

# The Power of Intermittent Fasting

WHAT IS FASTING?



It's a voluntary prolonged abstinence from food for a specific amount of time, ranging from hours to days, with the intention of improving health.

## Benefits of Fasting

Blood Glucose



**REDUCES**  
Blood Glucose  
& Insulin

Blood Ketones



**INCREASES**  
Ketone  
Production

Fat Burning



**REDUCES**  
Body Weight  
& Body Fat

+

+

=

**Improves  
Overall  
Health**

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