

# CURRICULUM VITAE

## SARA FARNETTI



### PERSONAL INFORMATION

Name **SARA FARNETTI MD, PH.D.**  
Address **VIA LUDOVISI 45- ROME**  
Telephone **+39 06/ 3214119**  
Mobile **+ 39 393/8269458**  
Fax **+39 06/ 89280043**  
E-mail and site [sara.farnetti@eutrophia.it](mailto:sara.farnetti@eutrophia.it) <http://www.sarafarnetti.it>  
Nationality **ITALIAN**  
Date of birth **09/01/1978**

### WORK EXPERIENCE

- Date (from – to) **2005 – 2006**
- Name and address of the employer **Università Cattolica Sacro Cuore - Rome**  
**First National Training course on Celiac Disease ECM**  
University  
Teacher
- Type of company
- Position
- Main tasks and responsibilities
- Date (from – to) **2005 – 2008**
- Name and address of the employer **Study Centre of Natural Medicine of Florence**  
**Course: Functional Food N.a.m.e.**  
Study Centre  
Teacher
- Type of company
- Position
- Main tasks and responsibilities
- Date (from – to) **2005 – 2009**
- Name and address of the employer **New Port University - Rome**  
**Course: Functional Food**  
University  
Teacher
- Type of company
- Position
- Main tasks and responsibilities
- Date (from – to) **2005 – 2009**
- Name and address of the employer **New Port University. Sede di Roma**  
University  
Teacher
- Type of company
- Position
- Main tasks and responsibilities
- Date (from – to) **2006 – 2008**
- Name and address of the employer **Medical Hospital School, Borgo S. Spirito- Roma**

- Type of company
- Tipo di impiego
- Principali mansioni e responsabilità

Medical Hospital School

Teacher

Teacher for the ECM course of "Prevention of the cardiovascular disease at the table"

- Date (from – to)
- Name and address of the employer

**2005 – 2010**

**Art Accademy Health of S. Spirito in Sassia- Roma**

Accademy

Co-director

Four years master for doctors and biologist in Nutritional Bioteraphy, for the discipline of Functional Food.

- Type of company
- Position
- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer

**2007**

**Association Eutrophia**

[www.eutrophia.it](http://www.eutrophia.it)

Association

Chairman of Eutrophia

Functional Food for the Study

- Type of company
- Position
- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer
- Type of company
- Position
- Main tasks and responsibilities

**2007 – 2008**

**Rotaract District 2080 Lazio - Sardegna**

Project Manager

"Health Power" Project Manager

- Date (from – to)
- Name and address of the employer
- Type of company
- Position
- Main tasks and responsibilities

**2007 – 2008**

**Working Group on the Rights of the Child.**

Project Manager

4<sup>th</sup> Report on the update and monitoring of the Convention on the Rights of Adolescents in Italy 2007-2008.

- Date (from – to)
- Name and address of the employer

**2008**

**International Competition "Miss Italia nel Mondo" 2008 – Jesolo**

<http://www.eutrophia.it/RassegnaStampa/RassegnaStampa.aspx>

**International Competition**

Project Manager

Project: "Power supply: Elixir of Health and Beauty"

- Type of company
- Position
- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer

**2008**

**National Competition "Miss Italia" 2008 – Salsomaggiore**

<http://www.eutrophia.it/RassegnaStampa/RassegnaStampa.aspx>

**National Competition**

Project Manager

Project: "Supply the Beauty"

- Type of company
- Position
- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer

**2009**

Foundation "Movimento Bambino"

<http://www.movimentobambino.org/index.php>

- Type of company
- Position
- Main tasks and responsibilities

**Foundation**

**Contact person**

- Date (from – to)
- Name and address of the employer

- Type of company
- Position

- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer
- Type of company
- Position
- Main tasks and responsibilities

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- Type of company
- Position
- Main tasks and responsibilities

- Date (from – to)
- Name and address of the employer
- Type of company

**2009**

**National Competition "Miss Italia" 2009 – Salsomaggiore**  
**Ministry of Labour, Health and Social Policy and LILT**  
<http://www.eutrophia.it/MissItalia/MI2009.aspx>

**National Competition Committee**  
**Project Manager**

**Responsible of the Head of the "Once upon a time the usual stuff," as part of the Memorandum of Understanding "Gaining Health", under the patronage of the Ministry of Labour, Health and Social Policies and LILT.**

**2010**

**Rome Municipality and the association ADAO**

**Project Manager**

**Curator of the pilot project for primary school: "The Game of the Goose with the Food. "**

**2010**

**Magazine Donna Moderna**  
**Mondadori Publisher Group**  
**Contact Nutritionist**

Blog: Women and Moms: from conception, to raising children-food section.  
<http://blog.donnamoderna.com/donna-mamma/>

**2010**

**SISA (Italian Society of Food Science)**

Private Association

Sisa's Member and AIC (**Italian Celiac Association**)'s Delegate

**2010**

**LILT (Italian League for the Fight against Cancer).**  
<http://www.eutrophia.it/Corsi/PrevOnc/PrevenzioneO.aspx>  
 League

National Week for Cancer Prevention - Editorial brochure - We feed prevention to defeat cancer

**2010**

**Medical Association of Rome, LILT, the Fair Play of CONI, the SIDeMaST (Italian Society of Dermatology and Sexually Transmitted Diseases) and SISA (Italian Society Science Supply) National Competition "Miss Italy" 2010, Salsomaggiore.**

Project manager

Project "Health makes you Beautiful"

.

