

# CURRICULUM VITAE

Surname **CONTI,**  
**Ph.D., P.D. Faculty of biology and medicine, University of Lausanne**

Forename **Ario**

Date of birth **June 9 th., 1954**

Birth place Olivone

Nationality Swiss

Marital status Married to Roberta Colombi, 1957  
2 sons : Nicolò, born 1987 and Matteo, born 1991.

**Present position** **Retired since 01 september 2019**

**Member of the Board of the GRG Gene Technology SA,**  
**[www.grg-gt.com](http://www.grg-gt.com) , Minusio, Switzerland (from 2017)**

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## **Former professional and academic positions from 1982**

**Referee and expert for *High Swiss Specialized Schools*, Department of Education, Culture and Sports, Bellinzona, Switzerland [2004 – 2019].**

**Director, Laboratory Animal Husbandry of the Foundation Cardio-centro Ticino, Lugano – Taverne [2014 – 2020].**

**Head, *Center for Experimental Pathology*, Reference Laboratory for Neuroimmunomodulation and supervisor of the Laboratory of histology *Istituto Cantonale di Patologia, Centre for Experimental Pathology*, P.O.Box, 6601 Locarno 1, Svizzera-Italiana [1982-2004 sept.01]**

Promoter of the *Alpine Institute of Phytopharmacology*, Olivone, Switzerland [1997] and Head of the project "*Regio Plus*" devoted to the development of the *Alpine Institute of Phytopharmacology, Congress Center and Farmed Alpine medicinal Plants* [1998-2004]

**Director, *Alpine foundation for life sciences – AFLS – Spin off of Educational department, Blenio, State of Ticino, Switzerland* (*Dipartimento dell' Educazione, della Cultura e dello Sport, Divisione della Formazione professionale*) (Appointed director by government of State of Ticino, Bellinzona, Switzerland) [June, 2005 – April, 30, 2017]**

Member of the Executive Committee of the *International Society for Neuroimmunomodulation (ISNIM)*, Bethesda, USA [2002-2005]

Leader Project Interreg IIIA, Cantone Ticino – Provincia del Verbano Cusio Ossola , *Development of the Phytopol Sudalpino*, [2002-2005]

Leader Project Interreg IIIA, Cantone Ticino – Comunità Montana Valtellina di Morbegno, *Sviluppo delle produzioni di erbe officinali di elevato valore qualitativo e salustistico nell'area alpina*, [2004-2007]

## Academic career

**Lic. ès Sciences Naturelles, 1981**, *University of Lausanne*, Switzerland

From February 1st. **1982** predoctoral assistant at the *Istituto Cantonale di Patologia* of Locarno, Switzerland.

**Ph.D. in Biological sciences** [Dr. ès Sci. nat. (or Dr.PhD.)], *University of Lausanne*, Switzerland, April 24, **1986**.

**1997 - 2008: Visiting Professor**, *II Facoltà di Medicina e Chirurgia, Università degli Studi dell'Insubria*, Faculty of Medicine and Surgery, Varese, Italy.

**2000 - 2005: Visiting Professor**, Courses of Phytotherapy, *University of Siena*, Italy.

**2001 - 2004: Visiting Professor**, Courses of Phytotherapy, *University of Perugia*, Italy.

**2003 - 2005: Visiting Professor**, Courses of Phytotherapy, *University of Milano*, Faculty of Agriculture, Centro di Edolo, Valle Camonica, Italy.

**2011 - 2017: Professor – Privat Docent PD**, at the Faculty of biology and medicine, *University of Lausanne*.

**2014 - ..... : Specialist LTK1** – Animal experimentation - according to Felasa Accreditation No. 038/12 – Geneva, September 03, 2014 and Specialist LTK2, Responsible for Directing Animal Experimentation, *Lausanne*, September 22-26, 2014.

## Thesis (Ph.D.)

Caractérisation enzymatique et ultrastructurale des membranes de cellules leucémiques humaines cultivées *in vitro*. [Locarno, *Istituto Cantonale di Patologia* and *University of Lausanne* **1982-1986**].

## Post-doctoral work

From April 24, **1986** to December 31, **2003** researcher and co-promoter with Georges J.M. Maestroni, Ph.D., of the *Center for Experimental Pathology* at the *Istituto Cantonale di Patologia*, Locarno, Svizzera-Italiana.

From January 07 to December 24, **1990**, sabbatical at the *Weizmann Institute of Science*, Training in oncogenesis research, Dept. of Chemical Immunology, Prof. Nechama Haran-Ghera, Rehovot, Israel.

From May 27 to June 15, **1991** Specialization Course in Immunopathology, European Course in Immunopathology, Sponsored by E.E.C. (Economic European Community), *Institut Pasteur*, Dr. Dighiero, Paris, France.

From February 03 to February 07, **1992**, Specialization Course: Neuro-immunomodulation in Pharmacology, Second Course of the Federation of the European Pharmacological Societies, *Institut Pasteur*, Dr. G.Fillion, Paris, France.

From September 09 to September 16, **1994** NOD Mouse Course at *St. Batholomew's Hospital*, Dr. Paolo Pozzilli, London, United Kingdom.

From April 1 to April 11, **1997** Modern Immunocytochemistry, The Wolfson Conference Center, *Royal Postgraduate Medical School*, Prof. Polank and Dr. Van Noorden, London, United Kingdom.

From June 3 to June 6, **1997**, *In situ* Hybridization course, Department of Pathology, *Institut für Klinische Pathologie*, Prof. P. Komminoth, Zürich, Switzerland.

From January 25 to January 30, **1998**. *In situ* Hybridization course, Department of Pathology, *Centre Médicale Universitaire*, Prof. Borish, Geneva, Switzerland.

From March 4 to March 6, **2015** : Course for "Organizing and Operating Activities in a Laboratory Animal Facility", Fondazione Guido Bernardini, Campus IFOM-IE, Milano, Italy

From September 13 to September 14, **2016**: Swiss laboratory animal science association, Certificate of continuing education, Course on "Reproducibility in animal research: the 4<sup>th</sup> R. The other Rs: Reduce – Refine – Replace. A continuing education for experimenters and study directors in animal experimentation". The event has been recommended by the Federation of Swiss Cantonal veterinary Officers for recognition by all authorities responsible for animal experimentation. ZLF, Basel (Switzerland)

#### Main research lines

The academic and professional career has been characterized and focused on three main topics of research that partially overlap each other and, consequently, three periods of growth:

#### Psychoneuroendocrinoimmunology [1982-2002]

Survival and propagation of an animal species, one of the most fundamental goals of nature, require unequivocally the coordinated functioning of the nervous, endocrine and immune systems. The interaction between these three systems is now well recognised and, in this view, is fully integrated into a discipline named neuroimmunology. This discipline includes a large spectrum of research subjects: molecular biology, genetics, neuroscience, immunology, cell biology, physiology, endocrinology, chronobiology, pharmacology, anatomy, biochemistry and behavioural sciences. At its beginning, neuroendocrinoimmunology was regarded by many conventional scientists and clinicians as a kind of witchcraft. Today, it may be the fastest growing area of research in biomedical sciences and important clinical applications will not be far behind. It is now clear that the immune system and the central nervous are anatomically and functionally linked and a wide number of papers and reviews describe the presence of signal molecules and receptors which are common to both systems.

