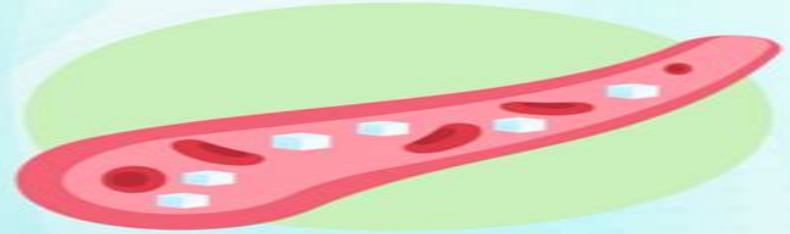


Intermittent Fasting

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.



Intermittent Fasting Compare Clearance

Amy Berger



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Clearing the Path for Developing Learners Peg Grafwallner, 2023-05-16 All learning is based on the mastery of essential literary skills and in this impactful title from author and reading specialist Peg Grafwallner educators will discover tools they need to embed literacy into all subjects Using this book s skill building strategies and reproducibles educators can effectively teach those literacy skills to support developing students as they learn to read write and think critically Through this title educators will discover how to Expand their teaching methods to include literacy skills Introduce literacy into daily lesson planning Embed reading comprehension into any subject area Create a positive classroom culture through relevant and relatable vocabulary strategies Scaffold instruction using literacy strategies to boost subject area comprehension

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The Alzheimer's Antidote Amy Berger, 2017-03-25 If you or someone you know suffers from Alzheimer s I highly recommend this book Robb Wolf New York Times bestselling author An important and informative text an excellent book Dr David Perlmutter New York Times bestselling author A revolutionary multi pronged nutrition and lifestyle intervention to combat Alzheimer s disease at its roots from Certified Nutrition Specialist Amy Berger Amy Berger s research shows that Alzheimer s results from a fuel shortage in the brain As neurons become unable to harness energy from glucose they atrophy and die leading to classic symptoms like memory loss and behavioral changes This is a revolutionary approach one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings thanks to extremely promising studies wherein Alzheimer s patients have experienced complete reversals of the condition Medical and scientific journals are full of research showing alternate ways to fuel the starving brain but no one has been bringing this essential information to the people who need it most until now In a culture obsessed with miracle medications the pharmaceutical route for tackling Alzheimer s has been a massive failure Pills and potions don t address underlying causes and regarding Alzheimer s they typically fail to improve even the symptoms As a metabolic problem the only effective way to treat Alzheimer s may be a multifaceted approach that fundamentally reprograms energy generation in the brain The good news is the secret is as simple as switching to a low carb high fat diet The Alzheimer s Antidote shows us that cognitive decline is not inevitable but if it does occur we don t have to sit idly by and wait helplessly while it progresses and worsens Amy Berger empowers loved ones and caregivers of Alzheimer s sufferers and offers hope and light against this

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