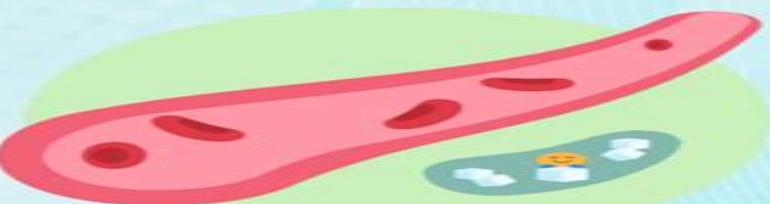


# Intermittent Fasting

## 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 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 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 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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**Ensheng Dong**

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**equivalency certificate international office uskudar edu tr** - Feb 26 2022

web to apply for equivalence the student first needs to create an appointment from the e denklik portal which can be found via the following link edenklik meb gov tr the student needs to upload the necessary documents to the system and have the originals with them when they go to the center to receive their certificate

application forms can be downloaded northlink college - Mar 10 2023

web application forms can be downloaded from this link bit ly 10b61wq

**northlink immigration form 2023 northlink tvet college - Dec 27 2021**

web jun 12 2023 the northlink tvet college northlink has opened their applications for 2023 immigration services for interested students this form serves as an official form issued by immigration consulting south africa to students who would wish to migrate to another country to further studies or transfer from one school to another

[northlink tvet college entry requirements 2023 2024](#) - Jan 28 2022

web jan 5 2023 click here to apply for northlink tvet college 2023 2024 intake admission click here to check south african study visa application procedures and requirements see also northlink college student portal login m northlink co za

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