



# 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

**Emily Gilmore**



## **Intermittent Fasting Guide:**

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

In a digitally-driven earth wherever screens reign great and instant connection drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words often go unheard. However, set within the pages of **Intermittent Fasting Guide** a interesting fictional value pulsating with fresh emotions, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the emotional depths of the moving evaluation, we can embark upon a genuine exploration of the book is core themes, dissect its charming writing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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