

The Hourly Benefits of Fasting

4-8 hours

Blood sugars fall
All food has left the stomach
Insulin is no longer produced

12 hours

Food consumed has been burned
Digestive system goes to sleep
Body begins healing process
Human Growth Hormone begins to increase
Glucagon is relaxed to balance blood sugars

14 hours

Body has converted to using stored fat as energy
Human Growth Hormone starts to increase dramatically

16 hours

Body starts to ramp up the fat burning

18 hours

Human Growth Hormone starts to skyrocket

24 hours

Autophagy begins

Drains all glycogen stores

Ketones are released into the blood stream

36 hours

Autophagy 300% increase

48 hours

Autophagy increases 30% more

Immune system reset and regeneration

Increased reduction in inflammation response

72 hours

Autophagy maxes out

