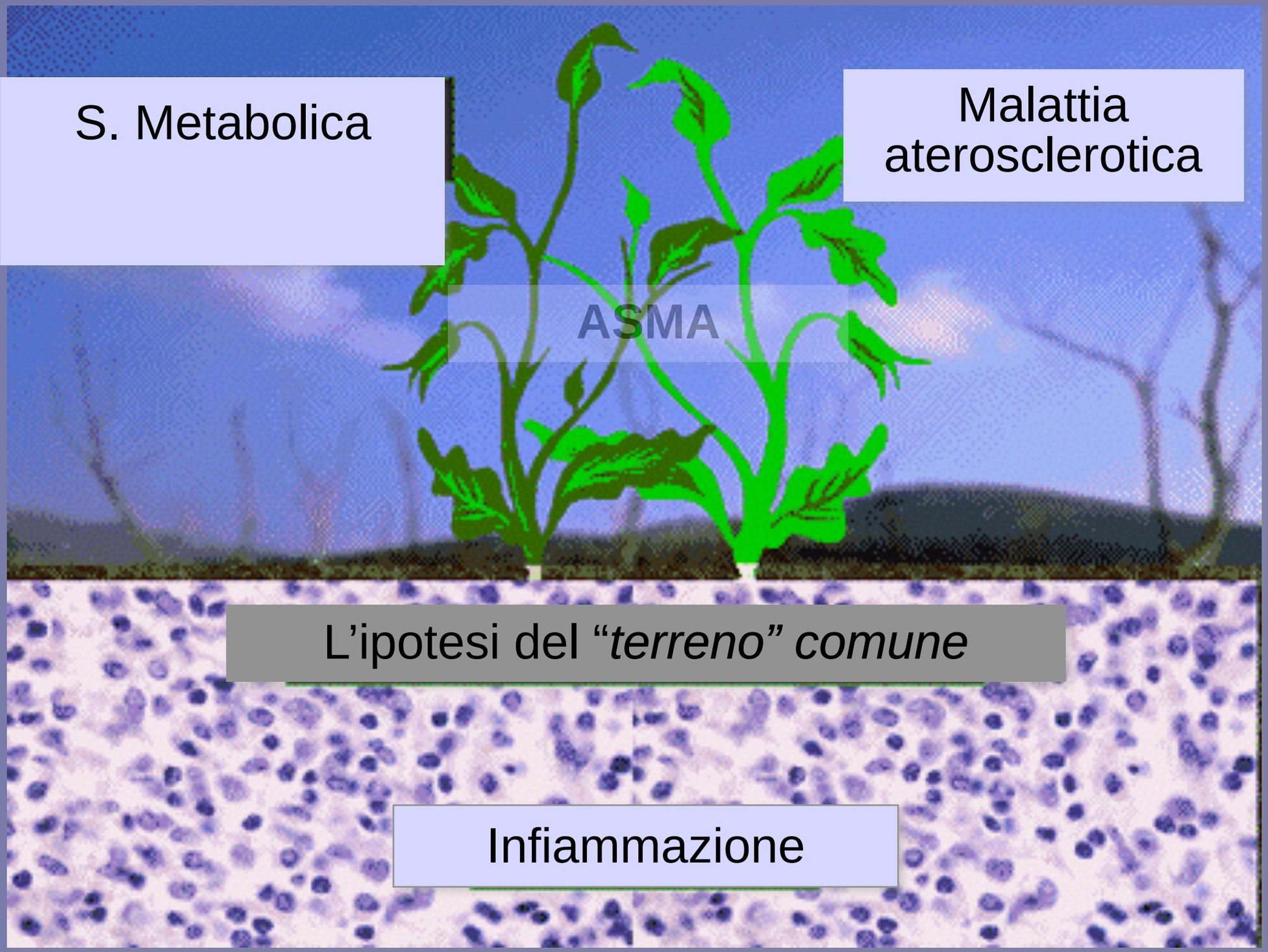
Flogosi sistemica

Obesity, inflammation, and atherosclerosis

Viviane Z. Rocha and Peter Libby

Nat. Rev. Cardiol. 6, 399–409 (2009);



