

# *Livin' On Love* *Outreach*<sup>SM</sup>

*Transforming the world*



*One heart at a time*





***Living' On Love Outreach***<sup>SM</sup>

**Les Lyons**

Founder of ***LOLO***

Author of the upcoming book ...

***Kicking Ass After 70!***





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## ***Why Me?***

To Live Into  
The Most Important Commandment:

***Love the Lord your God***

***and***

***Love your Neighbor***



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***Meet The Founder:***

***Les Lyons***

***Age 73*** (Sept. 2024)

**Then** (August 2022)

**and**

**Now** (May 2025)



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## ***The Old, Fat, Broken Les*** (Aug 2022)





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## ***2024/5 - The New & Improved Les!***





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The Connection ... Body → Mind → Spirit

**How?**







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## **The Body ~ Mind ~ Spirit Connection**

Imagine three overlapping circles: ***Body, Mind & Spirit.***

Each one represents a vital area of your well-being — and they don't function in isolation. *Where they overlap is where transformation happens!* That center space? That's **YOU** — whole, aligned, and thriving.

True health isn't just about your physical body. It's about your mental clarity, emotional strength, and spiritual peace, all working in harmony. When one area is neglected, it affects the others.

But when all three are nurtured, you unlock a life of greater energy, purpose, and joy.

That's the heart of LOLO — helping you find your balance, rediscover your strength, and live fully from the inside out.

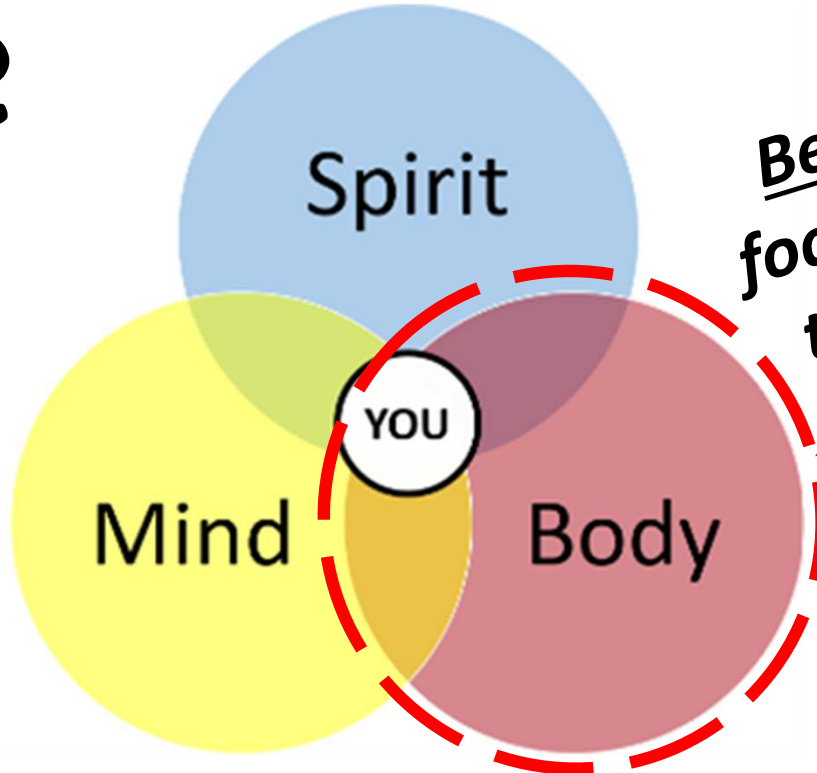




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The Body ~ Mind ~ Spirit Connection

**How?**



**Begin by  
focusing on  
the Body**



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## ***The Body: 3 Areas***

→ Eat

→ Sleep

→ Move

*To improve your overall physical  
& mental health / longevity*



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**The key to better health?**

**Ditch the processed carbs, embrace whole foods, & stop fearing fat.**



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**It's time for a new  
approach.**

