

How to Do the Shangri-La Diet

The big picture of the diet is very simple. There are only two rules:

Rule 1. Take 100 to 400 calories of sugar water and/or flavorless edible oil daily. The total number of calories is what matters. It is recommended that you start with a mix of both. Flavorless edible oils include extra-light olive oil (ELOO), safflower oil, and canola oil, but any flavorless oil will do. (Sugar water instructions on reverse.)

Rule 2. Take the sugar water and/or oil before or after meals—at least an hour away. If you take both sugar and oil, you can take them at the same time or at different times. The time of day doesn't matter. Unless the daily amount you plan to take is small, divide it into at least two portions that you take at different times.

How Much Sugar and Oil to Take

IF YOU WANT TO LOSE...	SUGAR IN WATER	SUGAR CALORIES	OIL	OIL CALORIES	TOTAL CALORIES
Less than 20 lbs.	1 Tbsp./day	45	1 Tbsp./day	120	165
20—40 lbs.	2 Tbsp./day	90	2 Tbsp./day	240	330
More than 40 lbs.	3 Tbsp./day	135	2 Tbsp./day	240	375

Preparing the Sugar Water

- **The sugar water must be unflavored.** The Shangri-La diet works because it gives you calories without flavor.
- **The sugar water must have calories.** Water sweetened with sucralose (Splenda), aspartame (Nutra Sweet, Equal), saccharin (Sweet'N Low), or stevia will not work. Ordinary white table sugar, or sucrose is the easiest and cheapest sugar to use.
- **You can drink it at any temperature you like.** However, it is a good idea to drink the sugar water slowly, and hot water will force you to do this.

How Much Water Should I Use?

AMOUNT OF SUGAR	SWEETNESS		
	HIGH	AVERAGE	LOW
1 Tbsp.	6 oz./200 ml	1 cup/250 ml	12 oz./350 ml
2 Tbsp.	1.5 cups/350 ml	2 cups/500 ml	3 cups/750 ml
3 Tbsp.	2.2 cups/500 ml	3 cups/750 ml	4.5 cups/1 liter
4 Tbsp.	3 cups/750 ml	4 cups/1 liter	6 cups/1.5 liters