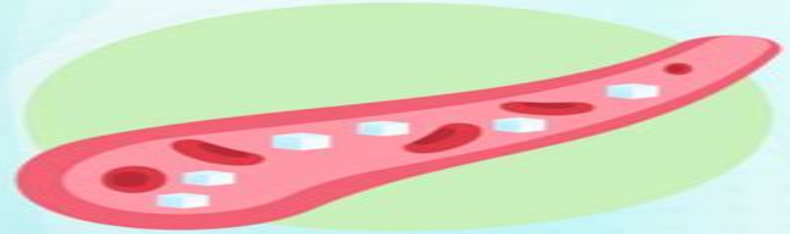


Intermittent Fasting

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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Effie Manolas



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Keto 2.0: Low Carb, High Gains. All the benefits, less Restrictions Effie Manolas, 2022-09-21 Have you heard about the latest keto trend The ketogenic diet has been around since the 1920s but it saw a resurgence in recent decades Through the years different versions of the keto diet have appeared but most of them can still feel extremely limiting Now Keto 2 0 levels up the original diet with essential changes and fewer restrictions making your fitness journey more enjoyable Whether you re looking to better manage your weight get rid of bad habits or simply want to look after your overall wellness Keto 2 0 may just be the key to dieting success With the right keto cook books you can start learning the basics of this lifestyle by trying to prepare yummy keto recipes every day Keto 2 0 Introduction and Recipes by Effie Manolas gives you an unforgettable taste of the keto lifestyle This is your ticket to the world of Keto 2 0 In this keto diet book for beginners author Effie Manolas brings together a collection of more than 100 Keto 2 0 friendly recipes that you can try on your own Or you can share them with friends so that they too can experience the rewards of this diet Travel the world through your taste buds This easy to follow recipe book brings you mouthwatering dishes and drinks from all over the globe all of them perfectly suitable for the Keto 2 0 diet From savory Asian cuisine to delightful desserts there s a culinary concoction for every palette preference and craving in this keto cookbook for beginners All the irresistible keto food ideas come in a step by step format that s easy to follow even for amateur cooks We ve also included their meal prep time cook time and the number of servings per dish After finishing this keto cookbook you may have an easier time committing to a low carb diet without feeling like you re missing out on your favorite food and drinks This guide is not just a simple recipe book though As you read through the pages you ll learn all the key benefits of Keto 2 0 as well as its edge over the original ketogenic diet This keto book also busts common myths and misunderstandings about the ketogenic lifestyle By giving you flexibility and a creative range of culinary options this Keto 2 0 resource helps you on your low carb journey A treasure trove of tips and actionable habits this guidebook will help you live and love the Keto 2 0 way of life It simply lets you unlock vibrant wellness and allows you to feel great about it Best of all you ll have fun every step of the way You won t feel deprived because this ingenious keto recipes cookbook makes dieting more exciting and sumptuous Need more time to decide Here are more reasons to love this Keto 2 0 low carb cookbook Easy to understand guide to the Keto 2 0 diet Learning how to use it for better weight management and overall wellness Practical tips on how to stay on track with your dieting program Full colored images of each dish Unlock your fitness goals while having delicious low carb fun along the way Add Keto 2 0 Introduction and Recipes to your cart TODAY *Keto-Green 16* Anna Cabeca, 2020-05-05 In 2019 hormone and female health specialist Dr Anna Cabeca brought you The Hormone Fix a comprehensive and practical guide to getting through the menopause without all the health problems associated with what can be a difficult if not devastating time in a woman s life The natural follow up to this is the definitive diet book based on the scientifically tried and tested developed by Dr Cabeca over her years working with

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Table of Contents Intermittent Fasting Deal Store Hours

1. Understanding the eBook Intermittent Fasting Deal Store Hours
 - The Rise of Digital Reading Intermittent Fasting Deal Store Hours
 - Advantages of eBooks Over Traditional Books
2. Identifying Intermittent Fasting Deal Store Hours
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Intermittent Fasting Deal Store Hours
 - User-Friendly Interface
4. Exploring eBook Recommendations from Intermittent Fasting Deal Store Hours
 - Personalized Recommendations
 - Intermittent Fasting Deal Store Hours User Reviews and Ratings
 - Intermittent Fasting Deal Store Hours and Bestseller Lists

5. Accessing Intermittent Fasting Deal Store Hours Free and Paid eBooks
 - Intermittent Fasting Deal Store Hours Public Domain eBooks
 - Intermittent Fasting Deal Store Hours eBook Subscription Services
 - Intermittent Fasting Deal Store Hours Budget-Friendly Options
6. Navigating Intermittent Fasting Deal Store Hours eBook Formats
 - ePub, PDF, MOBI, and More
 - Intermittent Fasting Deal Store Hours Compatibility with Devices
 - Intermittent Fasting Deal Store Hours Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Intermittent Fasting Deal Store Hours
 - Highlighting and Note-Taking Intermittent Fasting Deal Store Hours
 - Interactive Elements Intermittent Fasting Deal Store Hours
8. Staying Engaged with Intermittent Fasting Deal Store Hours
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Intermittent Fasting Deal Store Hours
9. Balancing eBooks and Physical Books Intermittent Fasting Deal Store Hours
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Intermittent Fasting Deal Store Hours
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Intermittent Fasting Deal Store Hours
 - Setting Reading Goals Intermittent Fasting Deal Store Hours
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Intermittent Fasting Deal Store Hours
 - Fact-Checking eBook Content of Intermittent Fasting Deal Store Hours
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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