#### Psychopharmacology. [1996-2005]

Following my concepts developed since 1982, I supposed to verify whether many molecules which are present in humans and animals could be detected also in vegetables and plants. On this basis I was interested in studying search for new drugs of alpine medicinal plant origin and their neuroimmunopharmacologic effects.

#### Forensic sciences, i.e. analytic/forensic toxicology and legal medicine. [1998-2017]

Create the **Centre of competence of forensic sciences in the Italian part of Switzerland (State of Ticino)** according to a specific pilot project granted by the Swiss government, Secretariat for Economic Affairs SECO - Bern, State of Ticino government – Bellinzona and Municipality of Blenio, State of Ticino.

For the **next future**, I'll do my best to recognize also in the State of Ticino a **University centre of forensic medicine** mainly in collaboration with **University centre of legal medicine CURML**, Lausanne-Geneva.

Based on this concept it will be interesting to develop again our specific bidirectional collaboration between *Suisse romande* and *Canton Ticino* where the latest could be an open window on Italy and Europe.

With the Alpine foundation for life sciences - afls, the first independent life sciences research and training campus of this kind in the Alps, our region is poised to host a renewed centre for interdisciplinary research and education in collaboration with University of Lausanne and industries.

We have to consider that, in the Swiss, Italian, Austrian and French Alps and Germany, there are a large number of talents to be discovered. By design afls together with University of Lausanne might mobilize partnerships between other universities, businesses and government to create and to develop a serious and common platform. Moreover, the international network will extend the collaboration and scientific exchange between groups involved in

the area of studying new and old drugs and promote the development of clinical studies thus trying to improve any new therapeutic applications, together with pharmaceutical companies and clinicians.

#### Memberships

*Swiss Society of Allergology and Immunology*  
*British Society of Immunology (BSI)*  
*Gruppo di Cooperazione in Immunologia (GCI)*  
*International Society for Neuroimmunomodulation (ISNIM)*  
*Swiss Academy of Sciences*  
*Gruppo Nazionale di Neuroimmunologia (GNN)*  
*International Society of Psychoneuroendocrinology*  
*Swiss Society of Pathology*  
*Società Italiana di Farmacologia*  
*Section Médicale et Scientifique de l'Association Suisse du Diabète*  
*ANIMA (Applied Neuro Immuno Modulation Association)*  
*Associazione Italiana di Fitoterapia (SIFIT).*  
*Società Svizzera di Farmacologia e Tossicologia (SSFT)*  
*Società Svizzera di Medicina Legale (SSML)*  
*ccCTA Centre de Compétence en Chimie et Toxicologie Analytiques*

#### Referee for

*Life Science*  
*Annals of Oncology*  
*Croatian Medical Journal*  
*The Wellcome Trust, London*  
*Neuro Endocrinology Letters*  
*International J. of Cancer*  
*Alexander Von Humboldt Foundation*  
*Neuroscience Letters*  
*J. Clinical Oncology (The Official Journal of the American Society of Clinical Oncology)*  
*United States-Israel Binational Science Foundation (bsf)*

#### Director of research projects:

##### a) Degree certificate and Ph.D. [1998-2016]

**Giulia Poretti**, Ricerca di oppioidi indotti dalla melatonina nei linfociti Th murini, Lavoro di diploma, 1998-1999.

**Chiara Tettamanti**, Determination of melatonin presence in wild and officinal alpine and mediterranean plants. A prospective study. Università degli studi dell'Insubria, Facoltà di scienze matematiche, fisiche e naturali, Sede di Varese, Corso di laurea in scienze biologiche, 2000-2002

**Giulia Poretti**, Inchiesta etnobotanica nella regione del Cantone Ticino. Ricordi e sapere popolare sulle piante medicinali, Mémoire DEA, Musée d'histoire naturelle de Paris, 2003

**Miro Caccia**, Sélection de clones de Rosmarinum officinali L., économiquement intéressant pour la région subalpine, en particulier dans la zone de la Regio insubrica. Ecole d'ingénieurs de Changins et de Lullier (HES-SO, Filière « Agronomie- Production spéciales et horticoles », Lullier, 2004

**Michela Pedroli**, Ottimizzazione del metodi di estrazione e quantificazione della melatonina in Rosmarinum officinalis, Università degli studi di Milano, Facoltà di agraria, Corso di laurea in Scienze e Tecnologie alimentari 2004/2005

**Marco Pasolini**, Il "Doping" farmacologico nel ciclismo : attualità, sviluppi e prospettive. Università degli studi dell'Insubria, Facoltà di Medicina e Chirurgia, Corso di Laurea in Scienze Motorie, 2005/2006

**Michela Zanni**, Preparazione, standardizzazione e analisi di oli essenziali di Mentha citrata e Mentha piperita; valutazione della loro attività antiossidante e della loro azione farmacologica sui neutrofilo umani. Università degli studi dell'Insubria, Facoltà di scienze matematiche, fisiche e naturali, Sede di Varese, Corso di laurea in scienze biologiche, 2006-2007

**Dagmara Radomska**, Application of laccase for theobromine isolation from coca beans (Theobroma cacao), Politecnika Wroclawska, Faculty of Chemistry, Biotechnology, 2008

**Giulia Poretti Lozano Becerra**, Inventariato delle piante medicinali del Cantone Ticino attraverso una ricerca etnobotanica, Travail de doctorat, Università de Neuchâtel, 2005-2009

**Manuel Rusconi**, Studio delle proprietà immunologiche del caco e del cioccolato in soggetti sani, Università degli studi dell'Insubria, Facoltà di scienze matematiche, fisiche e naturali, Sede di Varese, Corso di laurea in scienze biologiche, 2007-2009

**Maria Teresa Pinorini**, post-doctoral training on chemistry and toxicology, collaboration between Alpine institute of chemistry and toxicology aimed at the SSML toxicology degree, Olivone, State of Ticino and CURML, Losanna-Geneva, 2005-2010.

**Valentina Gerace**, Droghe d'abuso nelle acque reflue urbane: nuovi contaminanti ambientali e indicatori di consumo nella popolazione. Università degli studi dell'Insubria, Facoltà di scienze matematiche, fisiche e naturali, Sede di Varese, Corso di laurea in scienze biologiche, 2008-2012

**Manuel Rusconi**, post-doctoral training on chemistry and toxicology, collaboration between Alpine institute of chemistry and toxicology, Olivone, State of Ticino and CURML, Losanna-Geneva, 2010-2015.

