



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

Anna Correale



Intermittent Fasting Guide:

Whispering the Secrets of Language: An Psychological Quest through **Intermittent Fasting Guide**

In a digitally-driven earth wherever screens reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and emotional nuances hidden within phrases frequently move unheard. However, situated within the pages of **Intermittent Fasting Guide** a captivating fictional prize sporting with raw thoughts, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the emotional depths of this touching review, we will embark upon a honest exploration of the book is primary themes, dissect its charming writing style, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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