

Intermittent Fasting

Stage 1: Right After Eating

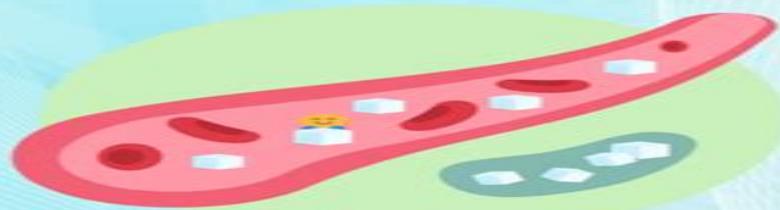
- Carbohydrates from food are converted into glucose (sugar) and released into the bloodstream.
- Blood sugar level rises.
- Insulin stimulates the conversion of glucose into glycogen as energy storage.



Stage 2: 3 Hours After Eating

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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Jason Wachob,Colleen Wachob

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The Joy of Well-Being Jason Wachob,Colleen Wachob,2023-05-25 In this empowering and accessible new resource the co founders of mindbodygreen challenge our definition of wellness health and self improvement by revealing what a healthy lifestyle looks like at the fundamental level and it s not what we think On your journey toward a more health conscious life you ve likely been bombarded by an overwhelming amount of information from the Kardashian like wellness influencers who unrealistically insist upon sustainably sourced Epsom salt baths every night to the elite longevity optimizers who measure their lactate levels after a workout The echo chamber of the internet and social media algorithms that favor polarizing opinions to drive views and engagement have hijacked our understanding of health No matter which corner of the wellness world you inhabit our social feeds are filled with advice that presumes we all have the same amount of time money and resources In this saturated landscape how can you avoid the potential scams and dodge the doctors turned celebrities to find what really works for you Over the past decade Colleen and Jason Wachob co founders of mindbodygreen have cultivated a leading wellness lifestyle media brand for everyone seeking to cut through this noise and live a happier healthier and greener lifestyle The Joy of Well Being is a distillation of almost fifteen years of this experience on the forefront of the well being conversation they ve done the legwork so you don t have to The Wachobs are a product of their mentors and years of working with hundreds of the world s most brilliant well being minds PhDs MDs therapists movement specialists spiritual leaders and journalists They ve developed ways to discern meaningful points of information amidst the chaos an act they consider both a science and an art The Joy of Well Being is more than a book it s a reawakening marking a crucial shift away from the do this then do that paradigm to cultivating a joyful lifestyle that centers each individual and their own health and happiness True well being isn t something you chase it is something you weave together as each new day presents an opportunity to make choices that support feeling good in your body in your relationships and in your life

La alegría de estar bien Colleen Wachob,Jason Wachob,2024-01-15 Todos queremos ser felices y estar m s sanos pero c mo identificar el verdadero bienestar Es probable que tu b queda de una vida m s saludable se haya visto bombardeada por una abrumadora cantidad de informaci n La c mara de eco de internet y los algoritmos de las redes sociales han secuestrado nuestra comprensi n de la salud con sus opiniones radicales y sus consejos extremos que presuponen que todos tenemos la misma cantidad de tiempo dinero y recursos En ese paisaje tan saturado c mo puedes evitar las posibles estafas para encontrar lo que realmente funciona para ti Durante la ltima d cada Colleen y Jason Wachob han hecho el trabajo duro para que t no tengas que hacerlo A partir de sus a os de trabajo con las mentes m s brillantes en materia de bienestar fil sofos m dicos terapeutas l deres espirituales etc tera desarrollaron formas de discernir la informaci n significativa en medio del caos La alegr a de estar bien es m s que un libro es un despertar es un viaje para alejarse del paradigma de haz esto y luego aquello y dirigirse hacia el cultivo de un estilo de vida alegre que se centre en cada individuo en su propia salud y felicidad Una sencilla e inspiradora gu

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