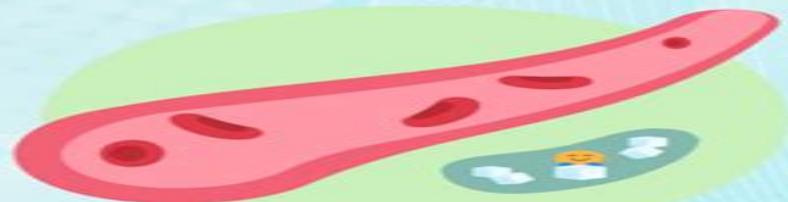


Intermittent Fasting

Stage 1: Right After Eating

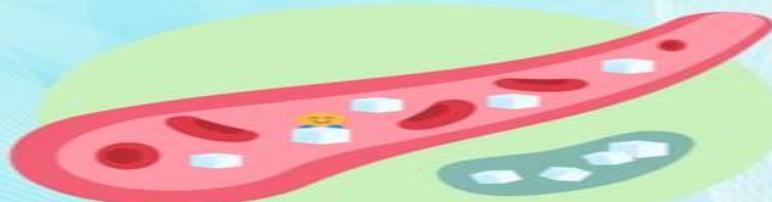
- Carbohydrates from food are converted into glucose (sugar) and released into the bloodstream.
- Blood sugar level rises.
- Insulin stimulates the conversion of glucose into glycogen as energy storage.



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.

Intermittent Fasting Sat Practice Tips

M Walker

Intermittent Fasting Sat Practice Tips:

The Essential Guide to Intermittent Fasting for Women Megan Ramos, 2023-06-06 From renowned experts Megan Ramos and Dr Jason Fung A transformative approach to women's health and well being that gives readers the tools to reclaim their health sustainably Essential reading for any woman wanting to improve her metabolic health and make sense of her body hormones and sustainable fasting strategies Cynthia Thurlow author of Intermittent Fasting Transformation Intermittent fasting has changed my body mind and life I am truly grateful and humbled by humans like Megan who are sharing the truth about health Raven Symon Struggling with your metabolism and hormone health Disappointed by diets that don't provide sustainable long term results Sick of feeling tired and stressed all the time Megan Ramos was in the same position when she discovered intermittent fasting at the clinic where she was a researcher After suffering from non alcoholic fatty liver disease PCOS and type 2 diabetes she harnessed the power of fasting to reverse these conditions lose over 80 pounds and achieve long lasting health Today as the co founder of The Fasting Method with Dr Jason Fung she has helped over 20 000 people primarily women improve their wellbeing through intermittent fasting In The Essential Guide to Intermittent Fasting for Women Ramos shares Easy to use fasting protocols that can be incorporated into your busy schedule Information on when and how to eat to feel full and energized How intermittent fasting can support your health through fertility struggles PCOS perimenopause and menopause How balancing your hormones and stress levels can help you avoid weight gain and depression Designed specifically for women of all ages and their unique needs this go to guide provides you with the steps to take control of your health for good **A GUIDE TO INTERMITTENT FASTING** Gregory Groves, Learn how to use intermittent fasting to lose weight now The problem with pretty much every so called weight loss program and weight loss book out there is that all the information is just recycled information Information that helps you minimally and only helps you externally not internally This sets you up for future failures So many people struggle daily with identifying with what is healthy and what is not what you should eat and what you should avoid In this short book I share with you a guide that will help you use intermittent fasting to lose fat If you want to achieve sustainable weight loss while dealing with your FOOD ADDICTION BINGE EATING AND EMOTIONAL EATING ISSUES then drop the cookie cutter magic pill solutions now All they will do is empty your wallet Healthy living starts from the inside NOT the outside Learning to live a happy life doesn't come with the new fad diet that makes the false promise of helping you to lose fat fast and you will not find those promises in this article What you will learn in the article What is intermittent fasting The 3 most common protocols Why you would want to use intermittent fasting Which supplements you should use when exercising in a fasted state SCROLL UP AND HIT THE BUY NOW BUTTON AND START TAKING CONTROL As I am fond of saying Transform Your Habits Transform Your Mind and Transform Your Life Always remember Action success and change begins with you **131 Method** Chalene Johnson, 2019-04-16 Chalene Johnson New York Times best selling author and award winning entrepreneur who's built and

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The Fast Diet Dr Michael Mosley, Mimi Spencer, 2014-12-18 AS SEEN ON

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The Ultimate Nutrition Bible Matt Gallant, Wade T.

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