HIGHER TRAINING COURSE
IN SYSTEMS MEDICINE

FIRST LEVEL COURSE – ACADEMIC YEAR 2013

Metabolic reaction and Functional regulation in chronic pathologies.

From physiopathology of interconnected systems to the healing of mind-body unity.

Diagnostic method and therapeutic strategy.

This course has earned 50 CME credits
Systems Medicine

*Health means dynamic stability through change.*

The philosophy of Systems Medicine stems from the development of new “epistemes”, knowledge-based theories grounded in unexpected scientific discoveries as well as innovative research in the fields of Biology, Physics, Chemistry, Psychology and Medicine. The Systems paradigm epitomizes the contemporary abandonment of the fragmented mechanistic interpretation of reality (linear theory of cause-effect relationship) for a unitary vision of a “togetherness” in life and living systems (complexity theory).

Systems Medicine provides an innovative model of the health-disease-healing relationship, an in-depth revision of the diagnostic guidance as well as multiple strategies in therapeutic planning, particularly useful in the treatment of chronic illnesses.

Chronicity – an increasingly frequent aspect of a physician’s daily clinical experience – stands out as a “complex” phenomenon, constituted by multi-causal physiopathological interconnections that necessitate the transformation of medical practice toward a systemic approach. According to Systems Medicine, the human being is a complex combination of functionally interrelated cells, organs, apparatuses, processes and functions, integrated and organized according to various levels of complexity, with each level continuously communicating with and helping each other, so as to preserve their common goal of survival. Constant interactions resulting in an extraordinary power to generate emergent and evolutionary properties (*autopoiesis*).

Systems Medicine views life and health as a result of a condition of dynamic stability, thanks to the capability of constantly adapting oneself to the stimuli from the environment (food, breathing, relationships with the ecosystem, inner dialogue, social relations) and by maintaining the structural stability through change (allostasis). The adaptive response, based on physiological mechanisms of inflammatory reaction, generates both variations in the neuro-immuno-endocrine structure and on the nutritional status. The adaptive
inflammatory reaction may assume physiological traits (homeostasis and allostatic load) or dysfunctional traits (allostatic overload), both locally and on a systemic level (chronic systemic low grade inflammation). If a stress-generating stimulus happens to be persistent, or if numerous weak stimuli occur to add up in time, the chronic inflammatory reaction ends up causing progressive alterations: phlogistic-metabolic ones (PHLOGOTYPOLGY) as well as ones on nutritional status (DYSNUTRITIONAL BIOTYPOLGY).

In Systems Medicine, the diagnostic reference model is therefore directly linked to identifying the phase of inflammatory reaction and regulation as well as checking up on the nutritional status.

Systems Medicine recommends a medical practice not only confined to the symptoms, to the peripheral physiology or to the “type” of system elements (genetic constitutional structure), but able to propose multi-causal “systemic” interventions, meaning interventions on aspects of the whole “man-system,” able to act on all the processes: interactions with the environment (metabolism), external “inputs” (stressors), supplied energy (nutrition, respiration), adaptation (psycho-neuro-immuno-endocrine system) and relations (learning, representation and memory; emotions and cognitive models).

It suggests innovative models for therapeutic strategy, aimed at restoring reactive ability (metabolic, structural, energetic) as well as at recovering the capability of psycho-neuro-immuno-endocrine regulation utilizing therapeutic tools like supplements and therapeutic nutrition (biochemical substance), low molecular weight pharmacology (biophysical substance), information therapy (quantum substance), doctor-patient communication (relationship substance) and counseling (substance of intention: awareness and responsibility in healing).
AIMES ASSOCIAZIONE ITALIANA DI MEDICINA SISTEMICA, a non-profit organization, was created to represent, propose and to publicize the culture of systemic thinking and the epistemological model of diagnosis and therapy in Systems Medicine. By creating and promoting public events like round-table discussions and seminars as well as by sponsoring and organizing educational events provided by the SCUOLA SUPERIORE DI FORMAZIONE IN MEDICINA SISTEMICA (HIGHER TRAINING COURSE IN SYSTEMS MEDICINE).

HIGHER TRAINING COURSE IN SYSTEMS MEDICINE

The educational events sponsored by AIMES and provided by the Scuola Superiore di Formazione in Medicina Sistemica in 2013 are:

- INTRODUCTORY COURSE IN SYSTEMS MEDICINE: STRESS, NUTRITION AND CHRONIC DISEASES One Saturday, free CME event
- FIRST LEVEL COURSE IN SYSTEMS MEDICINE CME event a fee
- MASTERCLASS IN SYSTEMS CLINICAL MEDICINE
  One or more weekends, CME events with a fee, specific to various clinical branches. They include:

  1- Branch of Mucosal Immune System (dysbiosis, food intolerance, IBD – Inflammatory Bowel Disease, chronic mucositis, allergic syndromes, clinical indications of pre- and pro-biotics, herbal supplements, nutraceuticals and “low-dose” pharmacology, etc)
2- Branch of Psycho-Neuro-Immune System (anxiety disorders, reactive depression, behaviour disorders, chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity, clinical indications of herbal supplements, nutraceuticals and “low-dose” pharmacology, etc.)

