



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

David Johnson



Intermittent Fasting Guide:

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

In a digitally-driven world where speed reigns supreme and quick interaction drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently go unheard. Yet, set within the pages of **Intermittent Fasting Guide** a interesting fictional value sporting with natural thoughts, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this enchanting opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the material of every word. Within the mental depths of this poignant review, we shall embark upon a honest exploration of the book is primary styles, dissect its interesting publishing type, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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