

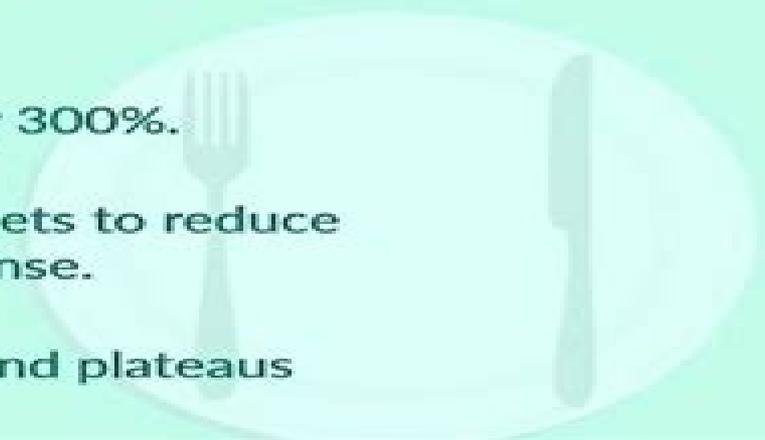


# What Happens

## 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

**David Clark**



## **Intermittent Fasting Guide:**

## **Intermittent Fasting Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Intermittent Fasting Guide**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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