

Dr. Jonatan R Ruiz

- Professor of Physical Activity and Health
- University of Granada (Spain)
- Energy metabolism, Cardiovascular health, Obesity and Insulin resistance
- Time-Restricted Eating: A Game Changer for Weight Loss and Cardiovascular Health.

Dr. Kelsey Gabel

- Assistant Professor in Kinesiology and Nutrition
- University of Illinois Chicago (USA)
- Intermittent fasting, Exercise, Metabolic regulation and Cancer
- Intermittent Fasting: What We Know in Metabolic dysregulation and where we go from here.

MEET THE SCIENTISTS!

Chairman:
Dr. Rubén
Fernández-Rodríguez

Time-restricted
eating, diet and
health: a hearty
debate.

April 3rd 2025
8.30-10.30 pm CEST

4 Lectures (20 min each)
Q&A
Discussion panel (20 min)

Laurent Turner

- Predocctoral researcher
- University of Adelaide (Australia)
- Nutrition & Immunology
- Time is of the Essence: An Update on Time-Restricted Eating.

JOIN US HERE:



Dr. Sarah Gauci

- Associate Research Fellow
- University of Deakin - Food & Mood Center (Australia)
- Cardiovascular health, Lifestyle and Mental health.
- Nourishing the Heart and Mind: Harnessing Diet for Co-treatment of Mental and Cardiovascular Health.