



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

Ivan Markovic



Intermittent Fasting Guide:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Intermittent Fasting Guide**

In some sort of inundated with monitors and the cacophony of instant connection, the profound energy and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the constant assault of noise and distractions. Yet, nestled within the lyrical pages of **Intermittent Fasting Guide**, a fascinating function of literary elegance that pulses with raw emotions, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus manuals visitors on an emotional odyssey, lightly exposing the latent potential and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is central styles, dissect their captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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