

EDITORIAL

Pnei Review, Italian English, open access. A contribution to the community of scholars and health professionals

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Pnei Review, in Italian, was born in 2013. Fourth years later, became part of the panel of scientific journals published by Franco Angeli. In this year, with the support of the publisher, we are launching a highly innovative project: to make *Pnei Review* a bilingual, Italian English, open-access scientific journal.

As Italian Society of Psychoneuroendocrineimmunology, we are proud that the project has found supporters and contributors of high national and international scientific level, as can be seen from the names of the Editors, Scientific Advisors and Editorial Board.

Starting now, February 2025, we start publishing articles *online first*, ranging in different fields, from topics in clinical medicine, centered on the gut microbiota, to the validation of efficacy of psychotherapy, to topics in scientific theory, such as the connections between allostasis and traditional Chinese medicine, and last but not least, reflections on the necessary shift to a systemic view of life. Different themes but all within the Psychoneuroendocrineimmunology paradigm.

We will continue in the coming months by dealing with the relationship environment, climate change and health, between stress emotions and diseases, of psychological and internal medicine interest.

When we founded *Pnei Review*, twelve years ago, we motivated the choice thus: «We are convinced of the need for a journal that differs from traditional neuroscience or psychosomatic journals. A journal that is both interdisciplinary (promoting exchange between scientific disciplines) and cross-cultural (promoting exchange between humanistic and scientific cultures)» (*Pnei Review* 2013; 1: 3).

In recent years, those motivations have strengthened.

The basis for the integration of medicine and psychology

It is now clear that only Psychoneuroendocrineimmunology can provide the basis for the integration of medical and psychological sciences and practices. Integration between medicine and psychology, which is scientifically mature and desired by relevant sectors of practitioners and users to overcome the spiral of rising costs-modest efficacy of treatments based on the reductionist drug-centric model. The accumulation of knowledge and experience on the integration of psychology and medicine, in turn, is essential for the development of the Psychoneuroendocrineimmunology (PNEI) paradigm itself.

PNEI, in fact, is not Neuroendocrineimmunology. PNEI describes the relationships of mutual influence between psyche and biological systems, showing the scientific inconsistency of the reductionist dogma that makes the psyche a mere epiphenomenon of brain activity. We are at a stage of research that allows the definitive overcoming of the dualistic conception of the human being without falling into the trap of the mind-brain identity, in the reduction of the psychic dimension to the biological one, from which it undoubtedly originates but on which it influences from the earliest stages of individual life. To this end, it is essential to critique the philosophical basis of contemporary reductionism and, at the same time, present scientific evidence documenting the mutual influence of psyche and biological systems in health and disease (Bottaccioli F., & Bottaccioli A.G., 2024; Bottaccioli A.G., Bologna, Bottaccioli F., 2022).

Pnei Review will host and actively search for works of integrated knowledge on the functioning of the human network, which are essential to understand health and disease dynamics and thus build a pathophysiological vision open both to molecular updates and preventive and therapeutic strategies. In fact, the parcelization of knowledge must be overcome because it is an obstacle to the understanding of pathogenesis and the proposition of personalized therapies, without underestimating, rather enhancing, the study of the molecular dimension, which, with epigenetics, shows us that even the genome is flexible and responsive to the environment and behavior.

Thus, reviews (narrative, scoping, systematic) and original research in human

pathophysiology and integration between medicine and psychology fields are welcome in *Pnei Review*. Also welcome are those scientific papers documenting the role of behavior (nutrition, physical activity, stress and emotion management, sleep), socio-environmental conditions (inequalities, pollution, climate change), complementary therapeutic methods with scientific evidence (phytotherapy, acupuncture, meditation, mind-body techniques, osteopathy), in prevention and therapy. It will also host and actively seek opinions, comments, and essays on the philosophical and cultural foundations of PNEI and related disciplines (psychology, pedagogy, sociology, philosophy of science).

Articles will undergo rigorous and rapid peer-review and will be free from financial charge.

In short, we believe that as Italian Society of Psychoneuroendocrineimmunology, with the new *Pnei Review*, we can make an original contribution to the international scientific movement that studies and treats human beings in a unified way and that is working hard to overcome the parcelization of knowledge and treatment.

References

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