**2010 -12**

University of Rome, La Sapienza

University

Project manager

Lecturer, Master's Degree in Clinical Nutrition and Metabolism (Prof. Rossi Fanelli).

**2011**

Medical Association of Rome, LILT, the Fair Play of CONI, the SIDeMaST (Italian Society of Dermatology and Sexually Transmitted Diseases) and SISA (Italian Society Science Supply).  
 Associations

- Position
  - Main tasks and responsibilities
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- Date (from – to)
  - Name and address of the employer
  - Type of company
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  - Main tasks and responsibilities
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- Date (from – to)
  - Name and address of the employer
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  - Type of company
  - Position

Project coordinator

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**2011**

**TEDx**

Rapporteur TEDx "All you know about food is false" - Reggio Emilia.

**14 March - 16 May 2013**

**EATALY. Rome.**

Teacher

Monographyc Course: "Unlike food. Everything you know about food is fake "

**17 January - 7 March 2013. - 2015**

**AIS-BIBENDA. Rome**

*Private Association*

Teacher

Monographyc Course: "Unlike food. Everything you know about food is fake "

February, 2015

Ministry of Health

**EXPO Milan**

Working table conference - The first draft of the "Milan Charter

April, 2015

Ministry of Agricultural

**EXPO Milan**

Working table conference - Go to Milan Carte

October, 2015

Ministry of Health

**EXPO Milan**

Working table conference Feeding the planet in health. *A High- Level International Meeting convened by the Ministry of Health to focus on Nutrition*

April 2016

Ministry of Health

Working table conference - **National Women Health Day**

**6 May 2016**

**TEDx LUISS (r)evolution**

Rapporteur TEDx "Functional Nutrition: the key of life" – Rome

2016

Strategic Advisor for Barilla Center for Food & Nutrition

BCFN - Barilla Center for Food & Nutrition

Strategic Advisor

<ul style="list-style-type: none"> <li>• Date (from – to)</li> <li>• Name and address of the employer</li> <li>• Type of company</li> <li>• Position</li> </ul>	2016 - 2018 Post graduated course “Circular Health” degree course <b>LUISS University</b> Director - Professor
<ul style="list-style-type: none"> <li>• Date (from – to)</li> <li>• Name and address of the employer</li> <li>• Type of company</li> <li>• Position</li> </ul>	2019 - 2024 Degree course “Circular Health” , wellness and wellbeig LUISS University Director - Professor
<ul style="list-style-type: none"> <li>• Date (from – to)</li> <li>• Name and address of the employer</li> <li>• Type of company</li> <li>• <i>Position</i></li> </ul>	2018 <b>Delegate for ENPAM in the Scientific committee</b> FICO foundation Bologna, Italy <i>Scientific committee</i>
<ul style="list-style-type: none"> <li>• <i>Date (from – to)</i></li> <li>• <i>Name and address of the employer</i></li> <li>• <i>Type of company</i></li> <li>• <i>Position</i></li> </ul>	2019 December, Campidoglio V edition 100 Italian Excellences Award  <b>Award for the 100 Italian excellences</b>
<ul style="list-style-type: none"> <li>• <i>Date (from – to)</i></li> <li>• <i>Name and address of the employer</i></li> <li>• Type of company</li> <li>• Position</li> </ul>	2021 - 2024 <b>Agricultural, Industry, Sustainability</b> <b>Agronetwork</b> – Nomisma-Luiss-Confagricoltura <b>President</b>
<ul style="list-style-type: none"> <li>• <i>Date (from – to)</i></li> <li>• <i>Name and address of the employer</i></li> <li>• Type of company</li> <li>• Position</li> </ul>	2023 October <b>NIAF – Washington</b> National Italian American Foundation <b>Leonardo’ Award for science</b>

## EDUCATION AND TRAINING

- Date (from – to)
- Name and type of organization providing education and training
- Principal subjects / occupational skills covered by the study
- Qualifications/Awards

- Date (from – to)
- Name and type of organization providing education and training
- Principal subjects / occupational skills covered by the study

- Qualifications/Awards

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- Name and type of organization providing education and training

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- Name and type of organization providing education and training
- Principal subjects / occupational skills covered by the study
- Qualifications/Awards

- Date (from – to)
- Name and type of organization providing education and training
- Qualifications/Awards

**1992 – 1997**

**Liceo Scientifico “Ignazio Vian”, Bracciano**

High School Diploma “Maturità Scientifica” (grades 60/60)

**1997 – 2003**

**“Università Cattolica del Sacro Cuore” Rome**

Thesis titled in experimental character: Body composition and regulation of energy metabolism in patients with celiac disease before and after gluten-free diet: the role of leptin and ghrelin.

**Degree in Medicine and Surgery (110/110 cum laude)**

**2003**

**“Università Cattolica del Sacro Cuore” Rome**

**2002**

**“Università Cattolica del Sacro Cuore” Rome**

Scholarship for the year 2002-2003 to achieve, within the regular session, all of the exams required by the law of the Degree in Medicine and Surgery

**2003**

**“Università Cattolica del Sacro Cuore” Rome**

Scholarship for discussion before the summer session in July 2003, Thesis Degree in Medicine and Surgery

**2004**

**SIMI**

Young Researchers Award: S. Farnetti, E. Capristo, M. Certo, G., L. Abenavoli, L. Leggio, N. Malandrino, G. De Lorenzi, G. Mingrone, G. Gasbarrini. Reduced plasma ghrelin concentration in celiac disease after gluten-free diet treatment

