



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

Yicheng Fang



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published jul 6 2023 the timeline in forrest gump spanned several decades and included fictional and historical moments alike and that s precisely what made it work the story of forrest gump spanned over 30 years and covered several iconic moments in american history

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plot in 1981 a man named forrest gump recounts his life story to strangers who happen to sit next to him at a bus stop as a boy in 1956 forrest has an iq of 75 and is fitted with leg braces to correct a curved spine he lives in greenbow alabama with his mother who runs a boarding house and encourages him to live beyond his disabilities

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feb 16 2023 it is based on a novel of the same name published in 1986 by author winston groome it is a motivational film based on the life of a fictional man named forrest gump gump battles through all the obstacles in his life and becomes a part of many historic moments in america s history he overcomes difficulties and at last fulfills all his wishes

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may 11 2022 starring tom hanks in an oscar winning performance the adaptation follows the events of forrest s life from his childhood in alabama all the way through his military service in vietnam and his successful career choices to meeting his

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nov 13 2009 on july 6 1994 the movie forrest gump opens in u s theaters a huge box office success the film starred tom hanks in the title role of forrest a good hearted man with a low i q who winds up

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may 5 2023 a the integration of real life historical events in the narrative forrest gump expertly blends fact and fiction to portray american history movingly the film s depiction of the vietnam war is poignant offering a glimpse into the era s political and social upheaval

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during the film august 11 1951 forrest gets his new leg braces and walks through greenbow town with his mother august 13 1951 forrest s mother visits the school principal to enroll forrest however the principal takes advantage of forrest s disability and

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