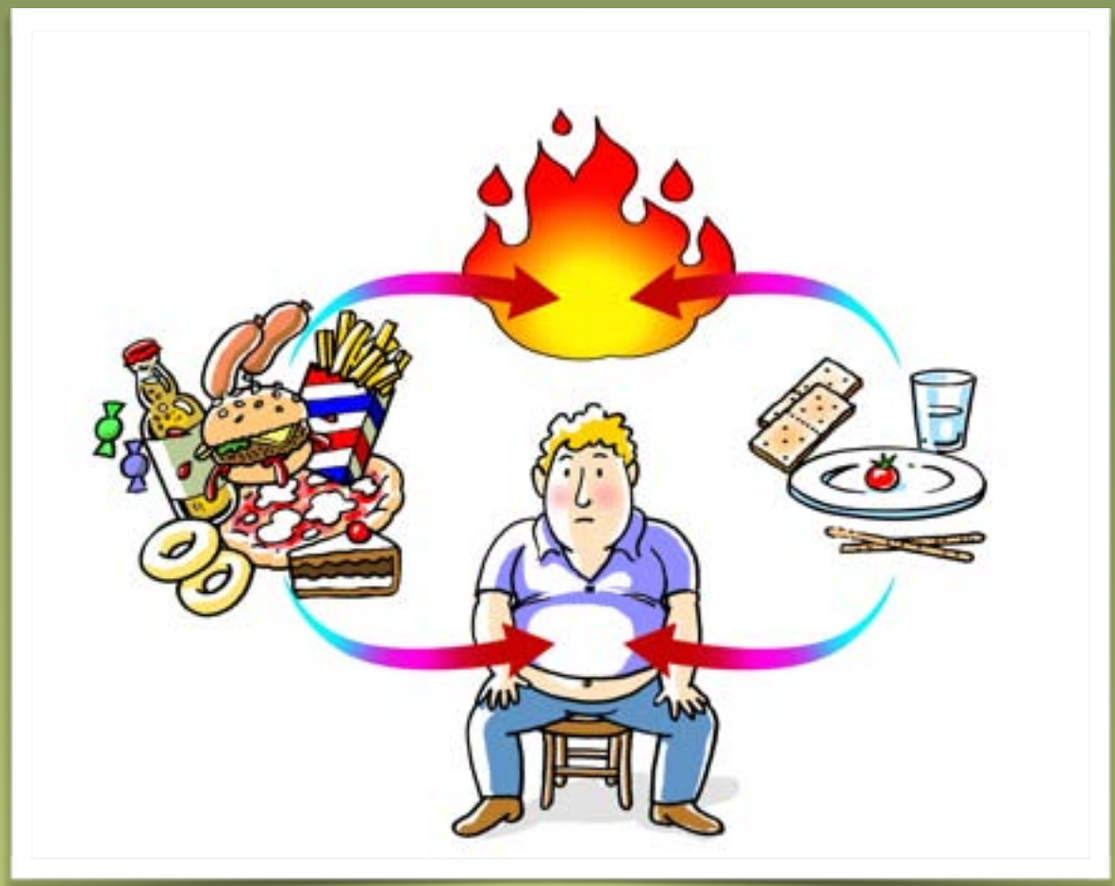

S. Metabolica
Malattia aterosclerotica
ASMA
L’ipotesi del “*terreno” comune*
Infiammazione

COSA E' IL METODO SUPERSALUTE?

- MOVIMENTO
- DIETA
- CONSAPEVOLEZZA

SERVE UNA DIETA NUOVA?

- Le diete fanno perdere peso ma anche salute
- Le diete non sono per sempre
- le diete non ci insegnano
- Non sempre fanno perdere il grasso giusto



