

Shangri-La Diet
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STEP #1:

Eat your normal breakfast. After breakfast you can brush your teeth and mouthwash. Then for the next 2 hours, do not brush your teeth, do not use mouthwash, do not chew gum, do not eat or drink anything (no coffee, tea, juice, etc.), except for water.

STEP#2:

2 hours after the end of breakfast:

Put 2 tablespoons of fructose powder into 1 tube (500 ml) of water. Use a shot glass (1 full shot glass) to measure the fructose powder. First dump out a small amount of water so that the fructose powder will fit. I use a folded paper to slide the fructose into the tube of water. Shake the tube up to dissolve the fructose.

Drink the fructose water slowly; take at least 30 minutes to drink it.

STEP #3:

After you finish the fructose water, do not eat or drink anything for the next 1-2 hours. As above, do not brush your teeth, do not use mouthwash, do not chew gum, do not eat or drink anything (no coffee, tea, juice, etc.), except for water.

STEP#4:

Eat your normal lunch.

For the next 2 hours, do not brush your teeth, do not use mouthwash, do not chew gum, do not eat or drink anything (no coffee, tea, juice, etc.), except for water.

STEP#5:

2 hours after the end of lunch:

Put 2 tablespoons of extra-light olive oil into a shot glass (one shot glass full).

Consume the extra-light olive oil slowly, a few sips over the next 30 minutes.

STEP#6:

After you finish the extra-light olive oil, do not eat or drink anything for the next 2 hours. As above, do not brush your teeth, do not use mouthwash, do not chew gum, do not eat or drink anything (no coffee, tea, juice, etc.), except for water.

STEP#7:

Eat your normal dinner.

Do Not Eat Any Food Or Drink Anything Other Than Water After Dinner.

ALTERNATIVE: You can consume the extra-light olive oil 2 hours after dinner rather than 2 hours after lunch. But you cannot brush your teeth until at least an hour after you have finished consuming the olive oil. Still, do not eat or drink anything after dinner except for water and the olive oil.