

INTERMITTENT FASTING BY THE HOUR**HOUR
12****GETTING THERE**

A 12 hours fast is standard for most people, and at this point your body is still consuming glucose and hasn't yet converted to fat.

**HOUR
16****FAT BURNING BEGINS**

As glucose depletes, your body begins burning fat for fuel. A workout around the 16-18 hour mark will boost fat burning even more.

**HOUR
18****FASTING "SWEETSPOT"**

Many people break their fast around the 18 hour mark, but with benefits just kicking off it is best to stick with it a few more hours!

**HOUR
20****PEAK FAT BURN ZONE**

Your body is a fat burning machine. By now, fat is being burned and ketosis begins, especially in those following low carb diets.

**HOUR
24****KETOSIS KICKSOFF**

Once you make it to hours 24 and beyond, the health benefits of fasting continue to grow as autophagy begins.



Centre open

Mon to Sat : 7AM to 9PM | Sunday : 7AM to 3PM

SPARSH DIAGNOSTIC CENTRE

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Intermittent Fasting Near Me Promo

Shamina Bhandari,Mahesh Kumar

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Transactions of the National Association for the Promotion of Social Science National Association for the Promotion of Social Science (Great Britain),1872 The volume for 1886 contains the proceedings of the Conference on temperance legislation London 1886 **Promotion of Healthier Eating** John R. Kemm,1992 This book includes advice on how to collect and use information for planning monitoring and evaluating healthier eating and can be read at three levels a The basic text will give a good understanding of the task and tell the reader how to begin and the problems you might encounter b Particular subjects are explained in depth in a series of boxes for those who require more detailed information c A list of suggested reading is featured at the end of each chapter for those who wish to delve still further This book will enable the reader to plan a campaign efficiently and cost effectively **Guide to Promotion** Sisson Cooper Pratt,1893

Bulletin of the Daniel Guggenheim Fund for the Promotion of Aeronautics, Inc ,1926 **Health Promotion** Shamina Bhandari,Mahesh Kumar,2024-08-01 Buy Latest Health Promotion e Book for ANM 1st Year As per Indian Nursing Counscil Syllabus By Thakur Publication **Poultry Tribune** ,1957 **Transactions** National association for the promotion of social science,1872 **Quiver** ,1895 V 12 contains The Archer Christmas 1877 **AV Guide** ,1957 Ohio Practical Farmer ,1893 **Scientific American** ,1888 Monthly magazine devoted to topics of general scientific interest Railway Review ,1883 **Educational Screen and Audiovisual Guide** ,1957 A System of Medicine Sir John Russell Reynolds,1880 **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons,2012 **British Medical Journal** ,1894 The Medical times and gazette ,1872 **Woman's World** ,1931 Army-Navy-Air Force Register and Defense Times ,1908 *Popular Educator* ,1926

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