

# NIH Office of Dietary Supplements (ODS) 2023–2024 Seminar Series

## *Circadian Rhythms and Time-Restricted Eating in Health and Disease*

Satchidananda (Satchin) Panda, Ph.D.  
Salk Institute for Biological Studies  
La Jolla, CA

Wednesday, December 13 • 11 a.m. – 12 p.m. ET

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Satchidananda (Satchin) Panda, Ph.D., is a professor at the Salk Institute in California, where his research focuses on the circadian regulation of behavior, physiology, and metabolism in model organisms and in humans. Dr. Panda discovered that a blue light sensing cell type in the retina entrains our master circadian clock, affects mood, and regulates the production of the sleep hormone melatonin.

Recently, he discovered that maintaining a daily feeding-fasting cycle—popularly known as time-restricted feeding (TRF)—can prevent and reverse metabolic diseases. Based on a feasibility study in humans, his lab is currently carrying out a smartphone-based study to assess the extent of circadian disruption among adults. Dr. Panda has received the Julie Martin Mid-Career Award in Aging Research and the Dana Foundation Award in Brain and Immune

System Imaging and was a Pew Scholar in the Biomedical Sciences.

### Recent Publications

1. Manoogian ENC, Chow LS, Taub PR, Laferrère B, Panda S. Time-restricted Eating for the Prevention and Management of Metabolic Diseases. *Endocr Rev.* 2022 Mar 9;43(2):405–436. PMID: 34550357; PMCID: PMC8905332.
2. Deota S, Lin T, Chaix A, Williams A, Le H, Calligaro H, Ramasamy R, Huang L, Panda S. Diurnal transcriptome landscape of a multi-tissue response to time-restricted feeding in mammals. *Cell Metab.* 2023 Jan 3;35(1):150–165. PMID: 36599299; PMCID: PMC10026518.
3. Manoogian ENC, Zadourian A, Lo HC, Gutierrez NR, Shogi A, Rosander A, Pazargadi A, Ormiston CK, Wang X, Sui J, Hou Z, Fleischer JG, Golshan S, Panda S. Feasibility of time-restricted eating and impacts on cardiometabolic health in 24-h shift workers: The Healthy Heroes randomized control trial. *Cell Metab.* 2022 Oct 4;34(10):1442–1456.e7. PMID: 36198291; PMCID: PMC9536325.



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