**Elia Grata**, specialization training on chemistry and toxicology, Alpine institute of chemistry and toxicology aimed at the SSML toxicology degree, Olivone, State of Ticino, 2012-2016.

b) Biologische Naturwissenschaft Programs in collaboration with Universities of Bern-Zurich and Basel [2003-2012]

**Martin Schneider**, agronomist, University Munich, Germany, 2003-2004  
**Esther Pellegrini**, biologist, University Lausanne, Switzerland, 2004-2005  
**Paolo Caretti**, biologist, University Zürich, 2007  
**Floriano Monico**, druggist, University Padua, 2007 (Period: 6 to 9 months)  
**Stefania Kohler**, biologist, University of Insubria, Varese, 2007  
**Vincenzo Salatino**, druggist, University of Padua, Italy, 2007  
**Floriano Monico**, druggist, University Padua, Italy, 2007  
**Francesca Scognamiglio**, biologist, University of Milan, Italy, 2009  
**Flavio Colloca**, biologist, University of Insubria, Varese, Italy, 2009  
**Athos Pagnamenta**, chemist, University of Fribourg, Switzerland, 2009  
**Antonio Sepe**, Biotechnologist, University of Insubria, Varese, Italy, 2010  
**Lara Bontadelli**, Criminalist, University of Lausanne, Switzerland, 2010  
**Cosendy Stephanie**, Criminalist, University of Lausanne, Switzerland, 2010

c) European Programs (Period : 6 to 12 months) [2006-2010]

**Dagmara Radomska**, biotechnologist, University of Wroklaw, Wroklaw, Poland, 2006-2007  
**Dorota Nawrot**, biotechnologist, University of Wroklaw, Wroklaw, Poland, 2006-2007  
**Silvia Flores**, chemist, University Barcelona, Spain, 2009-2010  
**Mireia Gonzales**, Chemist, University Barcelona, Spain, 2010

### Summary editorial activity [For any details pp.13 -20]

### Editor of many scientific books and

Organizer and chairman of **16 international meetings** [1993-2017].

Organizer and chairman of **20 national and regional workshops and meetings** [1993-2015],

Organizer and chairman of **national and regional** courses aimed at the propagation of scientific and technical knowledge of medicinal plants. Courses are organized by the *Alpine Foundation for Life Sciences* and the *Divisione per la formazione professionale del Cantone Ticino*, Breganzona, Switzerland mainly at the Campus life *Sciences and Sport*, Olivone, Switzerland.

He attended **55 Invited symposia** [1982-2013], **13 invited international lectures** [1988-2004]

He published **133 scientific papers**:

- **76 Peer Reviewed Journals** [1986-2013],
- **38 Chapters and proceedings** [1987-2013] and **19 papers** in other journals [1987-2009].
- Moreover he published **74 papers as first or last author** [1986-2013].

### Editorial Board

Member of the Editorial Board of "Neuro Endocrinology Letters including Psychoneuroendocrinology", Prof. Peter G. Fedor-Freyberg, MD, Ph.D., Editor-in-Chief, Mail Box 377, S-111 73 Stockholm, Sweden, **2001-2005**.

### Editor of

Advances in Pineal Research, Eds. G.J.M. Maestroni, **A. Conti**, R.J. Reiter, John Libbey, Vol. 7, p.306, London, **1994**.

Pineale, psichiatria e immunità. Eds. **A.Conti**, G.J.M. Maestroni, P.Lissoni, M.G. Roselli Dell'Orto, ANIMA press, Milano, p. 112, **1995**.

Clinical Neuroimmunomodulation. Eds.M. Brunda, **A. Conti**, E. Grimm, G.J.M. Maestroni, P.Lissoni, M.G. Roselli Dell'Orto, ANIMA press, p.235, **1997**.

Therapeutic Potential of the Pineal Hormone Melatonin, ed. Series New Frontiers in Hormone Research, Eds. G.J.M. Maestroni, **A. Conti**, R.J. Reiter, Karger Press, Basel, Switzerland, pag. 174, **1997**.

Neuroimmunomodulation: perspectives at the new millennium, Ed. Annals of the New York Academy of Sciences, Eds. **A. Conti**, G.J.M. Maestroni, S.M. McCann, E.M. Sternberg, J.M. Lipton, C.S. Smith, Vol.917, pag.987, New York, **2000**.

Editor-in-Chief of "Acta Phytotherapeutica", Studio Edizioni s.a.s., Demetrio Benelli, piazza Wagner 1, 20145 Milano, Italy, **2002**.

La via delle erbe, Editors Associazione erba bona del VCO di Lunello (Italia), Fondazione alpina per le scienze della vita di Olivone (Svizzera), Cooperativa agricola erba dorada di Morbegno (Italia) , Comunità Montana Valtellina di Morbegno (Italia), Comunità Montana Antigorio Divedro For-mazza di crodo (Italia), Marzo **2007**.

The first collaborative meeting on phytomedicine. Development and clinical validation of medicinal plants for rational pharmacotherapy, Ascona , Switzerland, May 11-13, **2007**.

*La malva tücc i maa i a calma*. Ricordi e sapere popolare sulle piante medicinali alpine: ricerca etnobotanica nella regione del Cantone Ticino. Eds. Giulia Poretti, Franco Lurà, Ario Conti, **2011**.

Chocolate in Health Nutrition. Eds. Paoletti Rodolfo, Andrea Poli, Ario Conti, and Francesco Visioli, Springer Verlag, ISBN 978-88-470-2037-5, **2012**

**Organizer and chairman of international meetings:**

1st. Locarno International Meeting on Neuroendocrinoimmunology. The pineal gland in relation with the Immune system and Cancer, May 1-5, **1993**.

1st. International Congress of Clinical Neuroimmunomodulation. Monza , June 10-11, **1995**.

Pineale, psichiatria e immunità. Castello di Monguzzo, Erba Como, Nov. 18, **1995**.

2nd. Locarno International Meeting on Neuroendocrinoimmunology. Therapeutic potential of the pineal hormone melatonin, May 5-8, **1996**.

178a. Assemblea Annuale, Accademia Svizzera delle Scienze Naturali (ASSN) , Académie Suisse des Science Naturelles (ASSN), Schweizerische Akademie der naturwissenschaften (SANW), Leventina, Airolo (San Gottardo), 23-26 settembre **1998**.

The Fourth International Congress of the International Society for Neuroimmunomodulation - ISNIM-99 - Palazzo dei Congressi, Lugano, Switzerland, September 29-October 02, **1999**.

1<sup>st</sup> Alp International Meeting on "Neuroimmunopharmacology and Environmental Sciences", Olivone, Switzerland, October 13-15, **2000**.

