

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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Christian G. Meyer

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The Trained Nurse and Hospital Review, 1946 **Better Life**, 2004 **Clean(ish)** Gin Stephens, 2022-01-04 Clean(ish) leads readers to a focus on real foods and a healthier home environment free of obvious

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Psychopharmacology Herbert Y. Meltzer, American College of

Neuropsychopharmacology, 1987 Railway World, 1880 The Railway World, 1880 **The Law Times**, 1879

Moore's Rural New-Yorker, 1893 Farmers' Review, 1892 *The Chemical Trade Journal*, 1890 **St. Stephen's Review**, 1889 **The Retail Coalman**, 1920 Scientific American, 1882 Monthly magazine devoted to topics of general scientific interest **THE JOURNAL OF THE SOCIETY OF ARTS**, 1876 *Retail Coalman*, 1920 Timber and Wood-working Machinery, 1892 **Journal of the Society of Arts**, 1876 Journal of the Royal Society of Arts Royal Society for the Encouragement of Arts, Manufactures and Commerce, 1876

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