



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

AW Rasmussen



Intermittent Fasting Guide:

Adopting the Song of Phrase: An Mental Symphony within **Intermittent Fasting Guide**

In a world used by screens and the ceaseless chatter of quick interaction, the melodic splendor and emotional symphony developed by the prepared term often disappear into the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Intermittent Fasting Guide** an enchanting fictional value overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this interesting masterpiece conducts visitors on a mental trip, skillfully unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this poignant examination, we shall discover the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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