**2008**

**“Università Cattolica del Sacro Cuore” Rome**

Thesis titled in experimental character: Effect of the use of extra virgin olive oil, unaltered and fried on glucose metabolism in insulin-resistant subjects

**Degree in Internal Medicine (50/50 cum laude)**

**2008**

**“Università Cattolica del Sacro Cuore” Rome**

**Ph.D. in Pathophysiology of Nutrition and Metabolism**

- Date (from – to)
- Name and address of the employer
- Type of company
- Position

**2014, 1 April**

DRI (Diabetes Research Institute)

Federation

**Director, DRI Federation Wellness and Nutrition Program**

Director, Eutrophia Center Rome, Italy

- Date (from – to)
- Name and address of the employer
- Type of company
- Position
- Main tasks and responsibilities

**2014 - 2022**

Division of Cellular Transplantation, Diabetes Research Institute

**University of Miami Miller School of Medicine.**

**Assistant Professor**

Wellness and Nutrition Program

- Date (from – to)
- Name and type of organization providing education and training
- Qualifications/Awards

**2023**

Messina University

**Ph.D. Honoris Causa in Chemical Science and Pharmaceutical and Nutraceutical-Food Technologies**

## PERSONAL SKILLS

MOTHER TONGUE

ITALIAN

OTHER LANGUAGES

ENGLISH

- Reading
- Writing
- Speaking

Good  
Good  
Good

TECHNICAL SKILLS

DRIVING LINCENSE

B

ORGANIZATIONAL/ MANAGERIAL  
SKILLS

RECOGNIZED ABILITY TO REPORT AND COORDINATE PEOPLE GROUP. WORK  
EXPERIENCE. LEADERSHIP SKILLS. PUBLIC SPEAKING OF HIGHER LEARNING.  
HIGH CAPACITY OF ORAL COMMUNICATION.



**ADDITIONAL INFORMATION**  
CHARITABLE ACTIVITY

2000-2001: MIF at the Institute of Medical Pathology headed by Prof. Chiar.mo Citizens, Laboratory of Molecular Oncology, Biological Institutes, Catholic University of the Sacred Heart, Rome office.

2001-2002: MIF in the Division of Gastroenterology, directed by Prof. Antonio Gasbarrini, Department of Internal Medicine, Catholic University of the Sacred Heart, Rome office.

2002-2003: MIF in the Division of Endocrinology and Metabolic Diseases, led by Prof. Aldo V. Greco, Institute of Internal Medicine, Catholic University of the Sacred Heart, Rome office.

2003-2008: MIF at the Institute of Internal Medicine, Metabolic Diseases Division, headed by Prof. Raffaele Landolfi Chiar.mo, Catholic University of the Sacred Heart, Rome office.

2003-2008: Working at the Service of Day-Hospital of Endocrinology and Metabolism Metabolic Diseases, Catholic University of the Sacred Heart, Rome office.

COVERED TOPICS

**KEY SCIENTIFIC TOPICS COVERED**

- Internal Medicine
- Precision Medicine
- Functional Metabolic Approach to nutrition: the use of food and its associations in the various functional and organic diseases on the basis of the correlations : food - body - cell – hormonal balance – metabolism
- Metabolic Syndrome: prevention and downstaging of the risk factors
- Diabetes mellitus type 2: the strategies to manage, to cure and to heal insulin resistance and hyperinsulinism
- Complete characterization of lipids in human: lipidomic profile, omega 3 screening and ratios
- Dyslipidemia
- Obesity: pathophysiology and therapeutic approach. Surgical treatment of obesity: implications for clinical and nutritional follow-up
- Celiac disease: systemic Functional approach to a complex syndrome
- Food intolerance and the organs functions implication
- Functional nutrition in critical age groups (adolescence, pregnancy, menopause, old-age)
- Role of supplements and herbal products
- Studies of the kinetics and dynamics of the main energy substrates in parenteral and enteral nutrition, particularly with regard to glucose, saturated fatty acids , monounsaturated (MUFA) and polyunsaturated (PUFA), medium chain (MCT), and the different cooking modes

of fat

- Kinetic studies of essential fatty acids: therapeutic implications of fatty acids Omega 6 and Omega 3 in chronic diseases and intestinal Crohn's disease, celiac disease and ulcerative colitis, acute alcohol in pathology, in NAFLD and NASH, autoimmune thyroiditis .
- Assessment of nutritional status in patients with: Crohn's disease, ulcerative colitis, celiac disease, food allergies, NAFLD and NASH, obesity, anorexia nervosa.
- Techniques for measuring body composition (anthropometry, skinfold thickness, bioelectrical impedance, DXA, isotope dilution, hydrostatic weighing, adiabatic chamber, computed tomography, magnetic resonance imaging, etc.).
- Principles and techniques of indirect calorimetry: assessment of energy expenditure and the use of different substrates, using calorimeters and portable metabolic chamber
- Assessment of pathophysiological levels of anxiety and depression in patients with irritable bowel syndrome, Crohn's disease, ulcerative colitis, celiac disease, food allergies
- Pathophysiology of acute and chronic damage from alcohol. Treating alcohol dependence pharmacological approaches - Metabolic and nutritional aspects in alcoholic patients.

## PUBLICATIONS

### ARTICLES PUBLISHED ON MAGAZINES WITH SELECTION COMMITTEE NATIONAL AND INTERNATIONAL

Prof Farnetti has been conducting multi-center clinical studies with the role of principal investigator since 2010. Dr Farnetti as a principal investigator has been treating patients, gathering the data, and writing in English the manuscripts to be submitted for the peer-review to the editorial committee of the international journals.

