

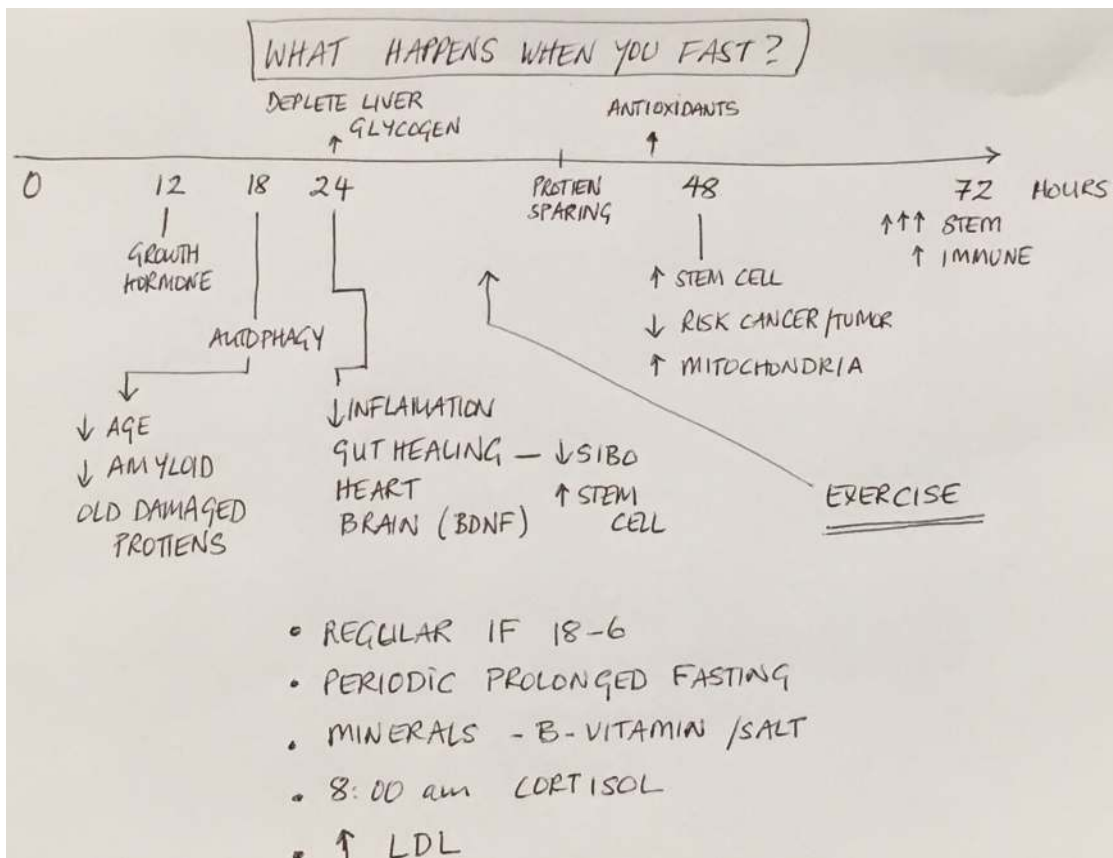
A photograph of a person's midsection, showing their torso and hips. They are wearing a black sports top and bright pink athletic shorts with a black waistband. The person's hands are resting on their hips. The background is a plain, light-colored wall.

**7 WAYS  
to  
Speed up  
FAT BURNING**

**Yourhealth-Ninja**

# Burn Fat Fast

Let's talk about what happens on the inside of your body when you're fasting. So, we can start of a fast and we go 24 hours, 48 and 72 hours. So there's a lot of really magical things that happen when you fast. Our bodies have developed over a long period of time and have adapted to starvation many, many times. So we have all these unique proteins that get expressed or turned on, that have to do with your brain doing better, the different parts of your body, surviving better. Our bodies have not adapted to the frequency of eating like we do now, like every three hours.



So right around 12 hours, we get this spike in growth, hormone growth, hormone, is an anti aging hormone. It's the main fat burning hormone. It's the hormone involved with healing joints and it's involved with protein synthesis or making different new proteins.