

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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California, 2009 **Gardeners' Chronicle and Agricultural Gazette**, 1871 **American Journal of Physiology**, 1992 Volumes for 1898 1941 1948 56 include the Society's proceedings primarily abstracts of papers presented at the 10th 53rd annual meetings and the 1948 56 fall meetings *Bradstreet's*, 1886 Dialysis Therapy Allen R. Nissenson, Richard N. Fine, 1993 A comprehensive reference covering all aspects of the clinical management of adult and child dialysis patients This edition includes seven new chapters including one on EPO use in dialysis patients and one on the HIV positive patient

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