

# low-carb news

Vol. 1 No. 3

Livable Low-Carb

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## Annual Low-Carb Extravaganza a Success!

Livable Low-Carb raised \$850 through food and clothing sales and donations at the Low-Carb Extravaganza.

More than 500 people attended the first Extravaganza on Oct. 19, 2013. There were 35 newcomers who signed up for Livable Low-Carb's programs.

Each of the four seminars was well attended. Each seminar had between 25 and 60 attendees. Questions were allowed after each seminar and the speakers were available for further discussion throughout the day. Many took advantage of the opportunity to speak with these professionals.

Heather Wilson, the keynote speaker, enjoyed the enthusiasm of the audience.

"The audience was attentive and great to interact with," Wilson said. "I could see how committed they were to living a healthy lifestyle, and they asked great questions."

The fitness and cooking demonstrations were also well received. Fitness and cooking demonstrations alternated every two hours and were all large classes.

The food was the hit of the day. There were eight vendors set up around

the event giving free samples and selling full entrees and desserts. The food was all low-carb and the vendors reported being overwhelmed with attendees eager to taste the low-carb cuisine. Attendees enjoyed live music provided by Josh Braxton while they ate and socialized.

Katie Francis was a skeptic who came to the Low-Carb Extravaganza with a friend.

"I really thought the low-carb thing was just another fad," Francis said. "Today I've seen that it really does help. It's not just a fad, and I think

I've been convinced to try it!"



# Letter from the CEO

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My mother was diagnosed with Type 2 diabetes when I was in high school. She was overweight, on several medications and the diets the doctors were giving her weren't working. She decided to try a low-carb diet she found on the Internet.

Today she has normalized her blood sugar, reduced her medication to only one and dropped close to 100 pounds. I later wanted to lose weight and tried the diet for myself.

I have seen firsthand the health benefits of the low-carb diet and the success it brings. I want to empower everyone with the right tools to have the same kind of success!

Our mission at Livable Low-Carb is to make living an active, low-carb lifestyle easier by providing information and assistance.

We value personal relationships and encouragement and believe both are important for success with the low-carb diet.

Livable Low-Carb works to combat obesity and health issues of adults and children in Oklahoma with a low-carb diet and active lifestyle.

We set a goal to educate and empower more than 1,000 Oklahoma residents to live a low-carb lifestyle in our first year. We are well on our way with 730 people signed up for our low-carb diet driven programs.

Low-Carb run smoothly. I cannot express how much I appreciate every one of the volunteers.

We hope to continue growing and will count on volunteers for that growth in the future.

Thank you so much for supporting Livable Low-Carb. I look forward to many more years!

*Kaylie Lathe*

CEO, Livable Low-Carb



The volunteers are the fuel that makes Livable

## Get involved

There are many ways businesses and volunteers can become involved with Livable Low-Carb. Livable Low-Carb runs on the work of volunteers just like any other nonprofit organization.

Restaurants, grocery stores and businesses that carry food items can become partners with the organization by working with it to provide low-carb options.

CEO and founder of Livable Low-Carb, Kaylie Lathe, encourages local businesses to get involved.

"We tell all our customers they can eat low-carb anywhere, which is true, but why not make it easy by offering pre-designed low-carb options," Lathe said.

Volunteers are needed for the Livable Low-Carb facility and the events that take place through the year. Those interested in volunteering can visit the office or go online for more information.

Donations are accepted through the Livable Low-Carb website, at events or in the office.

Lathe and the others at Livable Low-Carb appreciate the support from the community through volunteers and donations.

"The support we get from the community means a lot to us," Lathe said.

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"Without that support, we wouldn't be able to help change so many lives."

For more information on getting involved, visit [LivableLowCarb.com](http://LivableLowCarb.com)

## Livable Low-Carb Success Story

An Oklahoma City native was one of the first to see success through Livable Low-Carb programs.

Gary Fowler was overweight all his life and could not seem to find a program that worked.

"I was overweight, on the verge of becoming diabetic and had tried every diet on the market," Fowler said. "I was at a loss."

Fowler was at risk for developing diabetes and had dangerously high blood pressure as a result of his weight. He had tried many weight-loss programs but had often "cheated" with unhealthy foods and never incorporated exercise.

Fowler learned about Livable Low-Carb through Dean Caruthers, a co-worker who has been dedicated to the low-carb lifestyle for three years.

"Gary overheard me telling someone about my diet and how great I feel and he started asking questions," Caruthers said.

Caruthers pointed Fowler to Livable Low-Carb to learn more about the diet. He enrolled and began learning what the low-carb diet was all about.

Fowler began his journey with the free services as many do, but soon realized how beneficial the diet could be and enrolled in the weekly programs and counseling services.

The first two weeks went well as Fowler began to feel lighter and more energized.

"The first couple of days were tough, but by the end of the first week I felt great," Fowler said. "I had no idea what the over-processed carbs were doing to my body."

The first two weeks of the diet are the most critical, according to Livable Low-Carb's website. This first stage calls for eating proteins, fats, non-starchy vegetables and drinking lots of water. This stage your body goes into a process of ketosis where it burns the fat in your body for energy because there are not carbs to use and store.

"I added more variety in my diet each week, but still

stayed away from the high carb foods I was used to eating," Fowler said. "I thought I would miss carbs more than I did, but I felt too good to even think about them!"

For many, the first stage is the hardest part because it is a detox stage of sorts. Other foods can be incorporated in the weeks following the first stage. This diet continues until the customer has lost his desired amount of weight.

After the customers reach their goal weights, Livable Low-Carb suggests they continue a less strict low-carb diet. With this diet, they eat carbs in moderation and try to avoid wheat-based carbs. In an essentially gluten-free take on the low-carb diet, oats and rice are preferred, though still in moderation.

Fowler set an initial weight loss goal of 50 pounds. He reached his goal just six months after starting his low-carb journey.

"When I hit the 50-pound mark I was ecstatic," Fowler said. "I had finally found what works, and I knew I had to keep going! I have 100 more pounds to go and have no doubt I can

do it."

Fowler was not the first to benefit from the low-carb diet, and he wants to make sure he is not the last.

"I am so thankful for everything Livable Low-Carb has done," Fowler said. "Not only did I learn what the low-carb diet is but also how beneficial it is. Livable Low-Carb's programs make it easy to continue my low-carb lifestyle. It was the best decision for my health I have ever made."

**"It was the best decision for my health I have ever made."**

For more information, contact:  
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Donate, find information, read success stories and more at [Livable LowCarb.com](http://LivableLowCarb.com)!

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Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

## November Events

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Get YourFitness On! Classes every Wednesday at 6 p.m.

Get Cooking! Classes every Tuesday and Thursday at 6 p.m.