



GET FIT FOR YEARS TO COME

**DISCOVER
THAT 1
MAGICAL
INGREDIENT
THAT CAN
CHANGE YOUR
WEIGHT LOSS
JOURNEY
TODAY**

AND IT IS SITTING IN YOUR
SHELF RIGHT NOW!



That 1 Magical Ingredient Is:

The Magic Ingredient?

The top secret of one of the best home remedies to reduce belly fat without exercise is . . .The Extra-light olive oil! Well, this Extra-light olive oil is flavorless. If you are used to of consuming the one which had the flavor then this one is certainly not that.You need to swallow really less amount of this extra-light olive oil as it will lower your set point drastically.

You will note that low calories foods are mostly flavorless.Ever realized that why patients in the hospitals receive flavorless bland food? Well, because they only consist of flavorless food with no calories but only nutrition. You must have noticed that the patients tend to look thin, which is not actually a weakness but the result of losing weight due to the low calorie food consumed.

You need to go bland. At first, the bland food will seem unbearable to swallow down but within a week you will develop the taste of flavorless food like consumption of brown rice instead of white. Expect to lose 10 pounds in just a matter of weeks with this theory. Enjoy unappetizing food and voila you are all set to turn from fit to fat!

Flexibility of this home remedy:

You will notice that this diet is extremely flexible where there are no forbidden foods, no recipes, no restricted foods, no meal plans, no calorie counting, and, above all, no deprivation.You don't have to subtract anything just add!

The framework is designed for you, just follow. Are you like,

“ No reduction in this diet, how is that even possible?”

Well, it is certainly possible. Just follow the four rule and you are good to go.



Rules -

Rule 1: Take only between 200 to 500 calories of flavorless edible oil each day

How many tablespoons does that make? Well, you will have to consume only from 2 to 4 tablespoons daily as there are approx 120 calories in each tablespoon. If a question is popping into your head that as to how much should consume if you are just starting out? Well, it all boils down to your current weight. You can adjust the amount between 2-4 tablespoons as per the progress. If you want faster results then stick with 4 tablespoons. Consider a healthy rate and don't double the intake as after all you need safe and healthy weight loss.

Rule 2. Take the oil at least an hour away from food and any flavors

You need to be precise about the timings. For instance, if you usually have your lunch from 1:30 to 2:30 then you have to consume the oil an hour before 1:30 or the hour after 2:30. During this Flavor free food consumption, you will not be using any tea, coffee or even toothpaste!(as it has a flavor!!!)Time doesn't really matter at all. Why? Well, because the oil acts as an appetite suppressant for the long term. You may find yourself consuming all the tablespoons all at once but most people mainly prefer to consume a tablespoon before breakfast, another before lunch, and another before dinner. If you will not follow the guidelines and won't give the oil a margin of an hour before any food or after any food then a flavor will get associated with it. Instead of working in your favor this plan can backfire and you can surely expect an add on calories. If a question is popping into your head whether consumption before the meal is better or after then it is noticed that result tend to be better one hour after a meal. You have to keep in mind that after taking the oil wait an hour before eating something and water doesn't count.



Rules -



Rule 3. If the oil upsets your stomach, start small and work up.

The third rule is to start small. If you feel like your stomach gets upset then start slow. You need to realize that enzymes help in digesting any food, but oil takes longer time to digest. Many a time, the oil will just be sitting there in the stomach, undigested. But this problem will go away within a week, you may even don't realize that this problem even exists. But if you feel uncomfortable then start with smaller amounts like start with a teaspoon each day and then gradually increase the consumption to 4 tablespoons once you realize that your stomach has gotten used to it. Try a teaspoon on Monday, 2 teaspoons on Tuesday, 3 teaspoons on Wednesday, 4 teaspoons on Thursday, and so on, until your stomach is happy!

Rule 4. Keep a check on your dosage

You will start noticing a significant difference but there is a very low probability that you don't notice a great change after one month, in that case, you need to increase your daily dose of the oil by 1 tablespoon. But keep in mind that the consumption must still be limited to 4 tablespoons a day. Now the next question which can get triggered in your brain cell is,

“What about the rest of what you eat?”

Well, for that there is only a simple answer: Addition of the oil is the only difference that you will notice. Don't be conscious of eating less or become watchmen employed to account the consumed food. You don't need to make a deliberate effort instead make your life easier with this Shangri-La diet.



THE IDIOTS GUIDEBOOK

