

How To Lose Weight With TRE

12-16 hrs The body metabolically switches from burning glucose to burning fat for fuel (Metabolic Switch)

16-24 hrs Autophagy. This cleans out dead zombie cells which contain bacteria and viruses (Helps strengthen the immune system). Plus increases fat burning

24-48 hrs Enhanced Autophagy and Insulin sensitivity = reduced risk of type 2 diabetes. Increased HGH which preserves muscle and helps with cardio-metabolic health.

They are scientifically proven results of TRE for Weight loss & Health.

Start by trying a 12hr fasting window for 2weeks & see if it fits your lifestyle.

**To Lose weight with guidance on my 12 wk program contact me.
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