



# 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

**Sabine Zange**

A decorative graphic element consisting of a semi-circle with a red-to-white gradient, positioned to the right of the author's name.

## **Intermittent Fasting Guide:**

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

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Intermittent Fasting Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written 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's key themes, examine its writing style, and analyze its overall impact on readers.

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web die 16 jährige jenny kramer wird opfer einer brutalen attacke und kommt schwer traumatisiert ins krankenhaus dort wird ihr auf wunsch ihrer eltern ein medikament verabreicht das ihr helfen soll ein medikament das jegliche erinnerung an den schrecklichen vorfall auslöscht danach hat jenny keine bilder mehr für das was