

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.

Her research focuses on the pathophysiology of

as diabetes, cardiovascular diseases, dyslipidemia, fatty liver, polycystic ovary syndrome, and infertility, Sara Farnetti stands as a trailblazer in the field for her outstanding career in medical research.

Since 2014, she has served as a Visiting Professor at the University of Miami Miller School of Medicine, collaborating with researchers on an international stage.

In remarkable recognition of her contributions to the field of Chemical Sciences and Nutraceuticals by the Italian Ministry of Health, she was named the patron of Functional Nutrition as a model for the prevention of Metabolic Syndrome.

Sara Farnetti made notable contributions to the field as a collaborator at EXPO Milano 2015.

At Luiss Guido Carli University in Rome, she has been a leading figure, leading the course on "Wellness and Well-being" where her innovative approaches have earned her international recognition. She organized a symposium on the theme of "Wellness and Well-being" followed by a captivating presentation in 2018.

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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