3- Branch of Endocrine-Metabolic and Vascular System (oxidative stress, plurimetabolic syndrome, cerebral vascular degeneration, clinical indications of herbal supplements, nutraceuticals and “low-dose” pharmacology, etc.)

4- Branch of Turnover System (environmental toxic overload, alterations in extracellular matrix remodeling, slowdown in the purification organs of the emunctories, clinical indications of herbal supplements, nutraceuticals and “low-dose” pharmacology, etc.)

5- Branch of “Healthy Aging and Longevity” (inflammatory degenerative diseases and cancer, dysnutrition, anti-ageing nutrition and nutraceuticals, preventive lifestyle medicine, aesthetic and anti-ageing medicine, clinical indications of herbal supplements, nutraceuticals and “low-dose” pharmacology, etc.)

6- Branch of doctor-patient relationship (quality demand, empathy, definition and sharing of therapeutic goals, establishing a therapeutic alliance, feedback evaluation and management, etc.)
FIRST LEVEL COURSE IN SYSTEMS MEDICINE
WHY

Our current lifestyle is marked by our non-stop daily fight with unexpected stress associated with bad nutritional behaviours, as well as food laden with toxic ingredients, altered absorption biorhythms, low-nutrition food, in addition to food of the “fast” and “junk” variety: all this produces obesity, energy loss, chronic inflammation and premature aging. These dysfunctional phenomena result in various chronic illnesses, statistically amounting to three-quarters of all hospital visits and increasingly creating serious problems in therapeutic management. Clearly standing out is the need for a global systemic approach to address health and medical issues, based on multi-causal therapeutic strategies that adhere to the natural “logic” of reinstating metabolic reaction as well as psycho-neuro-immuno-endocrine regulation (integrative biological therapies).

Equally indispensable is highly qualified training, in order to provide diagnostic as well as prescriptive skills, in tune with the latest and effective scientific results in the fields of nutrition, dietetics, nutraceuticals, herbal supplements and “low-dose” pharmacology.

THE FIRST LEVEL COURSE IN SYSTEMS MEDICINE, addressed to physicians and nutrition biologists, provides innovative and ready-to-use models of diagnosis and integrated therapeutic strategies, highly effective in the treatment of chronic pathologies, in the recovery of well-being, the prevention of systemic inflammation and aging, as well as in the strengthening of energy supplies for long-term health.
# FIRST WEEKEND

## ALLOSTASIS AND METABOLISM

### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 AM — 09.15 AM</td>
<td>Registration for participants</td>
</tr>
<tr>
<td>09.15 AM — 11.00 AM</td>
<td><strong>First Session</strong></td>
</tr>
<tr>
<td></td>
<td>Vital Force, Reactivity and Health: from ancient medical knowledge to modern scientific research</td>
</tr>
<tr>
<td></td>
<td>The systemic model of thinking: environment, man and the five levels of being</td>
</tr>
<tr>
<td></td>
<td>Health as capability of dynamic adaptive stability</td>
</tr>
<tr>
<td>11.00 AM — 11.15 AM</td>
<td>Break</td>
</tr>
<tr>
<td>11.15 AM — 1.00 PM</td>
<td><strong>Second Session</strong></td>
</tr>
<tr>
<td></td>
<td>Systems Medicine: toward a modern definition of disease</td>
</tr>
<tr>
<td></td>
<td>The strategic model of healing seen through Systems Medicine</td>
</tr>
<tr>
<td></td>
<td>Allostasis: metabolic reaction and regulation of the neuro-immuno-endocrino-metabolic system (NIEM)</td>
</tr>
<tr>
<td></td>
<td>Multi-factorial etiopathogenesis in time-space dimension of disease</td>
</tr>
<tr>
<td>1.00 PM — 2.30 PM</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>2.30 PM — 4.00 PM</td>
<td><strong>Third Session</strong></td>
</tr>
<tr>
<td></td>
<td>Inflammation and evolutionary models of chronicity in Systems Medicine</td>
</tr>
<tr>
<td></td>
<td>The circadian remodeling of the extracellular matrix</td>
</tr>
<tr>
<td></td>
<td>Importance of Metabolic Phlogotypology and of Nutritional Status</td>
</tr>
<tr>
<td></td>
<td>Healthy longevity: critical factors</td>
</tr>
<tr>
<td>4.00 PM — 4.15 PM</td>
<td>Break</td>
</tr>
</tbody>
</table>
4.15 PM — 6.00 PM  
**Fourth Session**
- Edibles and nutrition density: food as a “signal”
- Base metabolism and metabolic response
- The metabolic role of micronutrients
- Water as a biochemical and biophysical signal

