



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



Top Intermittent Fasting

Peipei Pang



Top Intermittent Fasting:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Top Intermittent Fasting**

In a world inundated with screens and the cacophony of fast transmission, the profound energy and mental resonance of verbal art usually disappear into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, set within the lyrical pages of **Top Intermittent Fasting**, a captivating perform of fictional splendor that pulses with fresh emotions, lies an unique journey waiting to be embarked upon. Published with a virtuoso wordsmith, that magical opus courses visitors on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their captivating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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