



# 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

**Barkev Tchalikian**



## **Intermittent Fasting Guide:**

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

In a digitally-driven world where monitors reign supreme and immediate communication drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words frequently move unheard. Yet, located within the pages of **Intermittent Fasting Guide** a charming literary prize blinking with organic feelings, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very material of each word. Within the emotional depths of this poignant review, we can embark upon a genuine exploration of the book's core themes, dissect its interesting publishing model, and yield to the strong resonance it evokes deep within the recesses of readers' hearts.

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