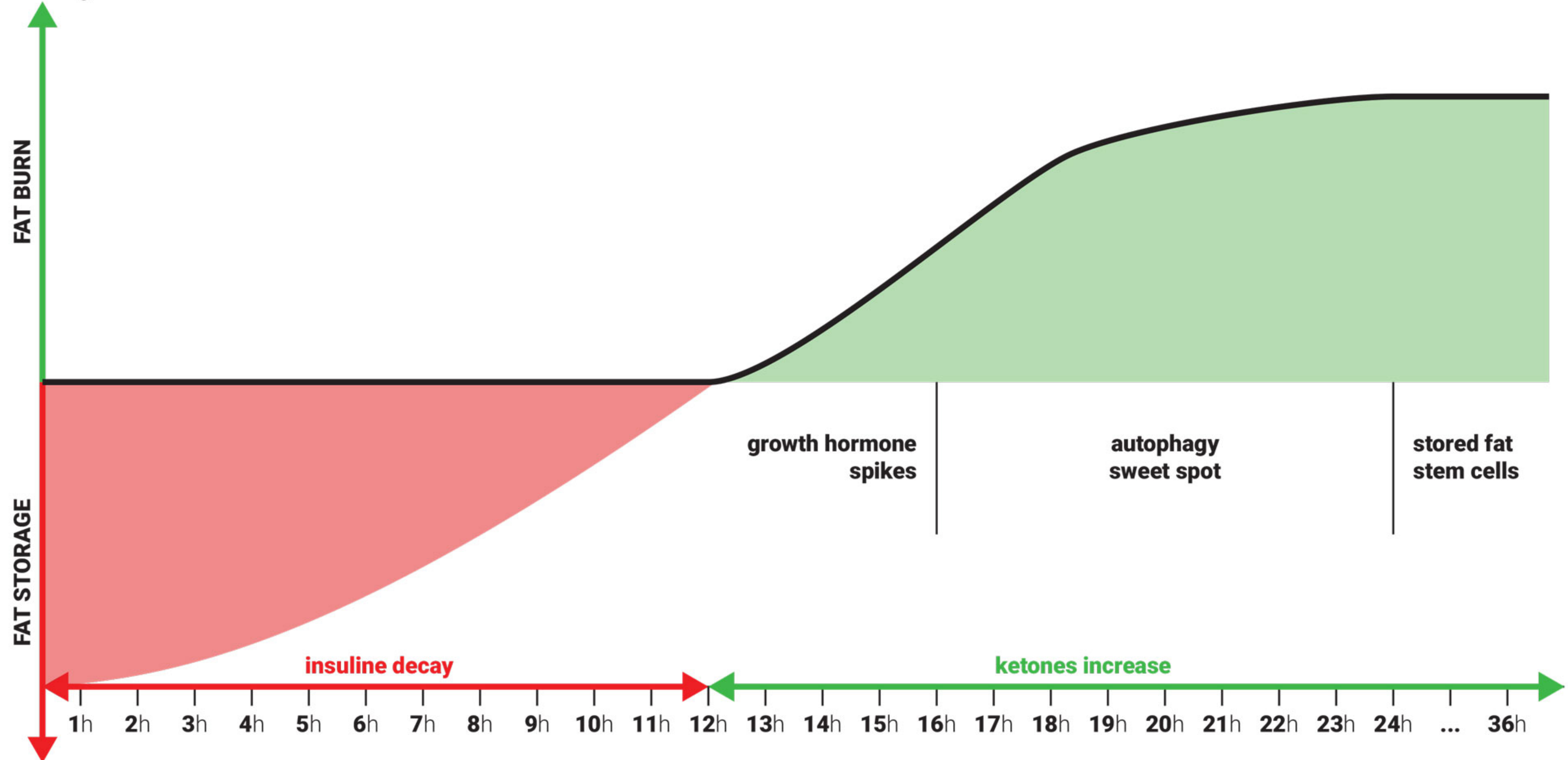


AUTOPHAGY, FASTING and FAT BURN

without
calories intake
in fasting



calories
intake and
carbohydrates

fasting period

Source: **Dr. Mindy Pelz**
Illustration: **Eduardo Velasques**