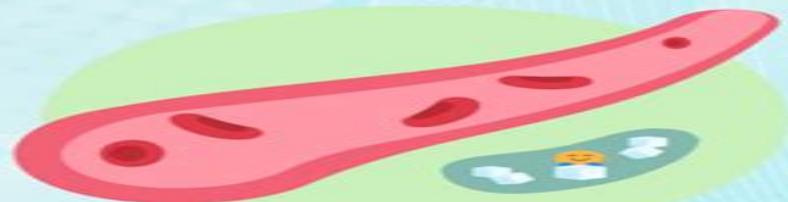


# Intermittent Fasting

## 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

### 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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**Conrad Riker**

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helps to create strong muscle Which Fasting Method Best Suits You As you can see in the third section there are several known methods with proven results The Leangains method the Warrior method the Eat Stop Eat Fat Loss Forever method and the Alternate Day Eat all of these methods are put into practice by many people who are amazed by the results Some of the methods require large meals in the middle of the night but not everybody can practice this To make sure that you will achieve the best results from fasting it is a good idea to study all methods and choose the one that best suits your lifestyle and daily routine When our goals are aimed at reducing weight and building muscle it is better to devote the time appointed to exercise and eating By practicing proper training which means less intense training on the days when we fast and more vigorous training on the days when not fasting we are much more likely to achieve our goal Ensuring that meals have a correct combination of fats carbohydrates and proteins that will contribute to building muscle is important as well Muscles are mostly made in the kitchen are they not Of course let s not forget to mention the importance of water in this whole process Bearing in mind that water makes up the biggest part of the human body its importance is obvious Consuming the proper amount of water every day will contribute to the ease of dealing with the issue of hunger during fasting and will also help to get the desired muscles All of the things described in this book are reason enough to decide to try this way of developing thickness and the formation of lean toned muscles If you decide to try fasting follow the directions given in the last part of this book and make the first step in changing your body mind and your whole lifestyle A Small Preview How intermittent fasting can help with obesity Basics of Intermittent Fasting How to find the perfect intermittent fasting method Giving intermittent fasting a go Much Much More What Others Are Saying One of the Impressive Books I ve Read on Intermittent Fasting David LintzThis book contains solid proven actionable advice you can start applying into your life right away Maria Caridad Lopez **Intermittent Fasting 16/8** Rihanna Johnson,2021-04-05 55% off for bookstores Paperback CLR Only for a Limited Time Discounted Retail Price at 44 99 Instead of 52 99 Buy it right now and let your customers be thankful to you for such an amazing book **INTERMITTENT FASTING Series** Melissa White,2021-05-19 55 % discount for bookstores Now At 22 99 instead of 35 63 Your customers will never stop reading this guide Intermittent Fasting EDITION 2 UPDATE CHAPTER 3 Intermittent fasting means fasting for a decided measure of time numerous people fast 24 hours then eat healthy the next 24 hours etc This means your body needs to search around for food fuel and in the process disposes of awful matured or harmed cells and other waste that has developed in your body Consolidate the two of these for Low Carb Intermittent Fasting and you ll have a successful blend to getting thinner and feeling extraordinary When you are fasting you can have low carb and low calorie beverages like water and dark espresso however you should not eat food sources for 24 hours You can eat sound the next day yet you should in any case keep watch on your starch intake Understand names and examination food sources to realize you are settling on the most ideal decisions for your body and your wellbeing Intermittent fasting that has been directed on beings shows a life expectancy increment of 40% or more That is superb This shows how

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