

Intermittent Fasting

Stage 1: Right After Eating

- Carbohydrates from food are converted into glucose (sugar) and released into the bloodstream.
- Blood sugar level rises.
- Insulin stimulates the conversion of glucose into glycogen as energy storage.



Stage 2: 3 Hours After Eating

- While insulin works, blood sugar level drops.
- In a non-fasting state, glycogen is used as energy.
- Excess glycogen that is not used is stored in the body as fats.



Stage 3: 9 Hours After Eating

- As blood sugar levels continue to drop, the body reacts by converting glycogen back into glucose and releasing it into the bloodstream.
- Fat is not yet used as an energy source, as there is still glucose and glycogen available.



Stage 4: 11 Hours After Eating

- Now that the stored glycogen has been almost used up, a metabolic switch is flipped.
- Fat is burned as it is used as energy.



Stage 5: 14-16 Hours After Eating

- As fat-burning continues, fatty acids are converted into ketones via ketosis.
- Ketones provide energy to the brain, heart and other vital organs.



Intermittent Fasting Back To School Deals Last 90 Days

Clemens Wendtner



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The 8-Hour Diet David Zinczenko, 2012-12-24 Outlines a deprivation free alternative approach to weight loss that focuses on the strategic consumption of eight nutrient rich superfoods and an eight hour window during which readers can eat according to personal preferences **Michigan School Moderator** ,1890 *The Independent* ,1879 *Journal of the American Dietetic Association* American Dietetic Association,1925 **SAMT** ,1946 *The Church Times* ,1901 **British Medical Journal** ,1973 **The Times Textile Numbers** ,1913 *A New English Dictionary on Historical Principles* James Augustus Henry Murray,1897

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