

CLOSED

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Rest & Reset

Fasting is simply giving your body planned breaks between meals so insulin can settle down and your cells can shift into repair mode. Think of it like closing your kitchen each night for cleanup — the lights go off, the counters get cleared, and everything resets for the next day. Your body needs that same downtime. Even a gentle 12–14-hour overnight fast can lower inflammation, steady your blood sugar, and give you a surprising boost in morning clarity. Try it tonight: finish dinner at least three hours before bed, then stick to water or herbal tea until morning. Let your body’s kitchen close... and enjoy how much lighter and brighter tomorrow feels.

01 Mini Teaching
Fasting = planned pauses between meals so insulin can relax and cells can repair.

02 Example
Your kitchen closes each night for cleanup. Let your body’s kitchen close too. A 12–14-hour overnight fast lowers inflammation and boosts morning clarity.

03 Try This Today
Finish dinner 3 hours before bed. Have water or herbal tea only — and enjoy the lighter morning.

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