Donato Paola, Rigano F, Cacciola Francesco, Schure M, Farnetti Sara, Russo Marina, Dugo Paola, Mondello Luigi. Comprehensive two-dimensional liquid chromatography-tandem mass spectrometry for the simultaneous determination of wine polyphenols and target contaminants. J Chromatogr A. 2016; 5, 1458:54-62

Marina Russo, Adriana Arigò, Maria Luisa Calabrò, Sara Farnetti, Luigi Mondello, Paola Dugo. Bergamot (Citrus bergamia Risso) as a source of nutraceuticals: Limonoids and flavonoids. Journal of Functional Foods 20 (2016) 10–19.

Meriem Mokhtar, Marina Russo, Francesco Cacciola, Paola Donato, Daniele Giuffrida, Ali Riazi, Sara Farnetti, Paola Dugo, et al. Capsaicinoids and Carotenoids in Capsicum annum L.: Optimization of the Extraction Method, Analytical Characterization, and Evaluation of its Biological Properties. Food Anal. Methods (2016) 9:1381–1390. J. Sep. Sci. 2016, 39, 2018–2027.

Marina Russo, Francesca Rigano, Adriana Arigo, Danilo Sciarrone, Maria Luisa Calabrò

Sara Farnetti, Paola Dugo, Luigi Mondello. Rapid isolation, reliable characterization, and water solubility improvement of polymethoxyflavones from cold-pressed mandarin essential oil

S. Pantò, D. Sciarrone, M. Maimone., C. Ragonese , S. Giofrè, P. Donato, S. Farnetti, L.Mondello. Performance Evaluation of a Versatile Multidimensional Chromatographic Preparative System based on 3DGC and LC-2DGC for the collection of volatile constituents. Review: Chromatogr A. 2015 ; 1417:96-103

C. Ricordi, M. Garcia-Contreras, S. Farnetti. Diet and Inflammation: Possible Effects on Immunity, Chronic Diseases, and Life Span. ACNJ. 2015; 34, (1):10-13.

Fanali C., Beccaria M., Salivo S., Tranchida P., Tripodo G., Farnetti S., Dugo L., Dugo P, Mondello L. Non-polar lipids characterization of Quinoa (Chenopodium quinoa) seed by comprehensive two-dimensional gas chromatography with flame ionization/mass spectrometry detection and non-aqueous reversed-phase liquid chromatography with atmospheric pressure chemical ionization mass spectrometry detection. J. Sep. Sci. 2015, 38, 3151–3160

Cacciola Francesco, Russo Marina, Beccaria M, Donato Paola, Farnetti Sara, Dugo Paola and Mondello Luigi. Comprehensive Two-Dimensional Liquid Chromatography Methods for Analysis of Polyphenols in Food Samples. Austin Chromatogr. 2015;2(1): 1028.

S Farnetti, MA Zocco, M Garcovich, A Gasbarrini, E Capristo. Functional and Metabolic Disorders in Celiac Disease: New Implications for Nutritional Treatment. J Med Food. 2014; 17 (11): 1159-164.

**Original manuscript and clinical research ranked in the 2014 top 10 articles ranking of the Journal of Medical Food**

S. Farnetti, N. Malandrino, Luciani D , Gasbarrini G , E. Capristo. Food fried in extra- virgin olive oil improves postprandial insulin response in obese, insulin- resistant women . J Med Food. 2011; 14 ( 3 ) :316 -21.

S. Farnetti, Functional Nutrition and Celiac Disease : beyond the gluten-free diet . Celiac News . November 2010

E. Capristo, R. Patti , N. Malandrino, S. Farnetti , A. Grieco, G. Mingrone , G. Gasbarrini Epicardial fat thickness correlates with body fat stores, insulin resistance and alanine aminotransferase in patients affected by non-alcoholic steatohepatitis (NASH). Metabolism Nutr Ther 2010; 28 (2).

E. Capristo, N. Malandrino, S. Farnetti, G. Mingrone, L. Leggio, G. Addolorato, G. Gasbarrini. Increased Serum High -Density Lipoprotein - Cholesterol Concentration in

Celiac Disease After Gluten -Free Diet Treatment Correlates With Body Fat Stores. J Clin Gastroenterol 2009.

. N. Malandrino, E. Capristo, S. Farnetti, Leggio L, L Abenavoli , Addolorato G , Gasbarrini G. Metabolic and nutritional features in adult celiac patients. Dig Dis 2008; 26 ( 2 ) :128 -33

. Aurigemma C, A Fattorossi , A Sestito, GA Sgueglia, S. Farnetti, A Buzzonetti , Infusino, R. Landolfi, G. Scambia, F. Crea, Lanza GA . Relationship between changes in platelet reactivity and changes in platelet reactivity and changes in platelet receptor expression induced by physical exercise. Thromb Res 2007; 120 (6): 901-9 .

S. Farnetti, M.E. Valera Mora, N. Malandrino, A. Iaconelli, C. Guidone, G. Gasbarrini, E. Capristo, G. Mingrone. Relationship between body composition, growth hormone and ghrelin secretion in morbidly obese subjects before and after surgically-induced weight loss RINPE 2007.

E. Capristo, N. Malandrino, S. Farnetti, G. Addolorato , G. Gasbarrini. The metabolic alteration: a risk factor for cancer. Inter Emerg Med 2006; 1 (Suppl 3) 29s - 35s .

