

Sara Farnetti, MD, Ph.D

Specialist in Internal Medicine

Ph.D. in Metabolism and Nutrition Pathophysiology

Ph.D. in Chemical Sciences and Pharmaceutical and Nutraceutical Technologies

Sara Farnetti, medical doctor and pioneering researcher, graduated with honors in Medicine and Surgery from the Catholic University of the Sacred Heart in Rome.

Recognizing the intricate interplay of nutrition and health, she specialized in Internal Medicine with top honors at the same prestigious institution.

Her insatiable curiosity and commitment to understanding the profound relationship between nutrition and overall well-being led her to pursue a Ph.D. in Pathophysiology of Nutrition and Metabolism, which she brilliantly achieved.

Sara is the visionary behind the concept of Functional Nutrition, unveiling its potential to revolutionize the way we view food and its impact on our health. Specializing in precision medicine, particularly in addressing Metabolic Syndrome and its associated conditions such as diabetes, cardiovascular diseases, dyslipidemia, fatty liver, polycystic ovary syndrome, and infertility, Sara Farnetti stands as a trailblazer in the field.

In 2004, Sara received the esteemed Young Researchers' Award from the Italian Society of Internal Medicine (SIMI), recognizing her early contributions to the field and setting the stage for her outstanding career in medical research.

Since 2014, she has served as a Visiting Professor at the Diabetes Research Institute, University of Miami Miller School of Medicine, where she collaborated with fellow researchers on an international stage.

In remarkable recognition of her contributions, Sara was awarded an Honorary Ph.D. in Chemical Sciences and Nutraceuticals by the University of Messina, acknowledging her paternity of Functional Nutrition as mean to prevent Metabolic Diseases and to treat Metabolic Syndrome.

Sara Farnetti made notable contributions beyond academia. She served as an expert collaborator at EXPO Milano 2015.

At Luiss Guido Carli University in Rome, she has been an enthusiastic educator since 2016, leading the course on "Wellness and Wellbeing." Sara's groundbreaking research and innovative approaches have earned her invitations to speak at two TEDx events. In 2011, she organized a symposium on the theme "Everything You Know About Food Is False," followed by a captivating presentation in 2016 titled "Functional Nutrition: The Key to Life."

In 2019, she received the prestigious "100 Italian Excellences" award, solidifying her status as a trailblazer in the field of medical research and nutrition.

In 2021, Sara was appointed as Chairman of the board of Agronetwork, the association for the promotion of the Italian agro-industry, joining forces with Confagricoltura, Nomisma, and LUISS.

Dr. Farnetti frequently appears as an expert guest on national television programs, offering invaluable insights into Precision Medicine and Functional Nutrition.

Her bibliography includes notable publications such as "Everything You Know About Food Is False" (Ed. Bur Rizzoli, 2012), "Your Body Speaks to You" (Ed. Rai Eri, 2018), and "Never Diet Again. Health and Longevity with Precision Medicine" (Ed. Bur Rizzoli, 2018). In 2019, she released "Functional Recipes" (Ed. Bur), and her latest bestseller in 2023, "Think Ahead with Precision Medicine and Functional Nutrition: Solve Current Disease Causes, Anticipate Future Ones, and Embrace the Opportunity for Healthy Longevity" (Ed. Rizzoli Varia).

Sara's dedication to educating the younger generation led her to become the creator, author, and producer, together with the famous actors Luisa Ranieri and Luca Zingaretti, of "Food Wizards," a captivating animated TV series designed for primary school children broadcasted by RAI. This show entertains and educates young minds on how food functions within our bodies and its potential to promote healing.

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