

## **ETHEL COGLIANI**

Email: ethelc@gmail.com

Mobile: +39 329 077 1553

VAT number: 12723891003

**Biologist, Nutritionist, Researcher in epigenetics and integrative health. Founder of the IMMUNOREICA® Method and author of several books on nutrition, fasting and mind-body health.**

Keywords: *Functional Nutrition, Biohacking, Integrative Medicine, Epigenetics, Mind-Body Medicine, Dry Fasting, Carnivore Fasting, Autoimmune Disease Management, Psycho-somatic Medicine, Fasting Protocols, Personalized Nutrition, Health Coaching, NLP and Hypnosis, Reiki.*

---

## **PROFESSIONAL EXPERIENCE**

**2025 (ongoing)** — Training *Nutripuncture*, Level I-II completed

**2024 (ongoing)** — Master Reiki in progress

**2024** — Author of “7+ giorni di digiuno secco” (“7+ Days of Dry Fasting”)

**2023** — Author of “Il digiuno del carnivoro” (“Carnivore Fasting”)

**2022** — *Advanced NLP and Hypnosis, Bandler School*

**2022** — *Master Level II in NLP and Hypnosis*

**2021** — *Master Level I in NLP and Hypnosis and RMP certified profiler*

**2021** — Author of “La struttura della salute” (“The Structure of Health”)

**2020** — Author of “Super-vivere nel XXI secolo” (“Super-Living in the 21st Century”) and “Paura” (“Fear”)

**2018–2020** — Scientific Director, *SIMNE - Società Italiana di Medicina e Nutrizione Evolutiva (Italian Society of Evolutionary Medicine and Nutrition)*

**2018–2019** — Publisher and Editor-in-Chief of *IMMUNOREICA Magazine – La prima rivista dedicata all’approccio funzionale delle malattie autoimmuni (IMMUNOREICA Magazine – The first scientific magazine dedicated to the functional approach to autoimmune diseases)*

Website: [immunoreicamagazine.com](http://immunoreicamagazine.com)

**Since 2018** — Registered Journalist

**2017–2018** — Advanced training in *Bioterapia Nutrizionale (Nutritional Biotherapy)* with Prof. Anna D’Eugenio

**2017** — Author of “Tiroide X-files” (“Thyroid X-Files”)

**2016** — Author of “Dietro la Malattia” (“Behind the Disease”)

**November 2014** — Attended conference “CIBO e SALUTE: ammalarsi o guarire a tavola” (“Food and Health: Getting Sick or Healing at the Table”)

**June 2014** — Completed *CORSO DI ALIMENTAZIONE ZONA E PALEO ZONA (Zone and Paleo Zone Nutrition Course)* with Aronne Romano

**Since January 2014** — Freelance Nutritionist Biologist (VAT number 12723891003), member of ENPAB (National Welfare and Assistance Body for Biologists)

Founder of the IMMUNOREICA® Method and Clinical Practice — Website: [immunoreica.com](http://immunoreica.com)

---

## EDUCATION

**2008** — Passed *Esame di Stato* (National Licensing Exam) at *Sapienza University of Rome* for professional registration as a Biologist

**2007–2008** — Internship Grant funded by Regione Lazio and FILAS, 6-month internship at the Department of Biological Chemistry, *Sapienza University of Rome*

**2006–2007** — Master's Degree in Biological Sciences, *Genetics and Molecular Biology* track, *Sapienza University of Rome*, with honors (110/110 cum laude)

**2004–2005** — Bachelor's Degree in Biological Sciences, *Molecular Genetics* track, *Sapienza University of Rome*, with honors (110/110 cum laude)

Thesis: “*Fusioni proteiche per lo studio del ruolo e della secrezione della proteina apoplastica PvPGIP2, un inibitore delle poligalatturonasi fungine*” (“*Protein fusions to study the role and secretion of the apoplastic protein PvPGIP2, an inhibitor of fungal polygalacturonases*”)

**2004–2005** — Internship and thesis on: “*Silenziamento genico post-trascrizionale per determinare il ruolo di una calmodulina nella resistenza delle piante ai patogeni*” (“*Investigating the functions of an Arabidopsis calmodulin-like gene in defence against pathogens using RNA interference*”)

**2003–2004** — Collaboration Grant at the Department of Cell and Developmental Biology, *Sapienza University of Rome*

**2002–2003** — Enrolled in the Bachelor's program in Biological Sciences, *Sapienza University of Rome*

**2000–2001** — High School Diploma, *Liceo Scientifico Statale “Amedeo Avogadro”*, final grade 88/100

---

## PROFESSIONAL MEMBERSHIPS

- Since **2009** — Registered Biologist, *Italian National Order of Biologists (ONB)*