

## THE PROFESSIONAL MEETINGS OF THE SANA ACADEMY 2018

**For the thirtieth edition of SANA, the International Exhibition of Organic and Natural Products, due to take place in Bologna from 7-10 September, five training events have been organised by BolognaFiere as part of the SANA Academy.**

**The focus of debate will be on biotechnologies and cosmetics, vegetarian diet and health, probiotics and prebiotics, nutrition and longevity, botanicals and foods for gastrointestinal disorders.**

Training for the operators and professionals from the sector plays a central role at **SANA**, which this year will include 5 conventions, which are open to operators from the sector as well as the general public, on **Saturday 8 and Sunday 9 September** in the Sala Bolero of the **Bologna Exhibition Centre**.

The new edition of SANA Academy will open with the meeting **“Biotechnologies: a new model in the production of ingredients for natural and sustainable cosmetics”** on Saturday 8 September at 9.45am.

**Stefano Manfredini** (President of the School of Pharmacy and Health products at the University of Ferrara and Director of COSMAST, the Masters programme in Science and Technology of Cosmetics), **Elena Sgaravatti** (CEO of Demethra Biotech) and **Silvia Vertuani** (vice-director of COSMAST) will speak on the theme of using biotechnologies for the production of cosmetic ingredients from a perspective of sustainability and eco-compatibility. A direction that, in line with the public's growing awareness and informed consumption also when it comes to cosmetics, opens the door to important innovative scenarios and the safeguarding of biodiversity; a key example of this being Hyaluronic acid.

Scheduled for 12 midday is the convention **“Botanicals and foods as coadjuvants for disorders in the gastrointestinal apparatus: from tradition to innovation”**, led by **Mario Dell'Agli** (associate professor of Pharmacognosy and Herbal medicine at the University of Milan, department of Pharmacological and Biomolecular Science and vice-president of the degree course in Herbal Science and Technology) and **Enrico Sangiovanni** (professor of pharmacognosy at the department of Pharmacological and Biomolecular Science at the University of Milan).

The two professors are tasked with presenting the vegetable-based products for the treatment of problems in the gastro-intestinal tract, such as digestion aids, laxatives, anti-haemorrhoidals and anti-emetics, which have been scientifically proven to be effective. Also mentioned will be polyphenols (flavonoids and tannins, but also iridoids, lignans and saponins), which, if incorporated into the diet or taken as food supplements, are capable of playing a key role in the prevention of typical pathologies of the gastrointestinal apparatus.

The in-depth events continue in the afternoon at 3pm with **Marina Elli** (Co-founder of AAT-Advanced Analytical Technologies – a spin-off of the University Cattolica del Sacro Cuore in Piacenza) with **“Probiotics and prebiotics: characteristics and properties, qualities, biological activities and modalities for correct usage”**. Also in this case the focus will be on the intestinal apparatus and how to keep it healthy through the analysis of these microorganisms and an investigation of how to maintain their biological availability and effectiveness.

On Sunday morning at 9.45am **Iacopo Bertini** (vice president of the Italian Association of Nutritionists; a member of SINU-Italian Society of Human Nutrition and promoter of the study group into vegetarian diets involving Italy's leading experts on the subject) will be talking about **“Vegetarian diets for health, sport and pathologies”**.

The purpose of the seminar will be to highlight the benefits of such a dietary choice, which is becoming increasingly widespread, in the diverse physiological conditions of life, for those who practice physical

activity in addition to the clinical implications in the prevention and treatment of the main chronic degenerative pathologies.

SANA Academy will conclude, finally, with the convention at 12 midday entitled “**Nutrition and Longevity – the relationship between chronic illnesses and diet**”.

**Mario Mirisola** (professor of Biology and Genetics at the University of Palermo, colleague of Dr. Valter Longo in the study and development of the project “Dieta Mima Digiuno”, will tackle the relationship between diet and the regulation of some of the metabolic pathways.

In alternative to restricting calorie intake – a dietary regime involving a reduction of around 40% of calories assumed compared with those considered normal that has many benefits but is difficult to sustain and can have many side effects – Mirisola will first analyse the option of intermittent fasting and secondly that of a nutritional plan that lasts 5 days that produces the metabolic effects of fasting but without the need to eliminate all nutrients. The model has been the subject of study in numerous clinical trials, but some investigations have already highlighted how such a dietary regime is capable of reducing arterial pressure, fasting blood glucose, body weight and the IGF1 hormone, all risk factors for chronic degenerative illnesses.

The complete programme and the abstracts of the speeches are available on the website: [goo.gl/CH2GXb](http://goo.gl/CH2GXb)

#### **Website**

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

#### **Social Media**

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