



## When does autophagy start during a fast?

That's a difficult question to answer because there's no firm studies that can really tell us. My best guess is that autophagy starts during a water fast. Somewhere around 20-30 hours is probably the maximal level of autophagy. That's the period of time that the body is starting to break down proteins for energy and that's what it's breaking down during autophagy, is these subcellular parts, which is a type of protein. It's not the glucose. So during the initial part of the fast, the body is using glucose. At around 20- 30 hours, you're talking about using protein and that's probably where the body is starting to break it down. After you get past 30 hours or so, then the body is switching mostly into burning body fat. So therefore autophagy may go down as well. During a water fast that will activate autophagy. But if you're using one of these fasting variations, that includes a bone broth, which has a lot of protein, that may be enough to stop the autophagy. There's no easy blood test or anything to tell you whether you're in autophagy, so that's why this is just a rough guide and my best guess at it.