

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

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Intermittent Fasting Compare:

Enjoying the Beat of Term: An Emotional Symphony within **Intermittent Fasting Compare**

In some sort of consumed by displays and the ceaseless chatter of fast communication, the melodic elegance and emotional symphony developed by the written word usually disappear into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, located within the pages of **Intermittent Fasting Compare** an enchanting literary treasure full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that fascinating masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving evaluation, we shall investigate the book is key harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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