USGEB/USSEB 2002 (Unione delle Società Svizzere di Scienze Sperimentali), Lugano, March 6-8, **2002**

"Ethnomedicine in Europe and in the Alps." International symposium, Olivone, Switzerland, October 24, **2002**

USGEB/USSEB 2003 (Unione delle Società Svizzere di Scienze Sperimentali), "Molecular mechanism of action of cannabinoids", Davos, Switzerland, March 19-21, **2003**

USGEB/USSEB 2006 (Unione delle Società Svizzere di Scienze Sperimentali), "Molecular basis of doping: scientific and ethical aspects", Geneva, Switzerland, February 23 - 24, **2006**

"International Conference on phytomedicine: actual situation and perspectives.", Ascona , Switzerland, May 11-13, **2007**.

June 01-02, **2007**. Sessione estiva della società Svizzera di Medicina Legale SSML, Réunion d'été de la Société Suisse de Médecine Légale SSML, Sommertagung der Schweizerische Gesellschaft für Rechtsmedizin SGRM, Olivone.

June 12-13, **2015**, Sessione estiva della società Svizzera di Medicina Legale SSML, Réunion d'été de la Société Suisse de Médecine Légale SSML, Sommertagung der Schweizerische Gesellschaft für Rechtsmedizin SGRM, Locarno.

19-20 Septembre **2015**, 54.me Réunion de l'Association Belgo-Franco-Suisse de Médecine Legale, Locarno.

02 Mai, **2017**, Conférence internationale: Attentat de Nice: 86 morts en 4 min et 17 sec., Lugano

Organizer and chairman of **national** and **regional** workshops and meetings:

January, 21, **1995**. Neuroimmunomodulazione in oncologia e chirurgia oncologica. Istituto Cantonale di Patologia, Locarno (Symposium).

October 4, **1995**. Workshop sull'uso di HPLC con rilevatore elettrochimico, Istituto Cantonale di Patologia, Locarno (Workshop).

November 9, **1995**. Workshop sull'uso e le potenzialità dell'Internet. Istituto Batteriosierologico cantonale, Lugano (Workshop).

February, **1996**. Cell sorter modulare: un nuovo standard. Analisi e sorting di geni marcati con il nuovo FACS calibur della Becton and Dickinson. Istituto Cantonale di Patologia, Locarno (Workshop).

February 27, **1997**. Donna e scienza: storia di un rapporto difficile. Perché?, Sala della Società Elettrica Sopracenerina, Locarno (Symposium).

March, 6, **1997**. Biotecnologie ai confini della realtà: ma quali confini ? , Palazzo dei Congressi , Ticino Universitario, Lugano (Symposium).

April 17, **1997**. Melatonina, il rimedio del 2000 ? Protagonismi, tra dogmi e ostracismi, tra speranze e illusioni cerchiamo di fare il punto ad un anno dal congresso di Locarno, Sala della Società Elettrica Sopracenerina, Locarno (Symposium).

October 21, **1997**. Costi della salute. Sala della Società Elettrica Sopracenerina, Locarno (Symposium).

November 05, **1997**. Fluorescence *in situ* hybridization. Istituto Cantonale di Patologia, Locarno (Workshop).

May **2001**, Science et Cité, Manifestazione a carattere nazionale, Lugano.

May **2001**, Isole di Brissago, "Erbe di qui e spezie del mondo", Brissago.

October 13-15, **2001**, Primo Incontro Internazionale Svizzero - Italiano di Neuroimmunofarmacologia e scienze ambientali. Olivone .

October 18, **2001**, Giornata di formazione sulla Fitoterapia per i Farmacisti del Canton Ticino, Stazione federale di ricerche agronomiche RAC, Cadenazzo.

March 6-8, **2002**, New perspectives related to natural therapies and Phytomedicine (Symposium), USGEB, Lugano .

October 24, **2002**, Ethnomedicine in Europe and in the Alps." Internat. Symposium, Olivone .

March 19-21, **2003**, Molecular mechanisms of action of cannabinoids. International Symposium, USGEB 2003, Davos.

May 23-24, **2003**, Le piante medicinali come supporto alle terapie oncologiche convenzionali, International symposium, Olivone.

February-March **2006**. La fitoterapia oggi: quali prospettive ? (3 serate per farmacisti) , Symposium, Ville Ponti , Varese.

May 31- June 01, **2007**. SECO-Workshop: presentazione dei progetti pilota svizzeri di nuova politica regionale 2004-2008, Olivone.

February 18, **2015**. *Workshop on Extractables and Leachables*, CCT Lugano



Organizer and chairman of **national** and **regional** courses aimed at the propagation of scientific and technical knowledge of medicinal plants.

Courses are organized by the *Alpine Institute of Phytotopharmacology* and the *Cooperative society COFIT*, Olivone, Switzerland and the *Divisione per la formazione professionale del Cantone Ticino*, Breganzona, Switzerland :

1<sup>st</sup> Course 2001-2003, *Diploma Cantonale di Operatore in Tecniche Erboristiche* (Training course in Herbalist Technician)

2<sup>nd</sup> Course 2002-2004, *Diploma Cantonale di Operatore in Tecniche Erboristiche* (Training course in Herbalist Technician)

1<sup>st</sup> Course 2005-2006, Corso per l'esame cantonale di *Terapista Complementare*

1<sup>st</sup> Course 2005-2007, *Diploma Cantonale di Fitoterapista*. (Training course in Phytotherapy)

Organizer and chairman the Course aimed at training of Medical doctor specialized in legal inspections – MDSLII. A professional profile unique and innovative in the field of forensic science. The Swiss Model.

More specific training courses, **annually from 2011 till 2017** have been organized by the Alpine foundation for life sciences, Institute of chemistry and toxicology, Olivone (Switzerland), the Dipartimento delle istituzioni del Cantone Ticino, Divisione della giustizia, Bellinzona (Switzerland), the Forensic Science Unit (Polizia scientifica) Cantone Ticino, Bellinzona, the Federazione Cantonale Ticinese Servizio Autoambulanze, Breganzona (Switzerland), the Ministero pubblico dello Stato e Repubblica del Cantone Ticino, Lugano (Switzerland) and the University Center of Legal Medicine Lausanne – Geneva, CURML, Lausanne (Switzerland)

#### Invited symposia (Invited speaker)

Second International Workshop on Neuroimmunomodulation, Dubrovnik (Yugoslavia), June, 1-6, **1986**.

First Stromboli Conference on Aging and Cancer, "Neuroimmunomodulation : Intervention in Aging and cancer." Stromboli (Italy), June 7-11, **1987**.

4<sup>me</sup> Symposium sur les marqueurs de l'inflammation, Lyon (France) June 23-25, **1987**.

Simposio Internazionale di Medicina Psicosomatica, " Lo shock del futuro ", Torino (Italy) March 21-26, **1988**.

FASEB Summer Conference on Neuroimmunomodulation, Copper Mountain, Colorado (USA) , July, 1-26, **1988**.

Secondo Corso Internazionale di Formazione in Psicoimmunologia, "Cervello, Comportamento e Sistema Immunitario ", Istituto di Medicina Psicosomatica e Istituto di Psicosomatica Ostetrico-Ginecologica di Torino, Torino (Italy) , April 28-29, **1989**.

