

**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**

9830117733/8335049501

# Intermittent Fasting Near Me Promo

**Terry C. Jones**

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Reviewing **Intermittent Fasting Near Me Promo**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing.

Within the pages of "**Intermittent Fasting Near Me Promo**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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