

Alessandra Lodi

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WORK EXPERIENCE

July 2012- now Vicenza, IT	<i>Farmacie Kerix s.n.c.</i>	Pharmacist <i>I deal with personalized nutrition through the use of nutrigenetic tests, lipidomic tests and naturopathic consultations. I manage the website and the blog of the pharmacy www.kerixfarma.com.</i>
September 2011- now Asigliano Veneto (Vicenza), IT	<i>Gianluca Mech S.p.A.</i>	Member of the Tisanoreica Study Center <i>Main tasks:</i> <ul style="list-style-type: none">- corporate research- scientific training to dealers- writing technical material- supporting R&D on the formulation of new products

EDUCATION

Genuary 2012- April 2017	University of Padova	PhD in Neurobiology <i>My research project focused on the ketogenic diet. I run three scientific studies, experimenting directly on humans.</i>
October 2006-July 2012	University of Padova	Master's degree in Chemistry and Pharmaceutical Technologies (B. Pharm.). Final vote: 110/110 Thesis title: "Effects of the Phytoketogenic Mediterranean Diet (KEMEPHY) and of the Mediterranean Diet on body composition, hormonal and biochemical parameters during and after the diet period"

COURSES AND TRAINING

June 30 th 2017	Milano (IT)	Jatreia (Akern) course on the "Evaluation of the body composition with both the conventional and vectoral bioimpedenziometry"
May 27 th 2017	Arezzo (IT)	XXV SIFIT annual congress. Short Lecture on KETOSIS AND PHYTOTHERAPY (Focus on Tisanoreica Diet).
May 26 th 2017	Rome (IT)	Ketolearning: advanced course on the applications of ketogenic diet in the medical

		field. LECTURE on KETOGENIC DIET AND SPORT.
May 12 2017	Rome (IT)	FAMELAB National Final See Youtube video: https://youtu.be/dNMJ_4HqVQs
April 29 th 2017	Bologna (IT)	Conference: Dieta Chetogenica...facciamo chiarezza.
April 7 th -9 th 2017	Perugia (IT)	FAMELAB Masterclass for finalists on science communication.
March 22 nd 2017	Padova (IT)	FAMELAB – talking science (talent show for scientific divulgators) – Second prize and access to national final. See Youtube videos: https://youtu.be/s3nr0OGEaIs https://youtu.be/Y5PUXUsG6Mw
Jan 21 st 2017	Padova (IT)	SANIS -SCUOLA DI NUTRIZIONE ED INTEGRAZIONE NELLO SPORT Lecture on FOOD INTOLERANCES (biochemical and physiological assumptions, various types of tests, repeatability and reproducibility, integration and nutrition)
Sept 29 th – Oct 1 st 2016	Rome (IT)	VIII National Congress SIO (Annual Conference of the Italian Society of Obesity), Eat Weight Disord, 2016. ORAL COMMUNICATION , P032:Different high-protein-low-carbohydrates proprietary foods and blood sugar in healthy subjects. A Lodi, L Cenci, M Piras, A Faedo, G Bosco, A Paoli.
Sept 16 th – 19 th 2016	Milan (IT)	3rd International Congress on Āyurveda During the congress I attended the workshop “Dravya Guna, Ayurvedic Pharmacology and western herbs” with Vaidya Atreya Smith
Oct 10 th 2015	University of Padova	Conference: “Nutrition, obesity and cancer”
Sept 5 th -7 th 2015	University of Barcellona (ES)	NuGO week 2015 (Annual conference of the Nutrigenomic Organization)
Nov 2014 - Jan 2015	Wharton University of Pennsylvania (COURSERA online course)	An Introduction to Marketing (Final valuation: best 20%)
Sept 8 th -11 th 2014	University of Napoli (IT)	NuGO week 2014

July 2 nd -5 th 2014	Milano (IT)	VII National Congress SIO (Annual conference of the Italian Society of Obesity) ORAL COMMUNICATION , P.18: Hunger-related hormones, body composition and metabolism in overweight subjects two months after a mediterranean ketogenic diet weight loss program. G. Bosco, A Lodi, L Cenci, K Grimaldi, A Parmagnani, A Paoli.
May 21 st -24 th 2014	Wageningen University (NL)	Epigenesis & Epigenetics course
March 28 th 2014	V.I.M.M. , Padova (IT)	First Joslin-University of Padova Metabolism Day
Oct 2012 – June 2014	CNM Italia, Padova	Naturopathic course
Sept 2012 - Jan 2013	University of Padova, Faculty of Pharmacy	Course on Pharmacogenetics and Pharmacogenomics

KEY COMPETENCES

Scientific Research	<ul style="list-style-type: none"> • Topics: ketogenic diet, metabolism, nutrition, nutrigenetics • Scientific literature analysis • Science communication • Study design • Ability to learn new laboratory techniques • Data analysis through statistics software • Scientific papers
Training	<ul style="list-style-type: none"> • Design and delivery of scientific and commercial training • Coordination of internal and external trainers
Commercial	<ul style="list-style-type: none"> • Market analysis • Sales
Management	<ul style="list-style-type: none"> • Product management (field of natural medicine)

OTHER CHARACTERISTICS AND SKILLS

Personal	<p>Great passion for scientific research in the field of obesity treatment and prevention of non-communicable diseases through the use of nutrition, omic-sciences and natural medicine.</p> <p>Used to working with challenging objectives and strict deadlines.</p> <p>Strong interpersonal and communication skills.</p>
Languages	<p>Italian: mother tongue</p> <p>English: fluent, TOEFL 94/120</p> <p>German: advanced</p> <p>French: intermediate</p>
Computer skills	<p>Knowledge and use of Microsoft Office and GraphPad Prism.</p>

PEER-REVIEWED PUBLICATIONS

J Med Food, 2016	Lodi A <i>et al.</i> , The effects of different high-protein low-carbohydrates
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proprietary foods on blood sugar in healthy subjects

Lung, 2015

Rubini A *et al.*, Effects of Twenty Days of the Ketogenic Diet on Metabolic and Respiratory Parameters in Healthy Subjects

Nutrients, 2013

Paoli A *et al.*, Long Term Successful Weight Loss with a Combination Biphasic Ketogenic Mediterranean Diet and Mediterranean Diet Maintenance Protocol

BMC Proceedings,
2012

Paoli A *et al.*, Medium term effects of a ketogenic diet and a Mediterranean diet on resting energy expenditure and respiratory ratio

OTHER PUBLICATIONS

Residenze Sanitarie, La Tisanoreica® per l'anziano
June 2015

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