16<sup>th</sup>. International Congress of Chemiotherapy, Jerusalem (Israel) June 11-16, **1989**.

International Congress on "Distress, Neuroimmunomodulation and Ontogeny", Madonna di Campiglio (Italy) , July 26-30, **1989**.

Primo simposio nazionale di "Neuroimmunomodulazione clinica", Monza, Italy, November 30, **1991**.

Corso Universitario (Università di Pavia-Varese, Delegato ai problemi universitari del Canton Ticino, Ente Ospedaliero Cantonale), "Tra il Sonno e il Coma", Bellinzona (Svizzera -Italiana), January 23, **1992**.

Second Course of the Federation of the European Pharmacological Societies, "Neuroimmunomodulation in pharmacology", Paris (France), February 5-7, **1992**.

VI riunione interregionale della Società Italiana di Farmacologia, Varese (Italy), May 15, **1992**.

International Conference on "Cellular and Molecular aspects of self reactivity and autoimmune diseases", Taormina ( Italy ) June 7-12, **1992**.

"Immunomodulazione in chirurgia oncologica", Risultati attuali e Prospettive future. Castello feudale , Moguzzo d'Erba, June 25, **1994**.

1st. International Congress of Clinical Neuroimmunomodulation. Monza , June 10-11, **1995**.

Neuroendocrine Immune Interactions, Ladek-Zdroj near Wroclaw (Poland), September 8 - 10, **1995**.

21th. European Conference on Psychosomatic Research, Bordeaux (France), September 12-14, **1996**

Third International Meeting "Mechanisms in Local Immunity" , Opatija (Croatia) September 26-28, **1996**.

The Third International Congress, International Society for Neuroimmunomodulation, National Institute of Health, Bethesda, Maryland ( USA ) November 13-15, **1996**.

Symposium on "Emerging Frontiers in Hormone Research", Centre of Advanced Study in Zoology, Banaras Hindu University, Varanasi ( India ), November 24-27, **1996**.

10th. Symposium Molecular Biology of Hematopoiesis, Hamburg (Germany) July 2-5, **1997**.

Third International Conference on "The pineal gland and cancer" at the Heinrich Fabri Institute of the University of Tübingen, Blaubeuren (Germany) October 2-5, **1997**.

III International Symposium on Chronobiology and Chronomedicine, Kunming (China) October 7-12, **1998**.

Thymus and Pineal Gland in Neuroimmunoendocrinology, Swieradow Zdroj (Poland) October 22-24, **1998**.

Neuroimmunoterapia dei Tumori, Dall'empirismo alla scienza, Ospedale S. Gerardo dei Tintori, Istituto di Scienze Biomediche, Università di Monza (Italy), May 8, **1999**.

Problemi attuali e prospettive future nella lotta alle malattie neoplastiche: terapia Di Bella ? Opinioni a confronto. Congresso Medico Scientifico, Palazzetto dello Sport, Gattinara (Italy) May 22 - 23 , **1999**.

IV International Symposium of Medicinal Plants, Science and Homeopathy, Havana (Cuba) October 20-22, **1999**.

Immunopharmacology and Immunotherapy Today. A Joint Meeting of The International Society of Immunopharmacology and The Italian Association of Immunopathology, Florence (Italy) November 9-11, **2000**.

Congresso Internazionale organizzato dalla Società Italiana di Fitofarmacologia, Pescara, June 1-3, **2001**.

The Second International Conference on the Neuroendocrine Immune Basis of the Rheumatic Diseases, Genova, September 21-23, **2001**.

Presentazione dell'esperienza del Cantone Ticino e partecipazione alla tavola rotonda finale. Invito a chiudere il simposio. 5° colloque de Mediplant. Evolène, Wallis, Switzerland, September, 25-27 , **2003**.

3me. Symposium de Phytothérapie, Présentation du projet de la Suisse Italienne pour la promotion de la culture et de l'étude des plantes officinales alpines. Paris, 04 Octobre, **2003**.

Collaborazione Ticino-Valtellina, Piante officinali quale riqualifica del territorio di montagna. Presentazione del Fitopolo sudalpino. Morbegno, Valtellina, Italy, October 10, **2003**.

Fitoimmunologia: dalla ricerca all' applicazione clinica. Neuroimmunologia: applicazioni cliniche di una nuova disciplina in oncologia medica e chirurgica. Euroistituto di ricerca scientifica biomedical "Humanitas", Milan, Italy, October 11, **2003**.

Aspetti della produzione di piante officinali nel Cantone Ticino. SISTE, Simposio di aggiornamento. Edolo, October 13, **2003**.

Workshop: Sviluppo, formazione e coesione sociale. I patti territoriali : un modello per le regioni di montagna ? Biasca, 21 Novembre, **2003**.

Second European Workshop on cannabinoid research. Busto Arsizio (Varese, Italy) April 29-30, **2005**.

XI Congresso Nazionale di Fitoterapia, Chianciano Terme (SI) June 3-5, **2005**.

Gesellschaft für Arzneipflanzenforschung GA, Congress 2005, Firenze, August 20-22, **2005**

USGEB/USSBE 2006, Geneva, Switzerland, February 23-24, **2006**.

Revised ac, cv, May 13<sup>th</sup>, 2021

Sauvegarde des ressources vegetales de l'arc alpin, Pollein, Aosta 31 mars-01 avril, **2006**.

Les Voies du Bien-être, Projects de Coopération Thermes, Herbes officinales et Tourisme rural, Acquiterme, 1-2 Juillet, **2006**.

Incontri Interpaese Rotary International, Cultura e tradizione alpina tra passato, presente e futuro. Scienza e sport per una migliore formazione e crescita del cittadino, Cetraro (CS) 25-28 settembre, **2008**.

Conference on Botanical products as Food, Herbal Remedies and Drugs: safety aspects. Flash on Chinese medicine, new drugs research and occidental culture: might psychoneuroimmunology bridge the gap between different cultures ? Centro Congressi Cariplo, Milan, November, 19-20, **2008**.

Sportech 2010: Journées de la sciences et de la technologie dans le sport. Alimentation et performance dans le sport. Centro sportivo nazionale della gioventù di Tenero CST, January 20-22, **2010**.

Meteorologia ed alimentazione negli sport outdoor, Seminario di studi, Centro di preparazione olimpica Acquacetosa "G.Onesti", Roma, 18 maggio, **2011**.

XIX Congresso nazionale di fitoterapia, Perugia, Italy, 27-29 maggio, **2011**.

Arge Alp Kräuterfachtagung, Versuchszentrum Laimburg, Bözen, 16-17 November **2013**.

9<sup>th</sup> Probiotics, prebiotics & new foods, nutraceuticals and botanicals for Nutrition & human and microbiota health. Università urbaniana, Roma, Italy, 10-12 September **2017**.

#### Invited lectures

University of Munich, Anatomische Anstalt, Munich (Germany) Prof. Heinzeller, October 13-14, **1988**.