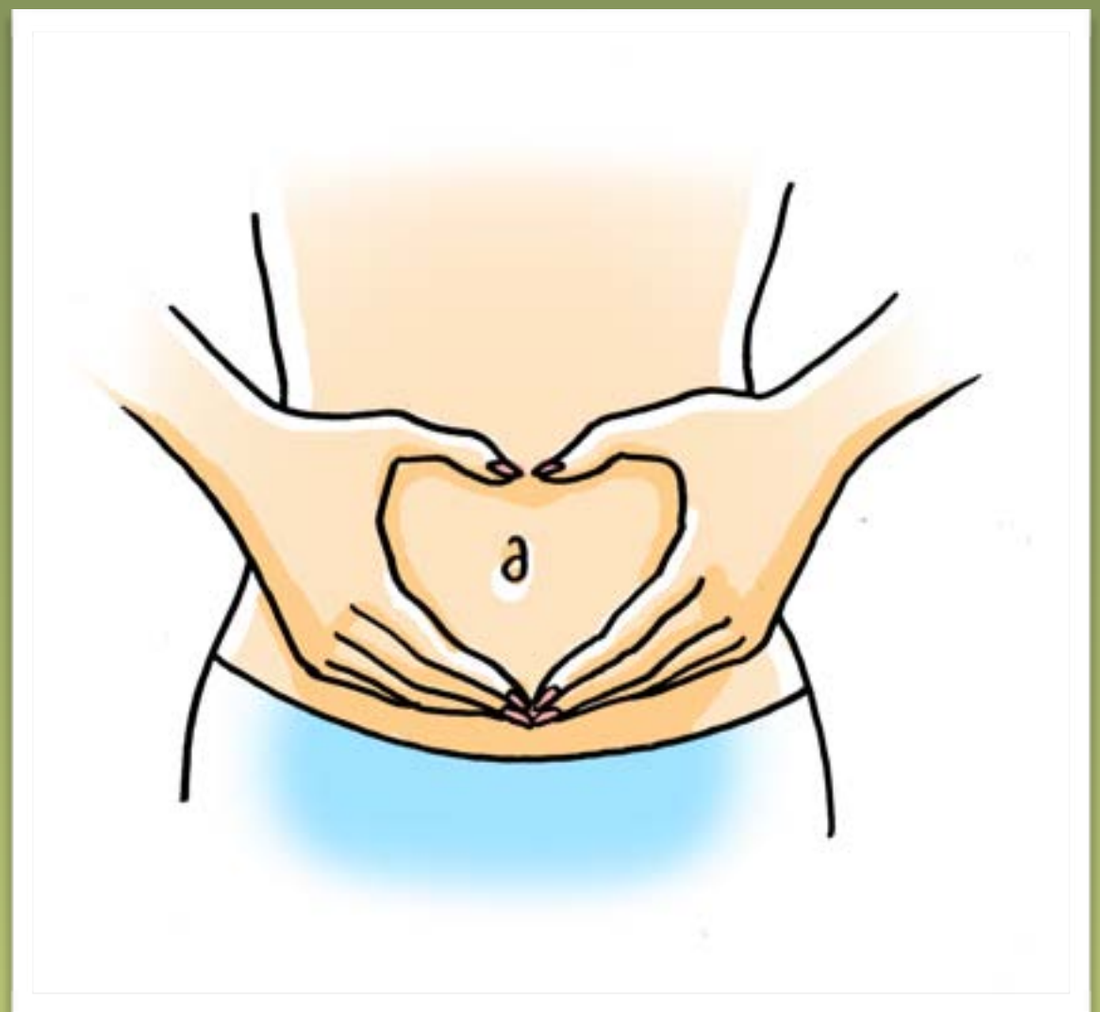
LA DIETA SUPERSALUTE

- DETOX
- CRONOBIOLOGIA
- MORFOLOGIA
- CIBI BLUE ZONE
- TRASFORMAZIONE

SuperSalute

LA DIETA SUPERSALUTE: DETOX

- 3 GIORNI NEI CAMBI DI STAGIONE

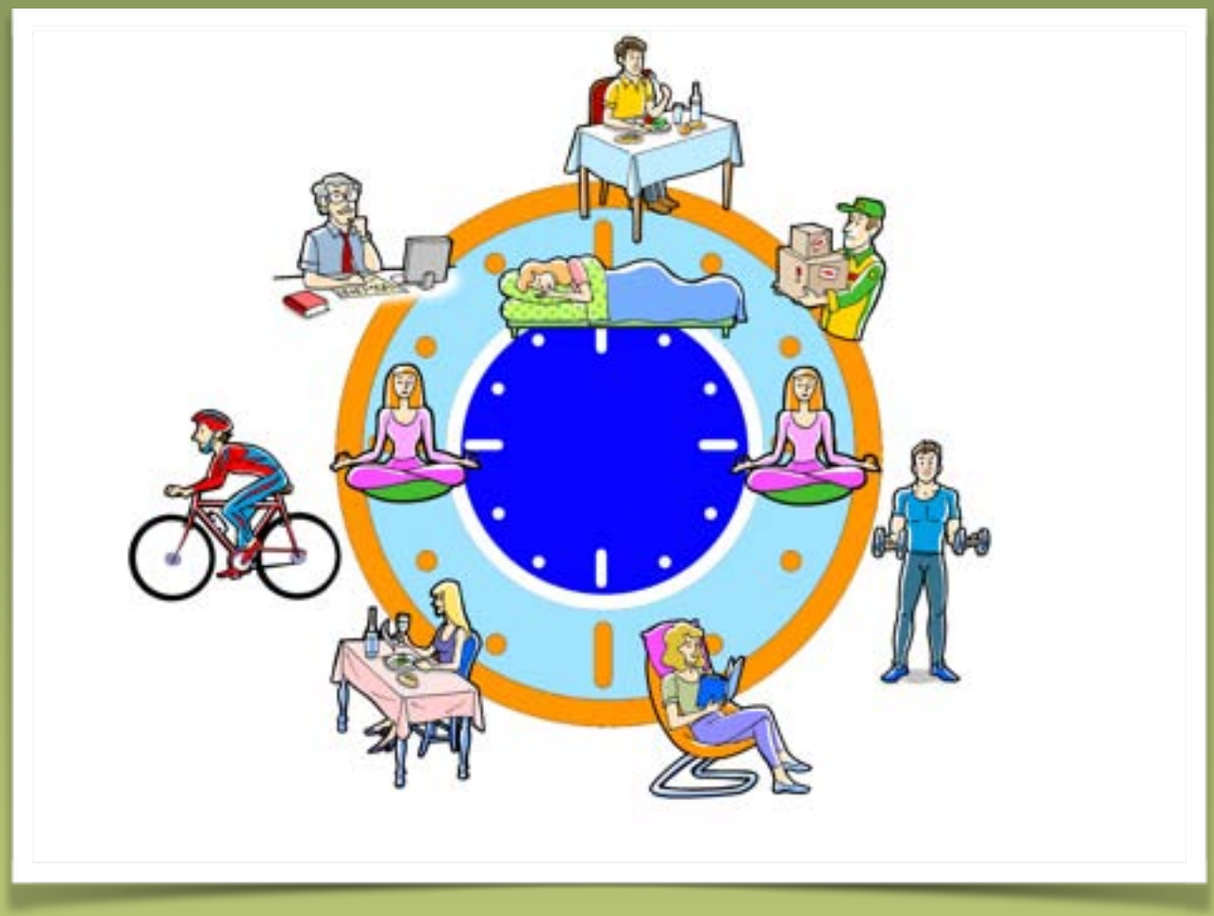


LA DIETA SUPERSALUTE: DETOX

- succhi, centrifugati, Super food

LA DIETA SUPERSALUTE: CRONOBIOLOGIA

- CIBO AL MOMENTO GIUSTO



LA DIETA SUPERSALUTE: MORFOLOGIA

- COME SEI CI DICE CHE ORMONI HAI

SuperSalute

LA DIETA SUPERSALUTE: CIBI DANNOSI

Indice glicemico

Latte vaccino

Proteine animali

Sale

Glutine

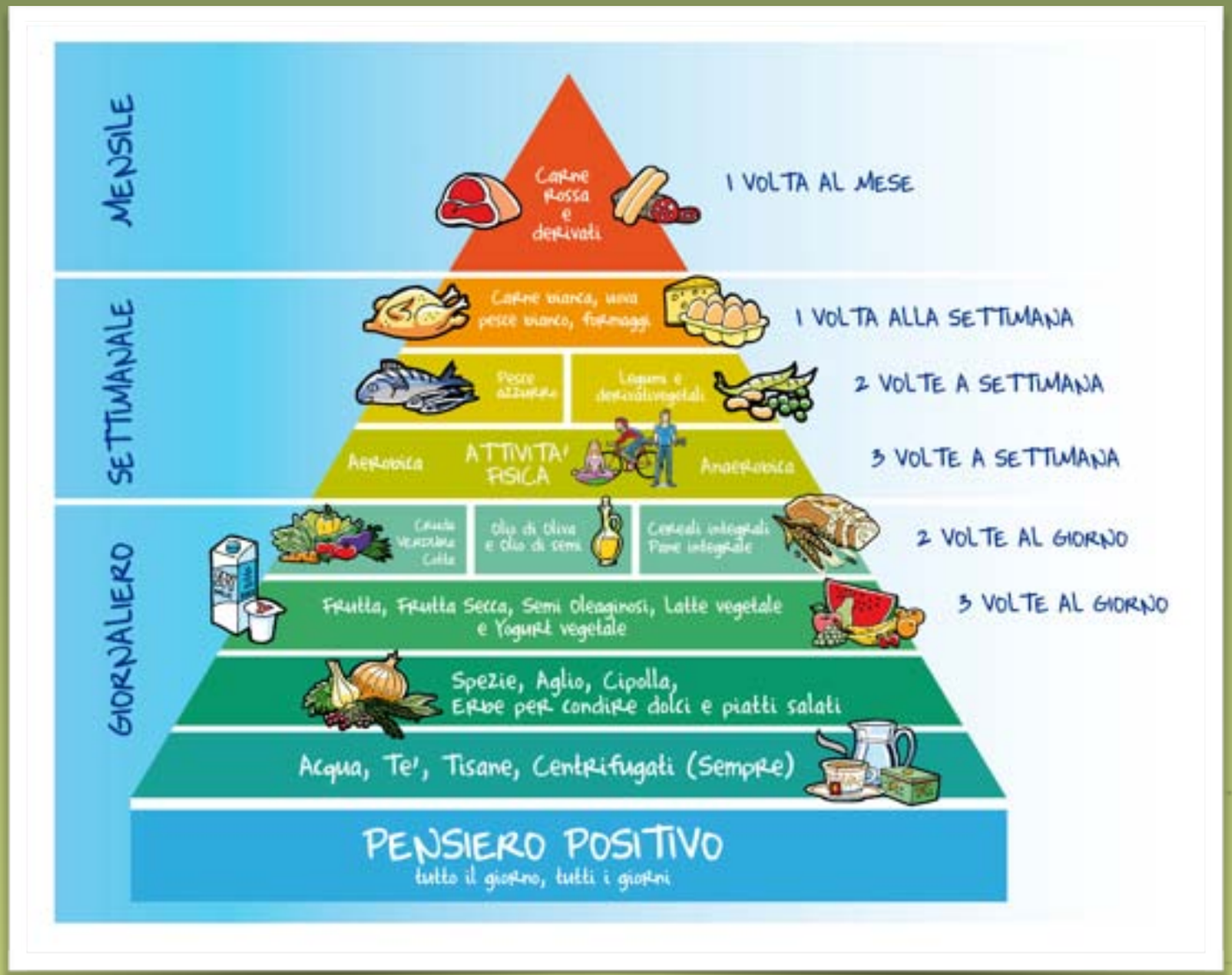
SuperSalute

LA DIETA SUPERSALUTE: CIBI BLUE ZONE

Aceto di mele
Crucifere
Frutta secca
Pomodori
Frutti rossi e neri
Cereali integrali
Proteine vegetali, legumi e soia
Olio d’oliva
Spezie
Tè verde
Mele
Cacao
Avocado
Semi
Pesce azzurro

SuperSalute

LA DIETA SUPERSALUTE: PIRAMIDE



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ALIMENTAZIONE SUPER SALUTE

+ alimenti in grado di RALLENTARE il processo INFIAMMATORIO (→ malattie croniche degenerative)

Alimenti ricchi di Sali minerali, Vitamine, Antiossidanti

- Goji
- Chia
- Quinoa
- Semi di Lino
- Alchechengi
- Curcuma
