

The Organizing Framework for Synchronizing Circadian Metabolic Rhythms

The coupling and decoupling of circadian metabolic rhythms are critical for human health and the pace of development of chronic diseases of aging, respectively.

Left: The central role of circadian regulation in the brain at the crossroads of hormonal and autonomic branches of the stress response and emotion-driven behaviors.

Middle: The role of nuclear hormone receptors and the influence of both circadian and autonomic nervous system regulation.

Right: The critical role of fasting-feeding cycle and fasting-fed states on the synchronized coupling of metabolic to circadian rhythms.