Charles University, Praha (Czechoslovakia) Prof. H. Raskova and Prof. Havlik, November 7-10, **1988**.

Ospedale di Reggio Emilia, Unità Sanitaria Locale No.9, Reggio Emilia (Italy) Dr. R. Valcavi and Dr. M. Zini, Mai 4-5, **1990**.

Institute for Biological Research, Ness Ziona (Israel) Dr. D. Ben Nathan and Dr. E. Grauer, July 5, **1990**.

Technion, Israel Institute of Technology, Faculty of Medicine, Haifa (Israel) Prof. M. Silbermann, July 10-11, **1990**.

The Weizmann Institute of Science, Department of Chemical Immunology, Rehovot (Israel), Prof. N. Haran-Ghera, September, **1990**.

Università Cattolica del Sacro Cuore, Facoltà di Medicina e Chirurgia "Agostino Gemelli", Rome (Italy) Prof. T. Galeotti, January, **1991**.

Università di Milano, Istituto di Scienze Farmacologiche, Milano (Italy), Prof. Rodolfo Paoletti, May **1992**.

Centro Culturale di studi e ricerche sull'uomo, Vita Nuova, via Venini 67, Milano (Italy) Dr. Davide Chiocchia, April **1993**.

Université de Lausanne, Institut d'Histologie et d'Embryologie (Switzerland) Prof. Kristic, "Glande pinéale et système immunitaire. De la recherche de base à la clinique.", October, **1996**.

Czech Society for Experimental and Clinical Pharmacology and Toxicology of the Czech Medical Association J.E. Purkyne, Charles University 3<sup>th</sup> Med. Faculty, Ke Karlovu 4, Praha 2 (Praha), Prof. MU Dr. Helena Raskova, Prof. V. Eybl, April 19-22, **2000**.

Università di Milano, Facoltà di Agraria, Centro di Edolo, Valle Camonica, (Italy), Prof. Anna Giorgi, March, **2004**.

Università di Milano, Istituto di Scienze Farmacologiche, Milano (Italy), Prof. Rodolfo Paoletti, March **2004**.

**List of publications of Ario Conti****Peer reviewed journals.**

1. Maestroni, G.J.M., **A., Conti** and W. Pierpaoli. Role of the pineal gland in immunity. I. Circadian synthesis and release of melatonin modulates the antibody response and antagonize the immunosuppressive effect of corticosterone. *J. Neuroimmunol.*, Vol. 13, pp. 19-30, **1986**.
2. Maestroni, G.J.M., **A., Conti** and W. Pierpaoli. Melatonin regulates immunity via an opiate mechanism. *Clin. Neuropharm.*, Vol. 9, Suppl.4, pp. 479-481, **1986**.
3. Maestroni, G.J.M., **A., Conti** and W. Pierpaoli. Role of the pineal gland in immunity: II. Melatonin enhances the antibody response via an opiate mechanism. *Clin. Exp. Immunol.*, Vol. 68, pp. 384-391, **1987**.
4. Maestroni, G.J.M., **A., Conti** and W. Pierpaoli. Role of the pineal gland in immunity. III. " Melatonin antagonizes the immunosuppressive effect of acute stress via an opiate mechanism ". *Immunology*, Vol. 63, pp. 465-469, **1988**.
5. Maestroni G.J.M. and **A. Conti**. Beta-endorphin and dynorphin mimic the circadian immunoenhancing and anti-stress effect of melatonin. *Int. J. Immunopharmacol.*, Vol. 11, No. 4, pp. 333-340, **1989**.
6. Maestroni G.J.M. and **A. Conti**. Melatonin, stress and the immune system. In: "Pineal Research Reviews", Vol.7, pp. 203-226, **1989**.
7. Maestroni G.J.M. and **A. Conti**. Has the immunoendocrine network any physiological relevance ? Evidence for a mechanism involving the pineal indole melatonin and immunoderived opioid agonists. *J. Immunological Research*, Vol. 1, No. 4, pp. 151-153, **1989**.
8. Lissoni, P., S., Barni, F., Rovelli, S., Viviani, G.J.M., Maestroni, **A., Conti** and G. Tancini. The biological significance of soluble interleukin-2 receptors in solid tumors. *Eur. J. Cancer*, Vol. 26, No. 1, pp.33-36, **1990**.
9. Maestroni G.J.M. and **A. Conti**. The pineal neurohormone melatonin stimulates activated CD4<sup>+</sup>, Thy 1<sup>+</sup> cells to release opioid agonist(s) with immunoenhancing and anti-stress properties. *J. Neuroimmunol.* Vol. 28, pp. 167-176, **1990**.
10. Lissoni, P., S., Barni, C., Archili, G., Cattaneo, F., Rovelli, A., Conti, G.J.M., Maestroni and G. Tancini. Endocrine effects of 24-hours intravenous infusion of interleukin-2 in the immunotherapy of cancer. *Anticancer Research*, Vol. 10, pp. 753-758, **1990**.
11. Lissoni, P., Brivio, F., Barni, S., Tancini, G., Cattaneo, G., Archilli, C., **Conti, A.** and G.J.M. Maestroni. Neuroimmunotherapy of human cancer with interleukin-2 and the neurohormone melatonin : its efficacy in preventing hypotension. *Anticancer Res.* VOL.10, PP. 1759-1762, **1990**.
12. Lissoni, P., Barni, S., De Toma, D., Palazzi, M., Pipino, G. Maestroni, G.J.M., **Conti, A.** and G. Tancini. The pineal neurohormone melatonin as a second line therapy in metastatic non-small cell lung cancer resistant to chemotherapy. *Acta Oncologica*, No. 11, pp. 41-44, **1990**.
13. Lissoni, P., Tisi, E., Brivio, F., Ardizzoia, A. Crispino, S., Barni, S., Tancini, G., **Conti, A.** and G.J.M., Maestroni. Modulation of interleukin-2-induced macrophage activation in cancer patients by the pineal hormone melatonin. *J. Biol. Reg. and Homeostatic Agents*, Vol. 5, No. 4, pp. 154-156, **1991**.
14. Maestroni G.J.M. and **A. Conti**. Melatonin in cancer immunotherapy. *J. Immunol. Res.*, **1991**.
15. Maestroni G.J.M. and **A. Conti**. Gabaergic modulation of the immune system. *J. Chemoth., J. Chemotherapy*, III, Suppl.3, **1991**.
16. Maestroni G.J.M. and **A. Conti**. Neuroimmunomodulation of natural cytotoxicity. Relevance of the melatonin-immune-opioid network in cancer immunotherapy. *Int. J. Neurosci.*, **1991**.
17. Maestroni G.J.M. and **A. Conti**. Anti-stress role of melatonin-immune-opioid network. Evidence for a physiological mechanism involving T cell-derived immunoreactive beta-endorphin and met-enkephalin binding to thymic opioid receptors. *Int. J. Neurosci.*, Vol. 61, pp. 289-298, **1991**.

