



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

Ian Pickup



Intermittent Fasting Guide:

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$$m = \frac{M \times 1000}{1000 + M \times d}$$

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$$m_{\text{mix}} = \frac{m_1 v_1 + m_2 v_2 + \dots + m_n v_n}{v_1 + v_2 + \dots + v_n}$$

1 5 x 480 1 2 x 520 480 520 720 624 1000 1 344 m q5 with increase in temperature which of these changes a molality b fraction of solute present in water

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