

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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Yicheng Fang



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Adopting the Tune of Expression: An Mental Symphony within **Intermittent Fasting Price Open Now**

In some sort of used by monitors and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony developed by the published word frequently fade into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Intermittent Fasting Price Open Now** a wonderful literary treasure overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this fascinating masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of the emotional analysis, we shall explore the book is central harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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