G. Addolorato, E. Capristo, L. Leggio, A. Ferulli , L. Abenavoli , N. Malandrino, S. G. Gasbarrini, S. Farnetti . Relationship between ghrelin levels, alcohol craving and nutritional status in current alcoholic patients. Alcohol Clin Exp Res 2006; 30: 1933-37

G. Addolorato, L. Leggio, L. Abenavoli, G. Gasbarrini On behalf of the Alcoholism Treatment Study Group. Neurobiochemical and clinical aspects of craving in alcohol addiction: A review. Addictive Behaviors 2005; 30: 1290-1224. (Review Article) .

E. Capristo, L. Miele, A Forgione, V. Vero, S. Farnetti, G Mingrone, AV Greco, G. Gasbarrini, A. Grieco. Nutritional aspects in patients with non-alcoholic steatohepatitis (NASH) . Eur Rev Med Pharmacol Sci 2005; 9 (Suppl 1)

E. Capristo, G. Addolorato , S. Farnetti , G. Mingrone , AV Greco , G. Gasbarrini . Reduced plasma ghrelin concentration in celiac disease after a 1 -year gluten-free diet treatment. Scand J Gastroenterol 2005; 40: 430-436.

S. Farnetti. , E. Capristo , G. Gasbarrini . Reduction in extracellular body water in overweight women after administration of mineral water associated with a low-calorie diet. Min Gastroenterol Dietol 2004, 50 : 1-6 .

E. Capristo, G. Addolorato , S. Farnetti , G. Mingrone , AV. Greco , G. Gasbarrini . Lipid Profile Alterations in Crohn 's Disease: Role of Disease Localization and Nutrient Metabolism. Am J Gastroenterol 2004.

Addolorato G., L. Abenavoli, L. Leggio, G. Gasbarrini & Alcoholism Treatment Study Group.  
How many craving? Pharmacological aspects of craving treatment in alcohol addiction:  
review. Neuropsychobiology (Review Article) .

Addolorato G., F. Caputo, M. Bernardi, G. Gasbarrini & Alcoholism Treatment Study group .  
The treatment of alcohol abuse and alcoholism: psychosocial and pharmacological  
management. Alcoholism, European Journal of Alcohol Studies, 2003; 15: 95-104 , ( Review  
Article ).

#### **MONOGRAPHS CHAPTERS , BOOKS AND SCIENTIFIC ESSAYS**

1. S. Farnetti "Pensaci Prima" Ed 2023 Rizzoli
2. S. Farnetti "Ricette Funzionali" Ed 2020 Bur Rizzoli
3. S. Farnetti et al "Il tuo corpo ti parla" Ed 2018 RAI ERI
4. S. Farnetti "Never on a diet again. Health and longevity with precision medicine"  
Ed 2018 BUR Rizzoli
5. S. Farnetti " Everything you know about food is false " English Ed 2016 Verduci
6. S Farnetti, C Ricordi. Eating planet food and sustainability: building our future.  
Health and disease in the highly processed food era. Cap 4 . 197. Barilla Center  
for Food & Nutrition. Ed Ambiente.
7. S. Farnetti. Medicina Complementare ed Alternativa The Merck Manual of  
Diagnosis and Therapy. 19<sup>th</sup> Ed. Merck Sharp & Dohme corp. Ed Italiana  
2014.
8. S. Farnetti " Everything you know about food is false " Ed 2012 BEST BUR  
Rizzoli
- 3 S. Farnetti Functional Food The therapeutic value of human nutrition. Vol 1,  
Sec 5, Cap 55 . 487-490 In the Treaty of Internal Medicine. Giovanni  
Gasbarrini Ed 2010; Verduci (Rome) .
9. S. Farnetti, S. Nistico, I. Pulcini: "Health makes you beautiful", Ed. 2010
10. S. Farnetti " Once upon a time the usual stuff. " The virtues of food between  
taboo and false beliefs and in 2009
11. S. Farnetti Functional Food and overweight body. Cesi · Ed. 2008
12. 4<sup>th</sup> Report Update on the monitoring of the Convention on the Rights of the Child  
in Italy 2007-2008. 1.5.2. Working Group on the Rights of the Child.
13. S. Farnetti, E. Capristo. Constipation in adults and the elderly. The PEG macrogol  
4000. And Ed. 2006
14. S. Farnetti, E. Capristo. Omega 3 and cardiovascular risk. 1-8 Editeam Ed 2006
15. GB Gasbarrini, E. Capristo, S. Farnetti, G. Addolorato. Nutrition and Wellness.  
And Editeam 2005
16. E. Capristo, G. Addolorato, Greco, Gasbarrini G. & Study Group for Alcohol -  
lated disorders. Effects of chronic alcohol on energy metabolism and nutritional  
status. In Diseases of the Liver: Alcohol Abuse, Transplantation, Hypochondria,  
edited by E. Orlandelli, Ed SEU (Rome) .

17. G. Addolorato, C. Ancona, E. Capristo, G. Gasbarrini Alcoholism & Related Diseases Study Group. Alcohol and body composition. In Comprehensive Handbook of Alcohol Related Pathology, edited by Victor Preedy, Ed Elsevier Sciences (London).
18. G. Addolorato, E. Capristo, F. Caputo, G. Gasbarrini & Study Group for Alcohol – related pathologies. Effects of chronic alcohol on energy metabolism and nutritional status in Alcoholism, edited by F. Trevisani, CLUEB Ed (Bologna).
19. E. Capristo, Graziosetto, S Farnetti, Greco, G. Gasbarrini Colic Motility. Updates in Clinical Nutrition. Topics in Clinical Nutrition, 2003.