- Cacao
- Zenzero

CRONO BIOLOGIA

- Rispettare come siamo fisicamente
- Stagionalità alimenti

ESCLUSIONE di SOSTANZE TOSSICHE

- NO LATTE
  - *Fonti di CALCIO?* Semi di SESAMO, Semi di CHIA, Cavolo Verde e Spinaci, QUINOA, Semi di LINO, Arance, Legumi, Mandorle
- Limitazione PROTEINE ANIMALI
  - *Fonti di PROTEINE VEGETALI?* Tofu, QUINOA, Semi di Canapa, Mandorle, Ceci e altri LEGUMI Semi di CHIA, Spinaci, Albicocche
  - *Fonti di FERRO?* Soia, Semi di Zucca, QUINOA, Fagioli bianchi, Spinaci, Lenticchie, CIOCCOLATO FONDENTE
- NO FARINE RAFFINATE
  - *Aumentare il consumo di FIBRE*
  - *Prodotti INTEGRALI*
- NO SALE
  - *Gomasio*
  - *Spezie*

NON rinunciare al GUSTO degli alimenti cardine della DIETA MEDITERRANEA

PASTA e CARBOIDRATI a BASSO INDICE GLICEMICO (IG)

- *Aceto di mele BIO al mattino*
- *Cottura alimenti (pasta al dente)*
- *Alimenti lavorati in modo da abbassarne l'IG: Pasta con Chitosano*
- *Alimenti naturalmente a basso IG: QUINOA, riso integrale*

NUOVA TERAPIA CARDIOMETABOLICA

PRINCIPIO ATTIVO

Esercizio Fisico (aerobico e isometrico)

FORMA FARMACEUTICA

Camminare, jogging, correre, cyclette, nuoto, aerobica

Extensions, curls, presses,…

Posologia?

