

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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Feeding Pattern and Nutritional Adaptations Pavel Fábry,1969 **Muscular Dystrophy Abstracts** ,1958

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Service,1984 **Cat Fanciers' Almanac** ,1997 Steve Goodman Clay Eals,2007-05-15 Intimate and touching this biography captures the warmth and wit of Steve Goodman one of the most respected songwriters of the 1970s and early 1980s Diagnosed with leukemia at the age of 20 this portrait tells how Goodman strove to be a model husband **Railway Age** ,1931 *An Art of Limina* George Quasha,Charles Stein,2009 Foreword by Lynne Cooke Text by George Quasha Charles Stein Freineux and Lamormenil, the Ardennes George Winter,1994 **New Society** ,1986 **El-Hi Textbooks & Serials in Print, 2003** ,2003

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