## PUBLICATIONS

### ACTIVITY OF REVIEWER FOR PEER- REVIEWED JOURNALS

1. European Journal of Endocrinology . IF 3,482
2. Journal of Medicinal Food IF 2.9
3. CellR4
4. European Review for Medical and Pharmacological Sciences

**NATIONAL AND INTERNATIONAL COMMUNICATIONS CONFERENCE**

1. A. Capristo, S. Farnetti, G. Mingrone, M. Certo, AV. Greco, G Gasbarrini. Effect of a glutamine and arginine- enriched enteral diet tratment on nutrition and metabolic characteristics and disease activity in patiens with Crohn 's disease . IX Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS), Rome, 22-26 June 2002. Dig Liv Dis 2002; 34 (Suppl. 1): A135.
2. G. Addolorato, L. Leggio, L. Abenavoli, G. Gasbarrini, Alcoholism Treatment Study Group. The craving in alcohol dependence: from the clinic to treatment. IX Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS), Rome, 22-26 June 2002 Italian Journal of the Addictions, 40: 15-30, 2003. (Review Article).
3. A. Capristo, S. Farnetti, G. Mingrone, Greco AV, Gasbarrini G. Increase in serum high-density lipoprotein -cholesterol level in patiens celiac disease after treatment with a gluten free diet : a longitudinal study . IX Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS). Rome , 22-26 June 2002 . Dig Liv Dis 2002; 34 ( Suppl. 1): A33 .
4. E. Capristo, S. Farnetti, M. Certo, G. Addolorato, L. Leggio, G. Delorenzi Abenavoli L., A. Ferrulli, G. Mingrone, AV Greco, G. Gasbarrini. Reduced plasma ghrelin concentration in celiac disease after gluten-free diet treatment. X Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS); Centro Congressi Lingotto, Turin, 23-24<sup>th</sup> March 2004. Dig Liv Dis 2004; 36 (Suppl.2).
5. E. Capristo, S. Farnetti, G. Addolorato, L. Leggio, G. Delorenzi, L. Abenavoli, ME D'Angelo Di Paola, G. Mingrone, A.V. Greco, G. Gasbarrini. Relationship between circulating leptin , inflammatory activity and insulin sensitivity in patients with Crohn's disease. X Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS); Centro Congressi Lingotto, Turin, 23-24<sup>th</sup> March 2004. Dig Liv Dis 2004; 36 (Suppl.2).
6. L. Leggio, L. Abenavoli , G. Delorenzi , A. Parente , A. Ferrulli , ME D'Angelo Di Paola, S. Farnetti, L. Ghaeni, D. Judas, G. De Rossi, V. Valenza , M. Domenicali, F. Caputo, E. Capristo, G. Addolorato, G. Gasbarrini . Regional cerebral hypoperfusion in patients with celiac disease. X Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS) ; Centro Congressi Lingotto , Turin , 23-24 March 2004 . Dig Liv Dis 2004; 36 ( Suppl.2 ) .
7. Abenavoli L., L. Leggio, G. Delorenzi , A. Parente, A. Ferrulli , ME D'Angelo Di Paola, S. Farnetti , E. Capristo , L. Ghaeni , M. Rolls, GL Rapaccini , Addolorato, G. Gasbarrini. Rapid regression of severe psoriasis in a celiac patient after gluten-free diet. X Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS); Centro Congressi Lingotto, Turin, 23-24 March 2004. Dig Liv Dis 2004; 36 (Suppl.2).
8. Abenavoli, L. Leggio, G. Delorenzi , A. Parente, A. Ferrulli , ME D'Angelo Di Paola, S. Farnetti, L. Ghaeni, F. Caputo, E. Capristo, GL Rapaccini, G. Gasbarrini, G. Addolorato. A case of alcohol delirium tremens by baclofen administration Rapidly suppressed. X Congress of the National Federation of Digestive Diseases (aigo - SIED - GETS); Centro Congressi Lingotto, Turin, 23-24 March 2004. Dig Liv Dis 2004; 36 ( Suppl.2 ) .
9. Addolorato G., L. Abenavoli, L. Leggio, G. Delorenzi, A. Parente, A. Ferrulli , ME D'Angelo Di Paola, S. Farnetti, E. Capristo, L. Ghaeni, M. Rolls, GL Rapaccini, G. Gasbarrini. A case of severe psoriasis associated with celiac disease: rapid regression of skin lesion after gluten-free diet . XI International Symposium on Coeliac Disease . Waterfront Hall, Belfast, Northen Ireland, 28-30<sup>th</sup> April 2004.
10. Addolorato G. , L. Leggio, L. Abenavoli , G. Delorenzi , A. Parente , A. Ferrulli , ME D'Angelo Di Paola , S. Farnetti , L. Ghaeni , D. Judas , G. De Rossi , V. Valenza ,

