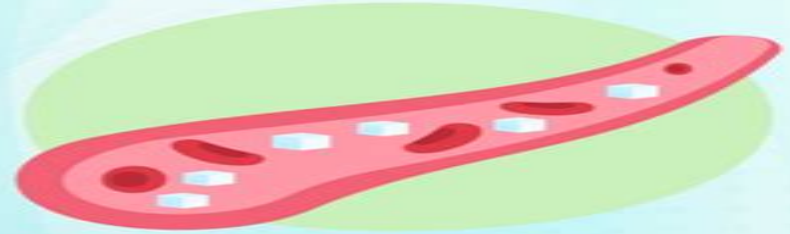


Intermittent Fasting

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

G Orfield



Intermittent Fasting Compare:

Whispering the Strategies of Language: An Mental Quest through **Intermittent Fasting Compare**

In a digitally-driven world where displays reign supreme and instant interaction drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words usually move unheard. Yet, set within the pages of **Intermittent Fasting Compare** a interesting fictional prize pulsating with natural thoughts, lies an exceptional journey waiting to be undertaken. Published by an experienced wordsmith, this enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the mental depths with this touching evaluation, we can embark upon a genuine exploration of the book is primary themes, dissect their interesting writing fashion, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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