SWISS MEDICAL NETWORK



Dr. med. Monica Bossi

Specialista in Medicina Interna Generale, Esperta in Medicina Funzionale, membro FMH

Languages

IT,EN,DE

Education

- Degree in medicine and surgery Trieste University, Italy / Trieste, Italy / 1998
- Specialization in internal medicine University of Trieste, Italy / Trieste, Italy / 2003
- Master of integrative medicine Urbino University, Italy / Urbino, Italy / 2003
- Higher National Diploma IMeb (institute of integrated medicine) / Milan, Italy / 2009
- Higher National Diploma in antiaging and functional medicine
- Higher National Diploma S.E.N.B. (European Society for Biological Nutrition) / Bologna, Italy / 2008
- Higher National Diploma in clinical nutrition, nutraceuticals, nutrigenomics

Memberships

Nestlè, Solgar, Adamah, IMO, IMEb / Trieste, Italy / May 2005 - Present
Scientific advisor and key opinion leader for several companies

Media

RSI Food CH / Lugano, CH / Mar 2023 - Present
writer of scientific articles focused on health food namely with an impact on mental health and pleasure, immune and hormonal system, metabolism

Publications

Freelance / Italy, Switzerland / Jan 2014 - Present

- Scientific publications focused on health, prevention, wellbeing, functional nutrition, nutraceutical: Perchè stare a dieta fa ingrassare (the reason why die ng makes you gain weight)(2014), Macro Edizioni Ed. (Author);
- Dieta non Dieta (Diet not Diet) (Contributor) (2014), Ponte delle Grazie Ed.;
- Guida alla medicina funzionale (Guide to Functional Medicine) (Contributor) (2019), Edra Ed;
- Il microbiota e il suo ruolo immersivo nella salute (the microbiota and its immersive role in health) (Contributor) (Casagrande ed, In print).

Competences

- Lecturer in longevity and regenerative medicine for advanced Master's programs at University Verona, Italy, 2024-present
- Lecturer in Neuro-Psycho-Endocrine-Immunology (NPEI) and Functional Nutrition, specializing in Gut Biome Balance for advanced Master's programs at University San Raffaele, Rome, Italy, Mar 2018 - Sep 2021

Work Experience

WORK EXPERIENCE
Senior consultant
Procrea Next Fertlity / Lugano, CH / Jun 2022 - Present

- Specialist doctor and consultant in creating tailor-made diagnostic and therapeutic pathways to ensure women's reproductive and comprehensive health, according to the dictates of innovative functional medicine.

Medical director and project manager

- Functional and Precision Medical Center Lugano / Lugano, CH / Sep 2022 - Present
- led clinical teams: physiotherapists, doctors, nutritonists, psychologists, therapists, boos ng parent outcomes by 90%
- pioneered innovative tailor made pathways (diagnosis and treatment) in functional, preventative and personalized medicine
- pionereed innovative nutritional educational training addressed to laymen
- managed a telehealth program, increasing access by 70%
- directed a staff of 10, fostering a culture of excellence
- negotiated key partnerships, expanding service capabilities and visibility
- organized social and scientific events aimed at laymen and doctors to share a knowledge of a science-based health lifestyle

Project manager
San Raffaele Hospital Milan, Italy, 2024

- forged personalized and preventative pathways in a leading healthcare facility in the field of research and medical science

Porto Piccolo Luxury Resort / Trieste, Italy / Jan 2020 - Feb 2021

- led clinical teams to build a tailor made health and wellbeing pathway
- pioneered innovative care pathways in functional, preventative and personalized medicine
- managed and improved the visibility on international medical tourism platforms
- pionereed innovative nutritional educational training addressed to laymen
- organized social and scientific events aimed at lay people and doctors to share a knowledge of a science-based health lifestyle
- negotiated key partnerships, expanding service capabilities and visibility

Accreditation

Centromedico

Lugano Centro

Specialties

General Internal Medicine

Contact

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