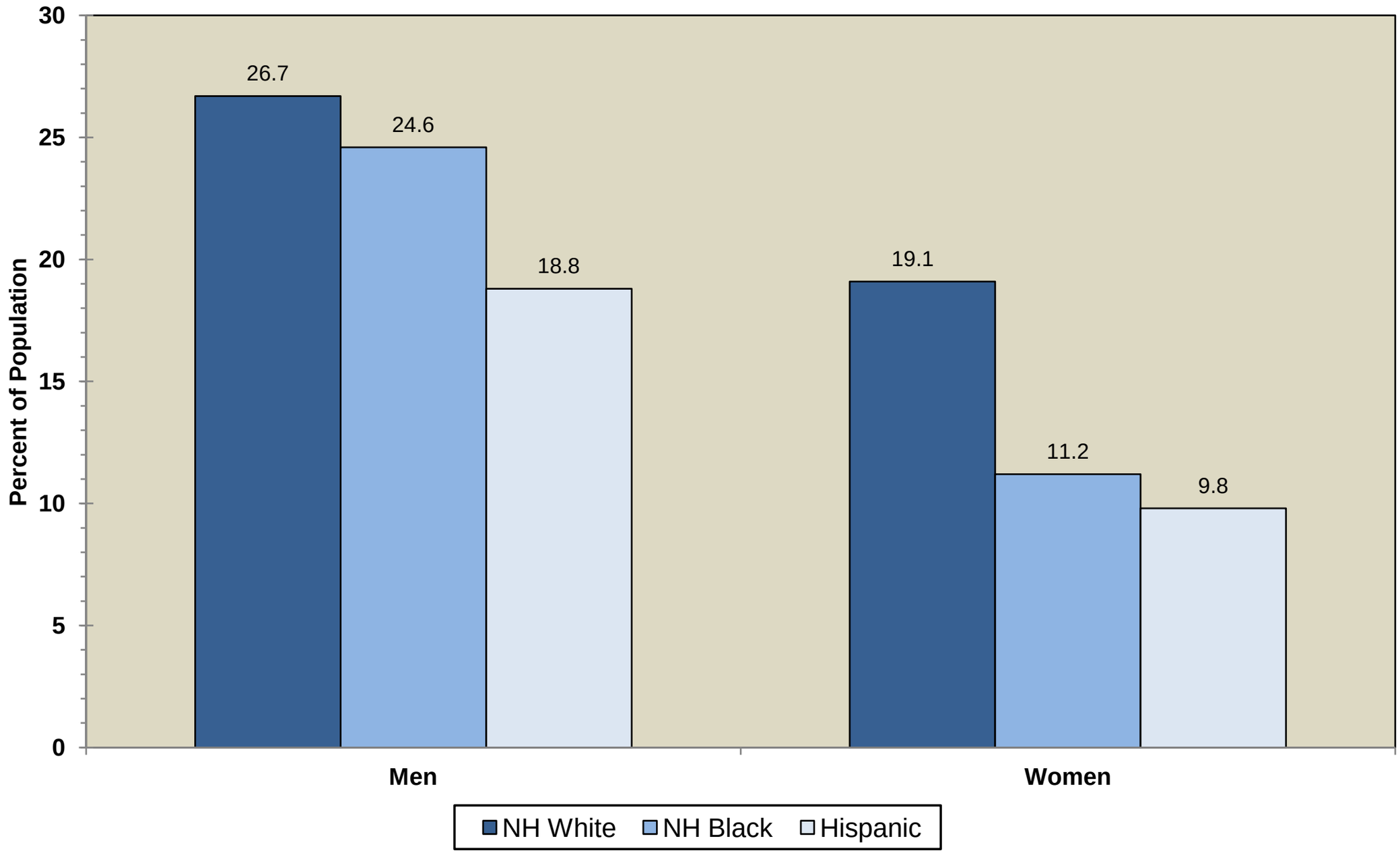
I 10 PRINCIPALI FATTORI DI RISCHIO DI MORTE PER GRUPPO DI REDDITO

	Risk factor	Deaths (millions)	Percentage of total
	World		
1	High blood pressure	7.5	12.8
2	Tobacco use	5.1	8.7
3	High blood glucose	3.4	5.8
4	Physical inactivity	3.2	5.5
5	Overweight and obesity	2.8	4.8
6	High cholesterol	2.6	4.5
7	Unsafe sex	2.4	4.0
8	Alcohol use	2.3	3.8
9	Childhood underweight	2.2	3.8
10	Indoor smoke from solid fuels	2.0	3.3
	Middle-income countries[a]		
1	High blood pressure	4.2	17.2
2	Tobacco use	2.6	10.8
3	Overweight and obesity	1.6	6.7
4	Physical inactivity	1.6	6.6
5	Alcohol use	1.6	6.4
6	High blood glucose	1.5	6.3
7	High cholesterol	1.3	5.2
8	Low fruit and vegetable intake	0.9	3.9
9	Indoor smoke from solid fuels	0.7	2.8
10	Urban outdoor air pollution	0.7	2.8

	Risk factor	Deaths (millions)	Percentage of total
	Low-income countries[a]		
1	Childhood underweight	2.0	7.8
2	High blood pressure	2.0	7.5
3	Unsafe sex	1.7	6.6
4	Unsafe water, sanitation, hygiene	1.6	6.1
5	High blood glucose	1.3	4.9
6	Indoor smoke from solid fuels	1.3	4.8
7	Tobacco use	1.0	3.9
8	Physical inactivity	1.0	3.8
9	Suboptimal breastfeeding	1.0	3.7
10	High cholesterol	0.9	3.4
	High-income countries[a]		
1	Tobacco use	1.5	17.9
2	High blood pressure	1.4	16.8
3	Overweight and obesity	0.7	8.4
4	Physical inactivity	0.6	7.7
5	High blood glucose	0.6	7.0
6	High cholesterol	0.5	5.8
7	Low fruit and vegetable intake	0.2	2.5
8	Urban outdoor air pollution	0.2	2.5
9	Alcohol use	0.1	1.6
10	Occupational risks	0.1	1.1

