



# *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 Last 90 Days Same Day Delivery

**Paul Jaminet, Shou-Ching Jaminet**



### **Intermittent Fasting Last 90 Days Same Day Delivery:**

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**Health Diet** Paul Jaminet, Shou-Ching Jaminet, 2013-07-04 A UK edition of the just released four step Paleo diet program that offers optimal nutrition for a lifetime of health Suffering from chronic illnesses and unable to get satisfactory treatments for their conditions from doctors the husband and wife scientific team of Paul and Shou Ching Jaminet decided that they had to take a personal interest in health and nutrition After embarking on five years of rigorous research what they found changed their lives and the lives of thousands of their readers In Perfect Health Diet the Jaminets explain how anyone can regain health and lose weight by optimising nutrition detoxifying their diet and supporting healthy immune functions They show how toxic nutrient poor diets sabotage health and how on a healthy diet diseases often spontaneously resolve But they don t just tell you what foods to eat to make you healthier and weight loss easier they show you why with a clear balanced and scientifically proven plan Already an international sensation Perfect Health Diet will change the way you eat and feel forever

**British Medical Journal** ,1880 *Medical record* ,1898 **The Lancet** ,1870 Mastering Geriatric Care ,1997  
Assessing older adults managing disorders and complications avoiding drug dangers and detecting abuse and neglect  
American Medico-surgical Bulletin William Henry Porter, Robert Gibson Eccles, 1893 **Current Diagnosis and**

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