---

SUNDAY

09.15 AM — 11.00 AM  
**Fifth Session**  
THE INTOXICATED PHLOGOTYPE
- The environmental contaminants
- Toxic food ingredients: pesticides and additives
- Physiopathology of detox systems

11.00 AM — 11.15 AM  
**Break**

11.15 AM — 1.00 PM  
**Sixth Session**
- De-congestion therapy and stimulus to emunctories
- The activation of lymphatic and vascular circulation
- The anti-toxic diet
- The therapeutic modulation of inflammation
# EXTRACELLULAR MATRIX AND PNEI REGULATION

## SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.15 AM — 11.00 AM</td>
<td><strong>Seventh Session</strong>&lt;br&gt;THE OXIDATED NUTRITIONAL STATUS&lt;br&gt;Functions and dysfunctions of cell membrane&lt;br&gt;Physiopathology of redox systems&lt;br&gt;Oxidative nutrition and anti-oxidating regulative nutrition&lt;br&gt;The anti-oxidating nutraceutical strategy</td>
</tr>
<tr>
<td>11.00 AM — 11.15 AM</td>
<td><strong>Break</strong></td>
</tr>
<tr>
<td>11.15 AM — 1.00 PM</td>
<td><strong>Eight Session</strong>&lt;br&gt;Stress: response and physiological regulation&lt;br&gt;Stress, chronic inflammation and consequences for metabolism&lt;br&gt;Focal chronic inflammation and dysfunctions in the remodeling of the extracellular matrix</td>
</tr>
<tr>
<td>1.00 PM — 2.30 PM</td>
<td><strong>Lunch Break</strong></td>
</tr>
<tr>
<td>2.30 PM — 4.00 PM</td>
<td><strong>Nine Session</strong>&lt;br&gt;The anti-phlogistic regulation diet&lt;br&gt;Therapeutic modulation of focal chronic inflammation&lt;br&gt;Therapeutic regulation drainage of extracellular matrix&lt;br&gt;Preventive micro-immuno-modulation</td>
</tr>
<tr>
<td>4.00 PM— 4.15 PM</td>
<td><strong>Break</strong></td>
</tr>
</tbody>
</table>
### Tenth Session
**THE ACIDIFIED NUTRITIONAL STATUS**
- Acid-base imbalance and alterations in the remodeling of extracellular matrix
- The acid-base diet
- Use of alkalinizing supplements

### SUNDAY

#### Eleventh Session  **THE DYSBIOTIC PHLOGOTYPE**
- The genesis of health: the mucose immune system (MALT)
- Symbiotic flora and intestinal micro-environment
- Allergies and food intolerance: myth and reality

#### Break

#### Twelfth Session
**Intestinal dysbiosis and chronic mucositis**
- The “leaky gut syndrome”
- Nutrition, nutraceuticals and intestinal regulation therapy: the 6S strategy
### SATURDAY

**09.15 AM — 11.00 AM**  
*Thirteenth Session*  
**THE NEURO-IMMUNE STRESSED PHLOGOTYPE**  
- Deficit of adaptive capability: the Chronic Stress Syndrome  
- Metabolic and psycho-neuro-immuno-endocrine consequences of chronic stress  
- Multifocality and Systemic Inflammation  
- Symptoms and diagnosis of Chronic Stress Syndrome  
- An example of neuro-immune stress: Fibromyalgia

**11.00 AM — 11.15 AM**  
*Break*

**11.15 AM — 1.00 PM**  
*Fourteenth Session*  
- The Multiple Chemical Syndrome  
- Diet and regulation therapy for neuro-immune stress

**1.00 PM — 14.30**  
*Lunch Break*

**14.30 — 16.00**  
*Fifteenth Session*  
**THE DYSMETABOLIC STRESSED PHLOGOTYPE**  
- Chronic stress and dysfunctions of glycidic metabolism  
- Glycemic index and individual phlogotypical glycemic response  
- The protein glycation  
- Stasis in the remodeling of extracellular matrix, hypertrophy and hyperplasia  
- Intercellular metabolic alterations

