



Dr. Mindy Pelz

FASTING BENEFITS TIMELINE

INTERMITTENT FASTING

13-15 HOURS

human growth hormones (HGH)
reduced inflammation
fat burning begins
increased ketones
improved energy and focus



AUTOPHAGY FASTING

17 HOURS

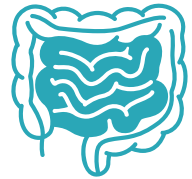
cellular detoxification
cellular repair
improved immune function
cancer prevention



GUT RESET FAST

24 HOURS

intestinal stem cell regeneration
GABA production
brain healing
autoimmune healing



FAT BURNER FAST

36 HOURS

reduced glucose stores
reduced insulin stores
increased fat burning
detoxification
anti-aging



DOPAMINE RESET FAST

48 HOURS

reset dopamine receptors
reduced anxiety and depression
anti-aging antioxidant production
HGH increases by 500%



IMMUNITY FAST

72 HOURS

peak autophagy
immune stem cells
musculoskeletal stem cells
chronic conditions
accelerated healing



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A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost Energy, and Balance Hormones