

Body clock linked to metabolism

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Researchers at the University of California, Irvine, have identified a molecular link between circadian rhythms and metabolism.

One of the world's leading experts in the field, distinguished professor and chair of pharmacology, Paolo Sassone-Corsi and his team discovered a protein the[that] regulates the body clock and works in balance with the protein SIRT1, which controls energy use in cells.

"This interplay has far-reaching implications for human illness and aging, and it is likely vital for proper metabolism," he explained.

"When this balance between these two vital proteins is upset, normal cellular function can be disrupted. Because of the role these two enzymes play, changes in our sleep patterns or our diets can directly be translated into how our cells act."

The findings offer potential scope for the development of new treatment for diseases such as [diabetes](#) and obesity.

Previous studies have shown that SIRT1 can help control the aging process by acting as a resistance .

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