

# **YouTube Summarizer**

Transcript:

Ever wonder what happens if you skip meals for 36 hours? Your body does some wild things. After just four hours, your stomach stops digesting food. Insulin levels plummet and your body switches to burning storage sugar for fuel. By eight hours, blood sugar takes a dive. Your body taps into its secret stash at 12 hours. The magic begins. Fat burning. Insulin is super low and you're officially entering ketosis. Your body's now a fat burning machine. Hit 16 hours and bam! Autophagy activates. Your body's deep cleaning crew breaks down damaged cells and toxins. 24 hours in. Major cellular repairs in full swing. You're fully locked into fat burning mode. At 30 hours, prepare for a growth hormone spike. And at 36 hours, you reach maximum autophagy. Your body clears out dead cells, regenerates tissues, and boosts your entire metabolism.

## **Summary**

After just four hours, your stomach stops digesting food and your insulin levels plummet . By eight hours, blood sugar takes a dive and your body starts burning storage sugar for fuel . At 16 hours, autophagy breaks down damaged cells and toxins . At 30 hours, prepare for a growth hormone spike . At 36 hours, you reach maximum fat burning mode . Your body clears out dead cells, regenerates tissues, and boosts your metabolism . The magic begins at 12 hours and you're officially entering ketosis .