**Instead of fearing fat,  
focus on real,  
nutrient-dense foods  
that keep blood sugar  
stable.**



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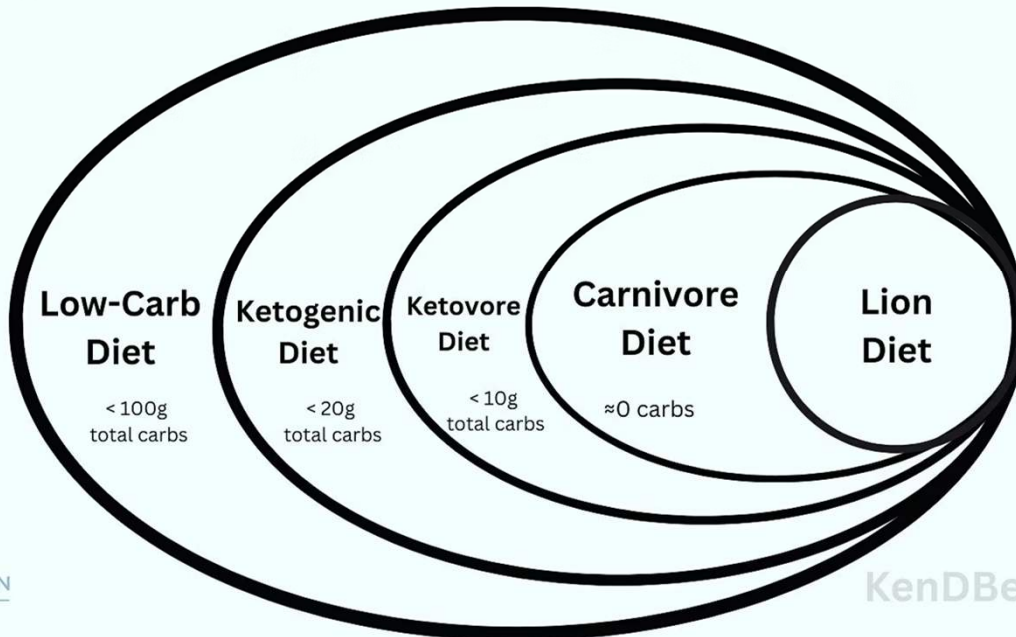
**Because replacing fat with processed carbs & sugar keeps blood sugar on a rollercoaster, driving cravings, energy crashes, & metabolic dysfunction.**





# ***Living' On Love Outreach<sup>SM</sup>*** ***EAT***

## **The Proper Human Diet Spectrum**





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**Take Action: 3 Things**

1

2

3





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**Sugar  
Hides  
Under  
Lots of  
Names!**

A		D		I	P	
Agave Nectar	Cane Juice Crystals	D-Ribose	Fruit Juice	Icing Sugar	Palm Sugar	Sucrose
Agave Syrup	Cane Sugar	Date Sugar	Fruit Juice Concentrate	Invert Sugar	Panela Sugar	Sugar (granulated)
B	Caramel	Date Syrup	G	L	Panocha	Sukrin Gold
Barbados Sugar	Caramel Dextrin	Dehydrated Cane Juice	Galactose	Lactose (milk sugar)	Powdered Sugar	Sweet Sorghum
Barley Malt	Carob Syrup	Demerara Sugar	Glucose	M	R	Syrup
Barley Malt Syrup	Castor Sugar	Dextrin	Glucose Solids	Malt Syrup	Rapadura	
Beet Sugar	Coconut Nectar	Dextrose	Golden Sugar	Maltodextrin	Raw Sugar	T
Blackstrap Molasses	Coconut Palm	Diastatic Malt	Golden Syrup	Malto	Refiner's Sugar	Treacle Sugar
Brown Rice Syrup	Coconut Sugar	E	Grape Sugar	Maltose	Rice Syrup	Turbinado Sugar
Brown Sugar	Confectioner's Sugar	Evaporated Cane Juice	H	Mannose	S	X
Butter Cream	Corn Sweetener	F	HFCS (High Fructose Corn Syrup)	Maple Syrup	Saccharose	Xylitol
Buttered Syrup	Corn Syrup	Florida Crystals	HFCS 42	Molasses	Sorghum Syrup	
C	Corn Syrup Solids	Free-flowing Brown Sugars	HFCS 55	Muscovado Sugar	Stevia	
Cane Juice	Crystalline Fructose	Fructose	Honey		Sucanat	



