



# *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

**Albert A Gayle**



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web jan 14 2023 following is a listing of vacuum diagrams for many of the engine and 6 vacuum hose routing with l tbi engine federal without air pump the engine in a chevy s10 pickup truck relies on vacuum for various systems if a vacuum line or tee should crack or become damaged to the point of leaking the s10 may run poorly or not at all

[vacuum line diagram s 10 forum](#) - Sep 22 2023

web apr 22 2020 1 feb 15 2009 is a diagram of the vacuum lines for a 2001 s10 2 2l available anywhere i have a line about 5 long hanging loose right at my abs on the drivers side i can t find anywhere that it came loose from any ideas thanks jerry 16 of 16 posts chris0nlllyn 8908 posts joined 2004 2 feb 15 2009

*1999 chevy s10 vacuum line diagram fixya* - Mar 04 2022

web jan 5 2012 1 answer source chevy s10 broken vacuum line the plastic line in the wiring harness goes to the heater controls and believe it or not the other end goes to the vacuum tank but its in the fender behind the abs kinda under the drivers side hood hinge great place to put one ain t it no wonder gm is going broke good luck

**diagram of vacuum system of chev s10 pickup 4 3 engine** - Apr 05 2022

web jul 10 2012 firing order chev s10 4 3 printable there will be an epa sticker somewhere inside of the engine compartment which will have a diagram of vacuum routing specification for spark plug gap and firing order may 04 2015 chevrolet s 10 cars trucks 0 helpful 2 answers

**solved chevy s10 vacuum diagram fixya** - Aug 09 2022

web oct 15 2013 this is on the front axle and will move when shifted into 4wd it is item 10 on this parts diagram if you do not have movement in this check the vacuum lines with a vacuum pressure gauge to see if vacuum is being applied pink line is 2wd w vacuum is operation blue line is 4wd w vacuum operation