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11. Abenavoli L. , L. Leggio, G. Delorenzi , A. Parente , A. Ferrulli , ME D'Angelo Di Paola, C. D'Angelo, L. Vonghia, S. Farnetti , E. Capristo , I. Proietti, M. Rolls, GL Rapaccini, Addolorato, G. Gasbarrini . Association between celiac disease and psoriasis : a case of rapid regression of skin manifestations after a gluten free diet .105<sup>th</sup> Congress of the Italian Society of Internal Medicine ( SIMI ), Palermo, 23-26<sup>th</sup> October 2004, Italian abstract in Annals of Internal Medicine, 19 ( Suppl. 2): S87, 2004.
  12. Abenavoli L., L. Leggio, G. Delorenzi, A. Parente, ME D'Angelo Di Paola, C. D'Angelo, L. Vonghia, S. Farnetti, F. Caputo, E. Capristo, GL Rapaccini, G. Gasbarrini, G. Addolorato. Rapid suppression of delirium tremens by baclofen in an alcohol -dependent patient.105<sup>o</sup> Congress of the Italian Society of Internal Medicine (SIMI), Palermo , 23-26th October 2004, Italian abstract in Annals of Internal Medicine, 19 (Suppl.2): S87, 2004.
  13. L. Leggio L. Abenavoli , Delorenzi G. , C. D'Angelo , A. Parente, A. Ferrulli, E. Capristo, S. Farnetti , T. De Michele , C. Zuppi , D. Gui, GL Rapaccini, Addolorato G. , G. Gasbarrini .Normalization of serum CA 125 level after Denver shunt placement in cirrhosis with refractory ascites : a case study. 105<sup>o</sup> Congress of the Italian Society of Internal Medicine ( SIMI ), Palermo , 23-26<sup>th</sup> October 2004, Italian abstract in Annals of Internal Medicine , 19 ( Suppl. 2): S97 , 2004.
  14. S. Farnetti, E. Capristo , M. Certo, Addolorato G. , L. Abenavoli , L. Leggio , N. Malandrino, G. Delorenzi Mingrone G., G. Gasbarrini. Reduced plasma ghrelin concentration in celiac disease after gluten-free diet treatment.105<sup>o</sup> Congress of the Italian Society of Internal Medicine ( SIMI ), Palermo, 23-26<sup>th</sup> October 2004, Italian abstract in Annals of Internal Medicine, 19 ( Suppl. 2): S16, 2004. (Researcher Award)
  15. S. Farnetti, A. Capristo, G. Addolorato, L. Leggio, L. Abenavoli, Delorenzi G., G. Mingrone, G. Gasbarrini. Relationship between circulating leptin, inflammatory activity and insulin sensitivity in patients with Crohn 's disease. 105<sup>o</sup> Congress of the Italian Society of Internal Medicine ( SIMI ), Palermo , 23-26<sup>th</sup> October 2004, Italian abstract in Annals of Internal Medicine, 19 ( Suppl. 2): S3, 2004. (Oral presentation)
  16. E. Capristo, S. Farnetti., AI Reduced plasma ghrelin concentration in celiac disease after gluten-free diet treatment. ECACN IV Annual Meeting, Rome, 6-7<sup>th</sup> November 2004 Abstract in European Chapter of the American College of Nutrition, 42-43 , 2004
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19. E. Capristo \*, S. \* Farnetti , W.F. ° Guglielmi , G. Mingrone \*, S. Mazzuoli ° , N ° Regano , Fregnan ° S., G. Gasbarrini \* Reduced plasma ghrelin concentration in patients with Inflammatory Bowel Disease . SINPE monothematic meeting, Palermo 11 to 13 November 2004; Italian Journal of Parenteral and Enteral Nutr, Year 22 , 3:156 , 2004.
20. E. Capristo , A. Forgione, V. Vittoria , L. Miele , Diana M. , S. Farnetti, G. Gasbarrini . A. Greco . Body composition and nutrient utilization in patients with Hepatitis Non-Alcoholic steatohepatitis (NASH) . AASLD 55th Annual Meeting, Boston, 29 to 2 November 2004. Dig . Liv . Dis .
21. E. Capristo , S. Farnetti , W.F. Guglielmi , G. Mingrone, S. Mazzuoli, N. Regano , Fregnan ° S. , G. Gasbarrini \* Reduced plasma ghrelin concentration in patients with Inflammatory Bowel Disease . XI National Congress of Digestive Diseases, Genoa 12 to 16<sup>th</sup> March 2005.
22. L. Leggio, L. Abenavoli , G. Loudianos , A. Ferrulli , C. D'Angelo , L. Vonghia, A. Miriello , M.B. Lepori , N. Malandrino, S. Farnetti , E. Capristo , GL Rapaccini, S. De Virgiliis , Addolorato G. , G. Gasbarrini. A new mutation of the Wilson 's disease ATP7B gene and genotype- phenotype in Hypotheses correlation. 106th Congress of the Italian Society of Internal Medicine ( SIMI ), Rome 18-21 October 2005; Italian abstract in the Annals of Internal Medicine
23. L. Leggio, L. Abenavoli , L. Vonghia , A. Ferrulli , C. D'Angelo , A. Mirijello, S. Cardone , N. Malandrino, S. Farnetti , E. Capristo , G. Schinzari , V. Arena, L. Perrone , F. Citterio , L. Bonomo , A. Capelli, C. Barone, G. Addolorato , G. Gasbarrini . Primary renal angiosarcoma : a case report of a rare malignancy. 106° Congress of the Italian Society of Internal Medicine ( SIMI ), Rome 18-21 October 2005; Italian abstract in the Annals of Internal Medicine.
24. S. Farnetti . R. Crocchiolo , AM Favuzzi , E. Capristo , R. Landolfi . Paraplegia as the first clinical manifestation of hepatocellular carcinoma : a case report. 106° Congress of the Italian Society of Internal Medicine ( SIMI ), Rome 18-21 October 2005; Italian abstract in the Annals of Internal Medicine.
25. S. Farnetti . Pseudoceliachie : pathophysiological and therapeutic distinctions with celiac disease . VIIIth Congress of Nutritional Biotherapy ; Rome , 10-11 June 2006 ; abstract in Proceedings of the VIII Conference of Nutritional Biotherapy.
26. S. Farnetti , M.E. Valera Mora , N. Malandrino, A. Iaconelli , C. Guidone, G. Gasbarrini, E. Capristo, G. Mingrone. Relationship between body composition, growth hormone and ghrelin secretion in morbidly obese subjects before and after surgically -induced weight loss . SINPE 2006.
27. E. Capristo, N. Malandrino, S. Farnetti , G. Addolorato , G. Gasbarrini . The metabolic alteration: a risk factor for cancer. 107° Congress of the Italian Society of Internal Medicine (SIMI), 2006; Italian abstract in the Annals of Internal Medicine.
28. E. Capristo, S. Farnetti. AISF
29. S. Farnetti: Metabolic disorders and cancer risk. IX Conference of Nutritional Biotherapy; Rome, 18-19<sup>th</sup> May 2007; abstract in Proceedings of the XI Congress of Nutrition Bioterapious.

