



# 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

**Davis Smith**



## **Intermittent Fasting Guide:**

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circuit here i present a very easy and simple circuit of on time delay timer circuit which is made using 2 transistors some resistors and a capacitor in this circuit no any timer ic is used so the construction of this

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the off time and another pair p2 r4 and c2 for the on time notably the relay remains unpowered when a *relay how can i add a power off delay to this circuit electrical* - Nov 29 2022

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