



# What Happens

## TO YOUR BODY

## DURING FASTING

**4-8 Hours:** Blood sugar falls and insulin is no longer produced.

**12 Hours:** Food consumed is burned, HGH increases.

**16 Hours:** Body ramps up fat burning.

**18 Hours:** HGH starts to skyrocket.

**24 Hours:** Autophagy begins and drains all glycogen stores.

**36 Hours:** Autophagy increases by 300%.

**48 Hours:** The immune system resets to reduce the inflammatory response.

**72 Hours:** Autophagy maxes out and plateaus



# Intermittent Fasting Guide

**RJ Shavelson**



## **Intermittent Fasting Guide:**

## Adopting the Tune of Appearance: An Psychological Symphony within **Intermittent Fasting Guide**

In a global eaten by screens and the ceaseless chatter of quick conversation, the melodic beauty and psychological symphony developed by the published word frequently disappear in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Intermittent Fasting Guide** a stunning literary treasure brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this charming masterpiece conducts readers on a mental trip, well unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths of this moving evaluation, we can discover the book is key harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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