18. Giacobuzzo, M., **Conti, A.**, Maestroni, G.J.M. and P. Martelletti. Stimulation of lymphocyte natural cytotoxicity in cluster headache patients by melatonin treatment. *Cephalalgia*, No. 11, Suppl. 11, pp. 248-249, **1991**.
19. **Conti A.**, N. Haran-Ghera and G.J.M. Maestroni. Role of pineal melatonin and melatonin-immuno-induced-opioids in murine leukemogenesis. *Medical Oncology and Tumor Pharmacotherapy*, Vol. 9, No. 2, pp. 87-92, **1992**.
20. S. Barni, P. Lissoni, M. Cazzaniga, A. Ardizzoia, F. Paolorossi, F. Brivio, M. Perego, G. Tancini, **A. Conti** and G. J. M. Maestroni. Neuroimmunotherapy with subcutaneous low-dose interleukin-2 and the pineal hormone melatonin as a second-line treatment in metastatic colorectal carcinoma. *Tumori*, 78, pp. 383-387, **1992**.
21. Lissoni P., Barni S., Ardizzoia A., Paolorossi F., Crispino S., Tancini G., Tisi E., **Conti A.** and G.J.M., Maestroni. A randomized study with the pineal hormone melatonin versus supportive care alone in advanced non-small cell lung cancer resistant to a first line chemotherapy containing cis-platin. *Oncology*, Vol. 49, No. 5, pp. 336-339, **1992**.
22. Lissoni P., Tisi E., Barni S., Ardizzoia A., Rovelli F., Rescaldani R., Ballabio D., Benenti C., Angeli M., Tancini G., **Conti A.** and G.J.M. Maestroni. Biological and clinical results of a neuroimmunotherapy with interleukin-2 and the pineal hormone melatonin as a first line treatment in advanced non-small cell lung cancer. *Br. J. Cancer*, Vol. 66, pp. 155-158, **1992**.
23. Maestroni G.J.M., **A. Conti** and E. Pedrinis. Effect of adrenergic agents on haemopoiesis after syngeneic bone marrow transplantation in mice. *Blood*, Vol. 80, No. 5, pp. 1178-1182, **1992**.
24. Lissoni P., S. Barni, A. Ardizzoia, F. Brivio, G. Tancini, **A. Conti** and G.J.M. Maestroni. Immunological effects of a single evening subcutaneous injection of low dose interleukin - 2 in association with the pineal hormone melatonin in advanced cancer patients. *J. Biol. Reg. and Homeost. Agents*, Vol. 6, No. 4, pp. 132-136, **1992**.
25. P. Lissoni, S. Pittalis, F. Brivio, E. Tisi, F. Rovelli, A. Ardizzoia, S. Barni, G. Tancini, G. Giudici, A. Biondi, **A. Conti** and G.J.M. Maestroni. In vitro modulatory effects of interleukin-3 on macrophage activation induced by interleukin-2. *Cancer*, Vol. 71, No. 6, pp. 2076-2081, **1993**.
26. Lissoni P., S. Barni, F. Rovelli, F. Brivio, A. Ardizzoia, G. Tancini, **A. Conti** and G.J.M. Maestroni. Neuroimmunotherapy of advanced solid neoplasms with single evening subcutaneous injection of low-dose interleukin - 2 and melatonin: preliminary results. *Eur. J. Cancer*, Vol. 29 A, No. 2, pp. 185-189, **1993**.
27. Valcavi R., M. Zini, G.J.M. Maestroni, **A. Conti** and I. Portioli. Melatonin stimulates growth hormone secretion through pathways other than the growth hormone-releasing hormone. *Clin. Endocrinol.*, Vol. 39, pp. 193-199, **1993**.
28. Lissoni P., S. Barni, G. Tancini, F. Rovelli, A. Ardizzoia, **A. Conti** and G.J.M. Maestroni. A study of the mechanisms involved in the immunostimulatory action of the pineal hormone in cancer patients. *Oncology*, Vol. 50, pp. 399-402, **1993**.
29. Lissoni P., A. Ardizzoia, E. Tisi, E. Rossini, S. Barni, G. Tancini, **A. Conti** and G.J.M. Maestroni. Amplification of eosinophilia by melatonin during the immunotherapy of cancer with interleukin -2. *J. of Biol. Reg. and Homeostatic Agents*, Vol. 7, No. 1, pp. 34-36, **1993**.
30. Maestroni G.J.M. and **A. Conti**. Noradrenergic modulation of lymphohematopoiesis. *Int. J. Immunopharmacol.*, Vol. 16, No. 2, pp. 117-122, **1994**.
31. Maestroni G.J.M. and **A. Conti**. Modulation of hematopoiesis via alpha-1-adrenergic receptors on bone marrow cells. *Exp. Hematol.*, Vol. 22, pp. 313-320, **1994**.
32. Maestroni G.J.M., V. Covacci and **A. Conti**. Hematopoietic rescue via T-cell-dependent, endogenous GM-CSF induced by the pineal neurohormone melatonin in tumor bearing mice. *Cancer Res.*, Vol. 54, pp. 2429-2432, **1994**.
33. Lissoni P., S. Barni, A. Ardizzoia, G. Tancini, **A. Conti** and G.J.M. Maestroni. A randomized study with the pineal hormone melatonin versus supportive care alone in patients with brain metastases due to solid neoplasm. *Cancer*, Vol. 73, No. 3, pp. 699-701, **1994**.
34. Maestroni G.J.M., Covacci V. and **Conti A.** Haematopoietic rescue via T-cell dependent, endogenous granulocyte-macrophage-colony-stimulating factor induced by the pineal neurohormone melatonin in tumor bearing mice. *Cancer Res.* 54, 2429-2432, **1994**.

