



# 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

**Brendan G. Carr**



## **Intermittent Fasting Guide:**

## Embracing the Beat of Phrase: An Mental Symphony within **Intermittent Fasting Guide**

In a global used by monitors and the ceaseless chatter of instant interaction, the melodic elegance and psychological symphony produced by the published term frequently fade in to the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, located within the pages of **Intermittent Fasting Guide** a wonderful literary value filled with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that interesting masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously crafted phrase. Within the depths of the moving assessment, we will explore the book is key harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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