**16.00 — 4.15 PM**  
*Break*
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.15 PM — 6.00 PM</td>
<td><strong>Sixteenth Session</strong></td>
<td>The Pluri-metabolic Syndrome</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SUNDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09.15 AM — 11.00 AM</td>
<td><strong>Seventeenth Session</strong></td>
<td>The Endocrine-Metabolic regulation diet</td>
</tr>
<tr>
<td>11.00 AM — 11.15 AM</td>
<td><strong>Break</strong></td>
<td></td>
</tr>
<tr>
<td>11.15 AM — 1.00 PM</td>
<td><strong>Eighteenth Session</strong></td>
<td>Regulative nutraceuticals for systemic phlogosis</td>
</tr>
<tr>
<td></td>
<td></td>
<td>“Low-dose” pharmacology for the modulation of the immune system in systemic phlogosis</td>
</tr>
</tbody>
</table>
FOURTH WEEKEND

AUTOIMMUNE AND DEGENERATIVE PHLOGOSIS

Saturday

09.15 AM — 11.00 AM  Nineteenth Session
Physiopathology of chronic autoimmune phlogosis
“Low-dose” therapy of PNEI rehabilitation in autoimmune pathologies

11.00 AM — 11.15 AM  Break

11.15 AM — 1.00 PM  Twentieth Session
THE CARENTIAL NUTRITIONAL STATUS
Food, enzymatic deficiencies, digestive insufficiency and assimilation deficit
Nutraceuticals: the metabolic rehabilitation of energetic processes

1.00 PM — 14.30  Lunch Break

14.30 — 16.00  Twenty-first Session
Endocrine-metabolic alterations of the turnover process and progressive loss of fat-free mass
Therapeutic strategies with essential amino acids supplements
Systemic calcification and osteoporosis
Vitamin D and its multi-dimensional therapeutic and protective role

16.00 — 4.15 PM  Break

4.15 PM — 6.00 PM  Twenty-second Session
Bio energetic nutrition: the five therapeutic powers of food
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 09.15 AM — 11.00 AM | **Twenty-third Session**  
THE DEGENERATIVE PHLOGOTYPE
Recapitulatory guidelines of nutrition therapy in chronic degenerative pathologies  
Specific “low-dose” pharmacology in chronic degenerative pathologies  
Modified fast: a chance in regulation therapy |
| 11.00 AM — 11.15 AM    | **Break**                                                              |
| 11.15 AM — 12.30 AM    | **Twenty-fourth Session**  
The detoxification strategy in oncological therapies  
The support nutrition therapy and the role of nutraceuticals in oncology [oncological issues] |
| 12.30 AM — 1.00 PM     | **Course summary**  
Evaluation, processing and handing out of CME questionnaires – Handing out of diplomas |
Educational background of Dott. Giampiero Di Tullio

Specialist in: Hygiene and Preventive Medicine. Nutritional Sciences and Dietetics

Consultant in: Homeopathy, Homotoxicology and Integrative Medicine

Master’s Degree in Medicine in 1978; Specialty in Hygiene and Preventive Medicine, Nutritional Sciences, Homeopathy, Homotoxicology; achieved clinical proficiency at the Department of General Medicine at Ospedale di Pesaro. He later practiced as a family physician for more than 26 years in Pesaro, meanwhile devoting himself to extensive study during numerous research trips, in order to re-explore ancient philosophies and medical practices. In the 1990s, he developed a personal “way” to Nutrition and Medicine, integrating modern scientific knowledge with ancient medical traditions. Formerly an academic at the Università della Calabria and at the Università di Bologna, he has been carrying out an intense teaching activity in the fields of medicine, nutrition and dietetics for more than 20 years. He works with various medical and scientific organizations, with the responsibility of planning original innovative educational paths aimed at nutritional, biological and systemic therapy of chronic illnesses and oriented in training physicians and healthcare professionals in Italy and abroad. He also conducts conferences and courses in nutrition education as well as natural medicine, offering a systemic and non-conventional vision of the health-disease-healing relationship. He practices as a consultant in therapeutic nutrition, homeopathy and homotoxicology in Milan, Bologna, Pesaro.

www.dottorditullio.it
info@dottorditullio.it

BOLOGNA at Hotel Europa,
Via Cesare Boldrini, 11
March 8-9, 2014
April 5-6, 2014
May 10-11, 2014
May 24-25, 2014

Registration fee:
(up to January 31st, 2014) 400,00€ + vat
(after January 31st, 2014) 500,00€ + vat

COURSES ORGANIZER
GIANNI AGOSTINELLI
MOB. 348 3646505
gianni.agostinelli@medicinasistemica.it

ADMINISTRATIVE OFFICE
ELISABETTA RIBICHINI
MOB. 334 1375164

PROVIDER
AKESIOS MARKETING & EVENT
Via A.Viola, 9 43126 Parma
Tel.: +39 0521 647705
Fax: +39 0521 1622061
www.akesios.it – info@akesios.it