35. Maestroni G.J.M., **Conti, A.** and P. Lissoni. Colony stimulating activity and hematopoietic rescue from cancer chemotherapy compounds is induced by melatonin via endogenous interleukin - 4. *Cancer Res.*, Vol.54, pp.4740-4743, **1994**.
36. Aldeghi R., P.Lissoni, S. Barni , A. Ardizzoia , G. Tancini, A. Piperno, M. Pozzi, G. Ricci, **A. Conti** and G.J.M. Maestroni. Low-dose interleukin-2 subcutaneous immunotherapy in association with the pineal hormone melatonin as a first - line therapy in locally advanced or metastatic hepatocellular carcinoma. *Eur. J.Canc.* Vol.30A, No.2, pp.167-170, **1994**.
37. Maestroni G.J.M., Togni M., Covacci V. and **Conti A.** Colony stimulating activity and hematopoietic rescue from cancer chemotherapy compounds is induced by melatonin via endogenous interleukin 4. *Cancer Res.* 54, 4740-4743, **1994**.
38. Ben Nathan D., Maestroni G.J.M., Lustig S. and **A. Conti**. Protective effect of melatonin in mice infected with encephalitis viruses. *Arch. Virol.* 140: 223 - 230, **1995**.
39. Brivio F., Lissoni P., Fumagalli L., Brivio O., Lavorato F., Rescaldani R., **Conti A.**, Roselli M.G., Maestroni G. and S. Barni. Preoperative neuroimmunotherapy with subcutaneous low-dose interleukin-2 and melatonin in patients with gastrointestinal tumors: its efficacy in preventing surgery-induced lymphocytopenia. *Oncology Reports* 2: 597- 599, **1995**.
40. Maestroni G.J.M., Flamigni,L., Hertens, E. and **A. Conti**. Biochemical and functional characterization of melatonin -induced opioids in spleen and bone marrow T-helper cells. *Neuroendocrinology Lett.* vol. 17, pp.163-166, **1995**.
41. **Conti A.** and G.J.M. Maestroni. The clinical neuroimmunotherapeutic role of melatonin in oncology. *J.of Pineal Research*, vol.19, pp. 103 - 110, **1995** .
42. **Conti A.** and G.J.M. Maestroni. HPLC validation of melatonin circadian rhythm in the pineal gland of inbred mice.*J. of Pineal Research*, vol. 20, pp.138-144, **1996**.
43. **Conti A.** and G.J.M. Maestroni. Role of the pineal gland and melatonin in the development of autoimmune diabetes in non obese diabetic (NOD) mice.*J. of Pineal Research*, vol. 20, pp.164 - 172, **1996**.
44. Maestroni G.J.M. and **A.Conti** . Melatonin in human breast cancer tissue: association with nuclear grade and oestrogen receptors status. *Laboratory Investigation*, Vol.75, No.3, pp. 1 - 5, **1996**.
45. Lissoni P., Cazzaniga M., Tancini G., Scardino E., Musci R., Barni S., Maffezzini M., Meroni T., Rocco B., **Conti A.**, Meastroni G.J.M. Reversal of clinical resistance to LHRH analogue in metastatic prostate cancer by the pineal hormone melatonin: efficacy of LHRH analogue plus melatonin in patients progressing on LHRH analogue alone.*Eur. Urol.* 31, pp. 178-181, 1997.
46. Lissoni P., Tancini G., Barni S., Paolorossi F., Ardizzoia A., **Conti A.**, Maestroni G.J.M. Treatment of cancer chemotherapy-induced toxicity with the pineal hormone melatonin. *Supp. Care Cancer*, 5, 126-129, **1997**.
47. Maestroni G.J.M. and **A.Conti**. Melatonin and the Immunohematopoietic system. therapeutic and adverse pharmacological correlates. *Neuroimmu-nomodulation*, 137, 1-11. **1997**.
48. Lissoni P., Paolorossi F., Ardizzoia A., Barni S., Chilleli M., Mancuso M., Tancini G., **Conti A.** and Maestroni G.J.M. A randomized study of chemotherapy with cisplatin plus etoposide versus chemoendocrine therapy with cisplatin, etoposide and the pineal hormone melatonin as a first line treatment of advanced non-small cell lung cancer patients in a poor clinical state. *J. of Pineal Research*, vol. 23, pp.15 - 20, **1997**.
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51. Lissoni P., Laudon M., Barni S., Brivio F., Tisi E., Rovelli F., Chatichine V., Fumagalli L., Maestroni G.J.M., **Conti A.** and Tancini G. Long- term results of cancer immuno-therapy with subcutaneous low-dose interleukin-2 plus melatonin. *Int. J. Immunotherapy* XIV (3), 169-174, **1998**.

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53. Malhysheva O.A., Shirinsky V.S., Maestroni G.J.M. and **Conti A.** Neuroimmunological effects of melatonin at the patients with somato-pathic vegetative dysfunction (in press, **1999**).
54. **Conti A.** and G.J.M. Maestroni. Congress report: International Congress of Neuroimmunomodulation, ISNIM-99, *Neuroendocrinology Letters*, 20: 335-342, **1999**.
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60. Lissoni P., Vaghi M., Ardizzoia A., Fumagalli E., Malugani F., Tancini G., Gianstefano G., **Conti A.**, Maestroni G.J.M. Efficacy of monochemotherapy with docetaxel (taxotere) in relation to prolactin secretion in heavily pretreated metastatic breast cancer. *Neuroendocrinology Letters*, Vol.22, no.1,27-29, **2001**.
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65. Iametti - Tettamanti C. and **A. Conti**. Melatonin identification in mediterranean and alpine medicinal and wild plants. *Acta Phytotherapeutica*, No.1, 42-46, **2002**.
66. Lissoni P., Malugani, F., Bordin, V., **Conti, A.**, Maestroni, G.J.M., Tancini G.A. New neuroimmunotherapeutic strategy of subcutaneous low-dose interleukin-2 plus the long-acting opioid antagonist naltrexone in metastatic cancer patients progressing on interleukin-2 alone. *Neuroendocrinology Letters*, Vol. 23, 255-258, **2002**.
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68. Poretti Lozano Becerra G. and **Conti A.** Enquête ethnobotanique sur les souvenirs et les saviors populaires lies aux plantes médicinales dans la region méridionale alpine de la Suisse (Canton du Tessin). *Ethnopharmacologia*, No.38, pp.50-70, **2006**.
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70. Cosentino M., Bombelli R., **Conti A.**, Colombo M.L., Azzetti A., Bergamaschi A., Marino F. and Lecchini S. Antioxidant properties and *in vitro* immunomodulatory effects of peppermint (*Mentha x piperita L.*) Essential oils in human leukocytes. *J.Pharm.Sci.& Res.* Vol 1 (3), pp. 33-43, **2009**.

71. Rusconi M. and **Conti A.** *Theobroma cacao L.*, the Food of the Gods: A scientific approach beyond myths and claims. *Pharmacological Research*, **2009**.
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73. Rusconi M. and **Conti A.** Dark, white or both ? A preliminary clinical study on neuroimmunological properties of chocolate. *In Pharmacological Research, Chocolate in Health Nutrition*. Eds. Paoletti Rodolfo, Andrea Poli, **Ario Conti**, and Francesco Visioli, Springer Verlag, ISBN 978-88-470-2037-5, **2012**
74. **A. Conti**, M.T. Pinorini-Goodly and M.L. Colombo Cocoa and chocolate in humans: the rationale for clinical studies on healthy volunteers. R.R. Watson et al. (eds.) *Chocolate in health and nutrition, Nutrition and Health 7*, DOI 10.1007/978-1-61779-803-0\_40, Springer Science + Business Media LLC **2012**.
75. Maria Laura Colombo, Maria Teresa Pinorini and **Ario Conti**. Internet Natural product Trade, Business and risk of damaged and/or contaminated products. *Handbook of natural products*, K.G. Ramawat, J.M. Merillon (eds.) DOI 10, 1007/978-3-642-22144.6-99. Springer Verlag Berlin Heidelberg **2013**.
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### **Chapters and proceedings.**

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