

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.



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The Oxford Handbook of Sleep and Sleep Disorders Colin A. Espie, Phyllis C. Zee, Charles M. Morin, 2025-05-27 Sleep is one of life's fundamental requirements and like oxygen, water, and food, we simply cannot live without it. Sleep is essential for tissue repair, metabolism, growth, infection control, and for learning, memory, and emotional regulation. Moreover, these critical functions of sleep remain true across the lifespan. In many ways, sleep is nature's medicine; it is what nature has provided to deliver daytime functioning and to maintain health and wellbeing. The Oxford Handbook of Sleep and Sleep Disorders has been carefully collated by its internationally renowned editors to provide a comprehensive and up-to-date guide to our understanding of sleep and circadian processes and of the clinical disorders of sleep and sleep/wake regulation. The handbook therefore covers what sleep is and why it matters, but also explains the disorders of sleep and how they can be assessed, differentiated, and treated. Comprising 46 chapters, each written by leading experts in their field, the handbook is organized around four sections: 1. the fundamentals of sleep and circadian processes; 2. the roles and functions of sleep; 3. societal factors influencing sleep; and 4. disorders of sleep and circadian function. This final section is further subdivided into several components, including epidemiology, classification, and assessment; management and treatment; and lifespan issues and special populations. Taken together, the handbook offers clinicians and scientists the most contemporary and authoritative single resource for clinical practice and for research in the developing fields of sleep science and sleep medicine.

Molecular Mechanisms of Action of Functional Foods and Nutraceuticals for Chronic Diseases Shima Abdollahi, Syam Mohan, Yashwant V. Pathak, 2023-04-19 There has been a global rise in the incidence of chronic illnesses, which may be partially attributed to the lengthening of the average human lifespan. Functional foods and nutraceuticals have a potential role to play in the development and maintenance of health. They can assist the body in its battle against inflammation and chronic illnesses. *Molecular Mechanisms of Action of Functional Foods and Nutraceuticals for Chronic Diseases* addresses the effects and mechanism of functional foods in relation to chronic diseases such as obesity, cardiovascular diseases, diabetes, cancer, etc. This volume, like the first volume *Applications of Functional Foods and Nutraceuticals for Chronic Diseases*, inspires new thought processes and a paradigm shift in research and development. Key Features: Discusses the molecular mechanism of action; the range of toxicities exerted by these food components for functional foods for addressing chronic conditions; Enhances scientists and industrial personnel knowledge of functional foods and in the management of chronic diseases; Presents research on the role of functional foods/nutraceuticals in preventing and treating chronic diseases through epigenetic modulation; Explores various subjects such as epigenetics, immunological, metabolic, technological, and neurodegenerative aspects affected by functional foods in chronic diseases. The world's leading wellness centers for chronic diseases are using functional foods and nutraceuticals in their practice and discovering their useful applications, and this second of two volume sets is another great reference for practitioners, scientists, and clinicians in

the management of chronic diseases Contributors hail from different geographical locations around the world and have many years of research and scholarly experience in functional foods nutraceuticals and biology **Action Movie Hero Workouts**

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Matthew A. Fuller, Martha Sajatovic, 2005

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