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***CARBS***



**NO CROW:**

**Corn**

**Rice**

**Oats**

**Wheat**



**BELOW**

**100**

***BTB: BYPASS The BOXES!***



**Per Day**

***ALC:***

***Order Meat à la carte***



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# No!





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## LOW-CARB/KETO FOOD PYRAMID

LOW-CARB  
SUGAR-FREE  
GLUTEN-FREE

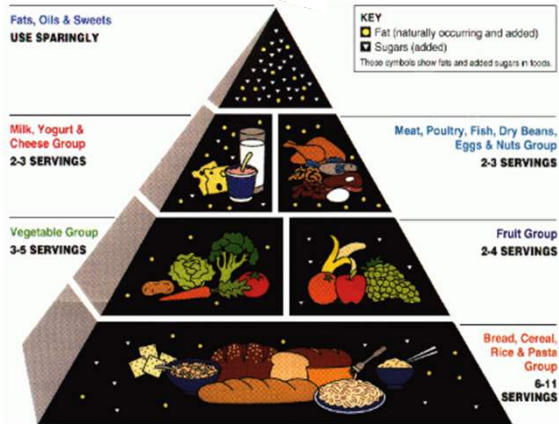
No!



CARBS

PROTEIN

FATS



CARBS  
SET YOUR LIMIT



DITCHTHECARBS.COM

PROTEIN  
SET YOUR TARGET



DITCHTHECARBS.COM

FATS  
USE TO CONTROL  
HUNGER



DITCHTHECARBS.COM



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## KETO DIET FOOD LIST







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**JUST DO IT.**



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Seed Oils

***BAD!***

Use Good Oils  
& Fats Only!

 GOOD FAT	VS	BAD FAT 
✓ Butter		✗ Canola Oil
✓ Tallow		✗ Soybean
✓ Ghee		✗ Sunflower Oil
✓ Palm Oil		✗ Corn Oil
✓ Coconut Oil		✗ Safflower Oil
✓ Avocado Oil		✗ Grapeseed Oil
✓ Olive Oil		✗ Margarine
✓ Fish Oil		✗ Cottonseed Oil
✓ Eggs		✗ Peanut Oil
DRJOCKERS.COM SUPERCHARGE YOUR HEALTH	Nature doesn't make bad fats, <i>factories</i> do.	

**THEY BRANDED  
SEED OILS AS  
"HEART-HEALTHY,"  
SUNSCREEN AS  
"SKIN PROTECTION,"  
ULTRA-PROCESSED FAKE  
MEAT AS "SUSTAINABLE"  
AND VACCINES AS  
"SAFE & EFFECTIVE."**

**YOU'RE NOT  
'FOLLOWING THE  
SCIENCE' - YOU'RE  
FOLLOWING THE  
MARKETING.**



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## ***HOMEWORK ASSIGNMENT***

**1**

**SUGARS BAD! ... STOP IT!**

**2**

**CARBS BELOW 100 ... Just DO It!**

**3**

**Good Oils/Fats; Seed Oils BAD!**



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***Dick  
turned  
99  
12/13/24***

In my 30s, I exercised  
to look good.  
In my 50s, to stay fit.  
In my 70s, to stay  
ambulatory.  
In my 80s, to avoid  
assisted living.  
Now, in my 90s, I'm just  
doing it of pure defiance.

- Dick Van Dyke



***MOVE!***



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Your  
New  
Mantra!