Fonte: WHO Global Health Risk, 2004

Prevalence of meeting the 2008 Federal Physical Activity Guidelines among adults ≥18 years of age by race/ethnicity and sex (NHIS: 2010)



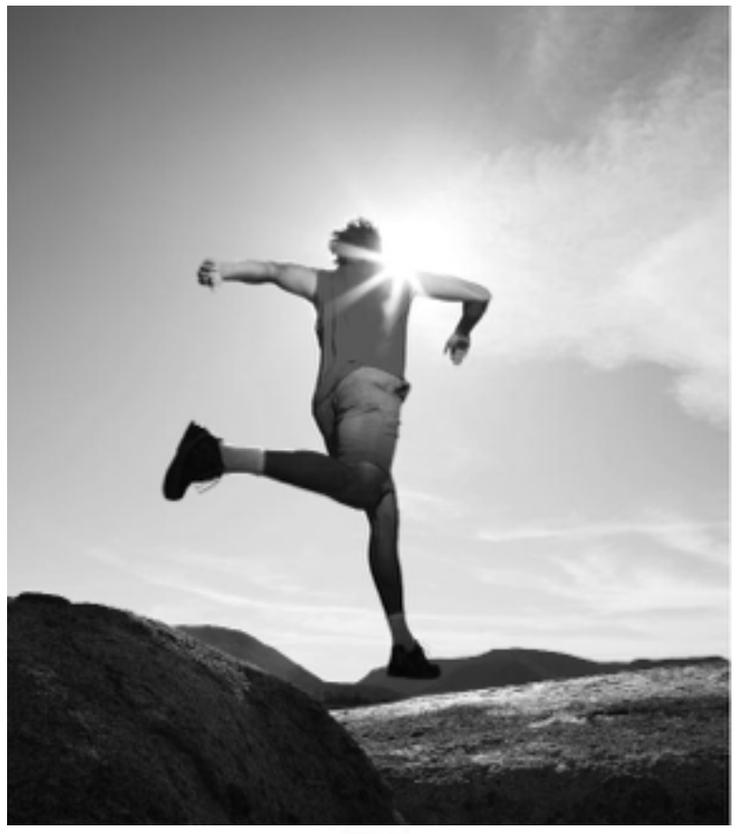
NH indicates non-Hispanic. Percents are age-adjusted. Meeting the 2008 Federal PA Guidelines is defined as engaging in moderate leisure-time physical activity for at least 150 minutes per week or vigorous activity at last 75 minutes per week or an equivalent combination.

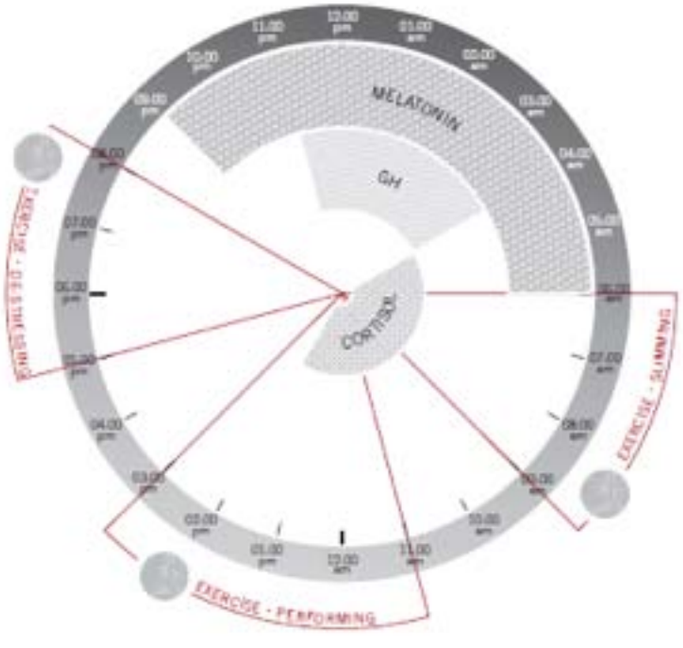
Roger VL et al. Published online in *Circulation* Dec. 15, 2011