30. S. Farnetti. Hemorrhoids: functional disorder . IX Conference of Nutritional Biotherapy; Rome , 18-19<sup>th</sup> May 2007; abstract in Proceedings of the XI Congress of Nutritional Biotherapy.
31. S. Farnetti, N. Malandrino, E.Capristo, G Gasbarrini. Extra virgin olive oil fried food improves post- prandial glycemic and insulinemic response in obese subjects . ESPEN Florence 13-16 September 2008; abstract in Clin Nutr 2008; 3 (S1) :30 -31.
32. S. Farnetti . XXIX National Congress AIDM: the gender medicine . The food that you care. The answer to the complexity of Functional Food. Rome, March 22<sup>nd</sup>, 2009
33. S. Farnetti . International Seminar " The ODD DAYS - DAY THE ODDS ", " The Best Practices of Social Care and Prevention of Eating Disorder ." Ministry of Health, Ministry of Youth under the Memorandum of Understanding Gaining Health. Todi 2009
34. S. Farnetti . Conference: Celiac disease and epidemiological science , new approaches. Ministry of Health, Public Health Department , nutrition and food safety, the Directorate-General food safety and nutrition. Functional Nutrition : beyond the gluten-free diet. Rome June 9, 2010
35. S. Farnetti . Congress SeVicol . The cook health promoter in catering . The other side of the pyramid: selection, preparation, cooking and combination of foods. Rome, February 28, 2011.
36. S. Farnetti . Second edition: in gluten-free cooking . AIC Lazio. Besides the diet gluten : the m of foods. Rome March 25, 2011
37. S. Farnetti. XXXIII National Congress A.Na.S.Me.S " physical and sporting activities: eating for wellness ." Osteoporosis and Intervention Functional nutrition . Chieti 28 to 29 May 2011; abstract and report on acts.
38. S. Farnetti. Conference on " Tourism and Celiac a possible combination . Fine Dining, accessible . " March 29, 2012 in Syracuse. Sponsored AIC and SISA .
39. S. Farnetti. Conference " Food quality and safety, promotion of tourism enogastronomico " April 13, 2013 in Syracuse. Sponsored AIC and SISA .
40. S. Farnetti . Conference Week of Good Living . League COOP. When food makes you beautiful. The psychology of form. October 3, 2013 Forli
41. S.Farnetti. Ministry of Health - Working table conference. The most significant legacy of Italy's Universal Expo: the first draft of the "Milan Charter", a proposed global agreement to ensure access to safe, healthy food for everyone." February 7, 2015 EXPO Milan
42. S.Farnetti. Ministry of Agricultural. Working table conference. Go to Milan Carte. April 2015, EXPO Milan
43. S. Farnetti. Conferences. Feeding the planet in health. *A High- Level International Meeting convened by the Ministry of Health to focus on Nutrition.* October 27 -28 2015 EXPO Milan
44. S. Farnetti. Ministry of Health - Working table conference. National Women Health Day. 22 April, 2016 Rome

## ADDITIONAL INFORMATION

### **RADIO AND TELEVISION (TV) PRESENCES**

#### TV

Tg 1 RAI, Tg 2 - Costume e Società RAI 2, Cibo e dintorni- RAI 2, Porta a Porta RA1, Uno Mattina Estate RAI 1, Uno Mattina RAI 1, Buongiorno Benessere - RAI 1, Diario Di Famiglia- RAI 3, L'aria che tira - L7, Domenica IN –RAI 1

#### Radio

RDS , Decanter : Radio 2 , Essere e Benessere: Radio 24

Creator, author and producer of a cartoon for from 6 to 10 years old

"Food Wizards" Rai Yo Yo and Netflix

### **Consultant Nutritionist**

2009 – 2024 TV SHOW and RADIO

2015 – 2016 Scola Cantorum, Roma

2015 – 2024 Luiss Business school, Rome

### **PRESS RELEASE**

- Magazines: weekly "Di Tutto", monthly "Top Health" monthly "Il Cuoco," monthly "StarBene," monthly "Vivere Light" monthly "Occhio alla spesa."

- Collaborations newspapers and magazines: LA REPUBBLICA, LA NAZIONE, IL CORRIERE DELLA SERA, IL MESSAGGERO, magazine "Readers Digest" magazine "D Più" magazine "Donna Moderna" monthly "Donna al Top," monthly "Marie Claire", "TASTE" monthly "Effe" monthly "Silhouette" , weekly "Viver Sani E Belli," monthly "Ok Salute", monthly. "Vanity Fair".

- Main presences on Web portals, collaboration sites: yahoo.it, reuters health, tempo.it, repubblica.it, libero.it, vanityfair.it, vogue.it, marie claire.it, panorama.it;