



0-4 Hours

Fed state

The body is digesting and absorbing nutrients. Blood sugar and insulin levels are elevated.



4-8 Hours

Early fasting

Insulin levels begin to drop, and the body starts to use stored glycogen for energy.



8-12 Hours

Transition to Fasting

Glycogen stores are depleted, and the body begins to shift towards using fat for energy. The process of autophagy starts.

Stages of Fasting



24+ Hours

Extended fasting

The body maintains ketosis, and prolonged fasting continues to enhance autophagy, improve insulin sensitivity, and may provide additional health benefits.

12-16 Hours

Ketosis begins

The body enters ketosis, where fat stores are converted into ketones, providing an alternative energy source. Enhanced autophagy and cellular repair processes occur.



16-24 Hours

Deep ketosis and enhanced autophagy

The body relies heavily on ketones for energy. Cellular repair and detoxification processes are at their peak.

Explaining Fasting

Ying-Ying Zheng



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