



# 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

**Jicheng Xie**



## **Intermittent Fasting Guide:**

## Whispering the Techniques of Language: An Emotional Journey through **Intermittent Fasting Guide**

In a digitally-driven earth wherever monitors reign great and quick interaction drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words frequently move unheard. Yet, located within the pages of **Intermittent Fasting Guide** a charming literary value sporting with natural emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that wonderful opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the psychological depths with this touching review, we will embark upon a heartfelt exploration of the book is core themes, dissect their charming publishing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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