



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

M Mark



Intermittent Fasting Guide:

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

In a digitally-driven world where monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and mental nuances concealed within words often go unheard. Yet, situated within the pages of **Intermittent Fasting Guide** a charming fictional prize sporting with fresh emotions, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, this marvelous opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of each and every word. Within the emotional depths with this emotional evaluation, we will embark upon a genuine exploration of the book is primary themes, dissect its charming writing design, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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