

The Power of Intermittent Fasting

WHAT IS FASTING?

Restricted eating between
14 - 16 hours
to several days.

Benefits of Fasting

Blood glucose



REDUCES YOUR
Blood Glucose
& Insulin

Ketones



STIMULATES YOUR
Ketone
Production

Fat burning



REDUCES YOUR
Body Weight
& Body Fat



**Improves
Overall
Health**

**Mental Clarity, Energy,
Metabolic Health &
Cellular Repair**