ANALISI PERSONALE DEI BISOGNI

Chi siamo e cosa vogliamo

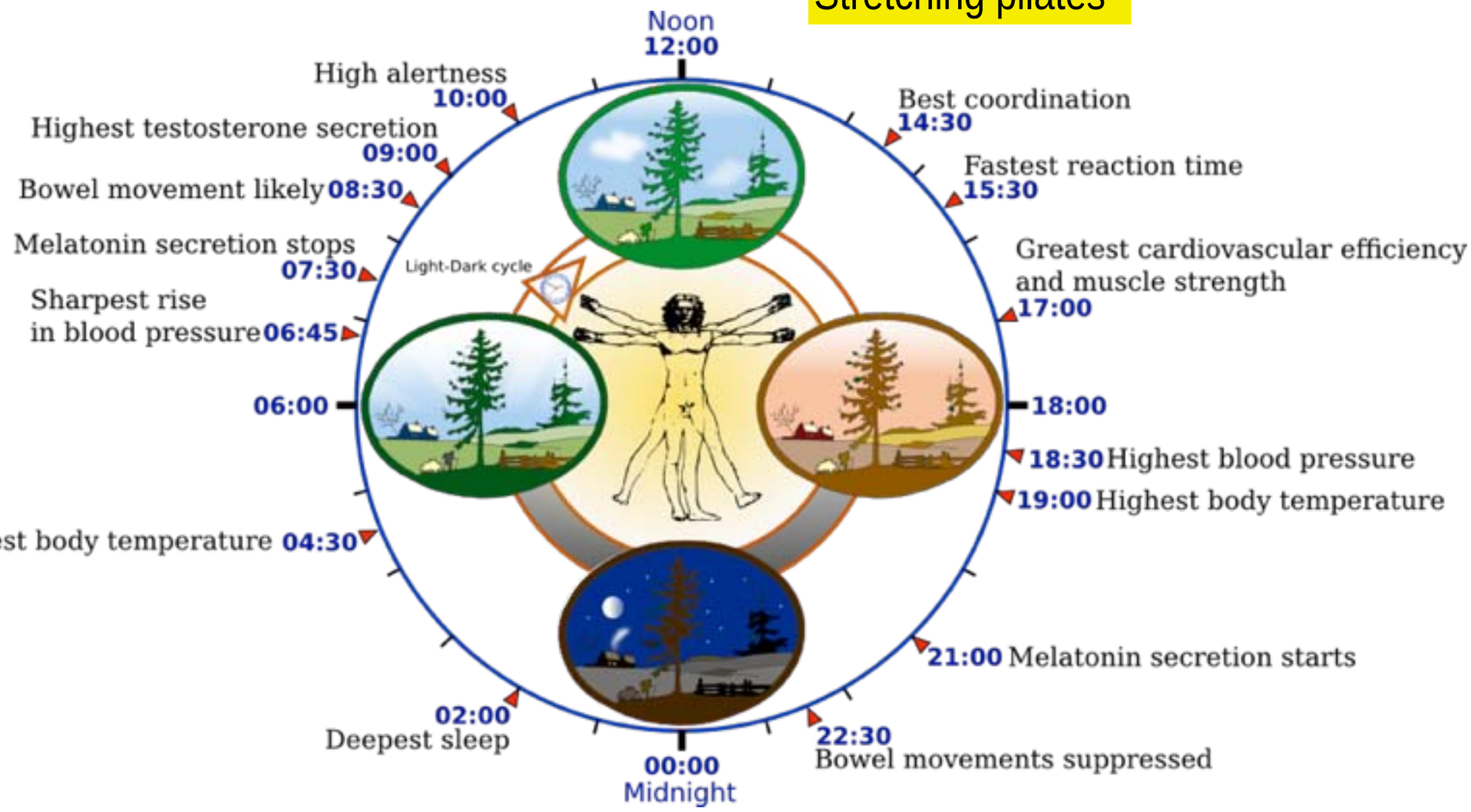
ESERCIZIO AL MOMENTO
E AL RITMO GIUSTO





Allenamento Dimagrante

Stretching pilates



Allenamento potenziante

QUALE POSOLOGIA??

- Troppo allenamento= Overtraining=alterazione bilancia simpato-vagale=infiammazione
- Poco allenamento= Nessun effetto
- Giusto allenamento= Efficacia

LA DIETA SUPERSALUTE: TRASFORMAZIONE

- Aiuto disse il ghiaccio “sto cambiando , sto diventando acqua, ci sono gocce non ci sono io” ….. Il sole disse” Il mondo cambia sotto i miei raggi, tienti stretto a ciò che eri e poi lasciati andare a ciò che sei” non ebbe più paura di cambiare ……Non cambio in qualcos’altro ma in me stesso…

LA DIETA SUPERSALUTE: LE REGOLE

GENERAL PRINCIPLES OF LONGEVITY

1.80% Rule (stop eating when you're 80% full)

2.Plant-Power (more veggies, less protein and processed foods)

3.Red Wine (consistency and moderation)

4.Plan de Vida (know your purpose in life)

5.Beliefs (spiritual or religious participation)

6.Down Shift (work less, slow down, rest, take vacation)

7.Move (find ways to move mindlessly, make moving una

8.Belong (create a healthy social network)

9.Your Tribe (make family a priority)

Longevity Locations around the World:

- Costa Rica
- Japan
- Okinawa
- Sardinia
- Loma Linda, California

SuperSalute

LA DIETA SUPERSALUTE: LA FELICITA'

