



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

Clifford Lane



Intermittent Fasting Guide:

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

In a digitally-driven world where screens reign great and quick interaction drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words usually go unheard. However, nestled within the pages of **Intermittent Fasting Guide** a charming literary value blinking with organic feelings, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very material of every word. Within the psychological depths of this moving evaluation, we will embark upon a heartfelt exploration of the book's primary themes, dissect its fascinating publishing fashion, and succumb to the strong resonance it evokes serious within the recesses of readers' hearts.

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