ELSEVIER

Available online at www.sciencedirect.com
ScienceDirect

Autoimmunity Reviews 5 (2006) 523–527

AUTOIMMUNITY REVIEWS

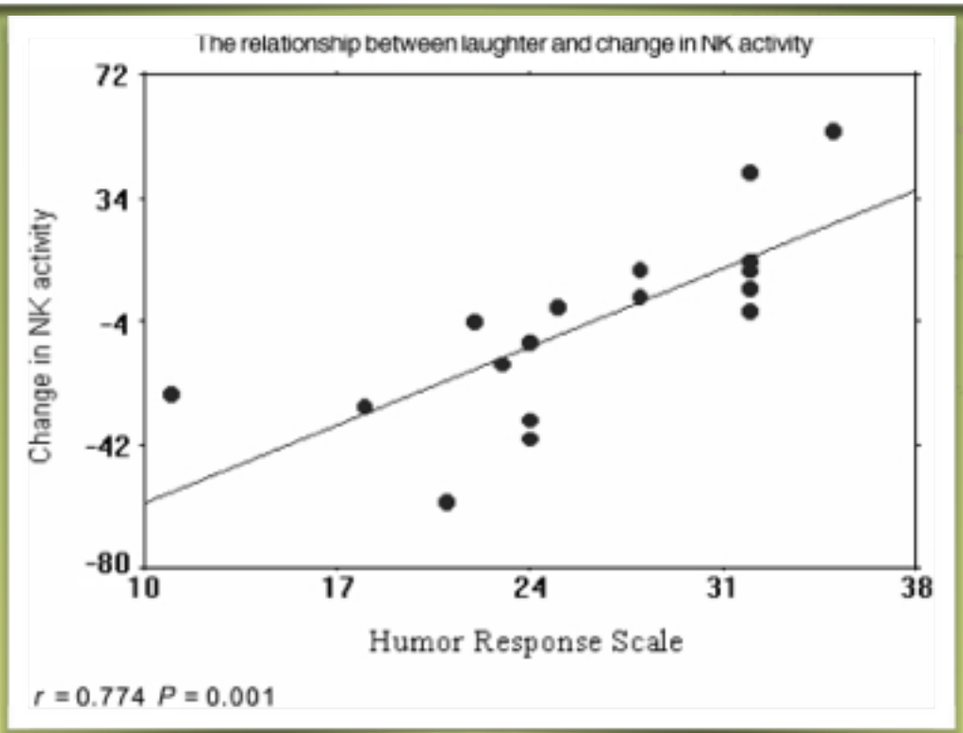
www.elsevier.com/locate/autrev

The immune system and happiness

Yoram Barak *

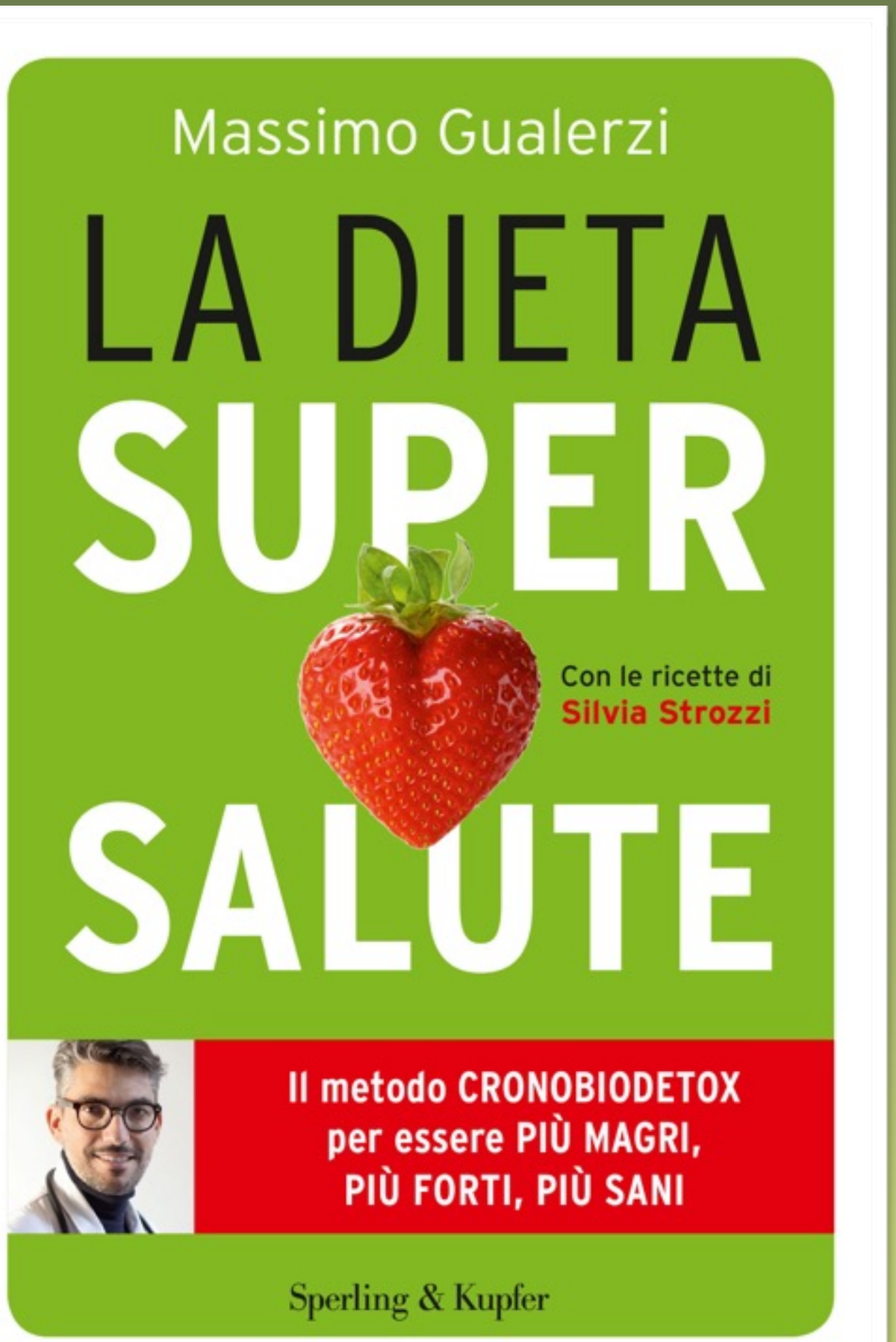
Psychogeriatric Department, Abarbanel Mental Health Center, Bat-Yam and the Sackler School of Medicine, Tel-Aviv University, 15 KKL Street, Bat-Yam, Israel

Available online 21 March 2006



SuperSalute

NON LASCIARE CHE QUALCUNO
SI ALLONTANI DA TE
SENZA ESSER PIU' FELICE
DI QUANDO E' ARRIVATO



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