



September 15, 2014

We are very pleased to announce the premiere of a revolutionary, online, interactive virtual-training system featuring Clint Maun.



It is called **Care Crowd VT** and it is destined to become an integral part of the care profession nationwide as we roll this out to organizations far and wide over the coming year. It is strategically priced at *very affordable rates* such that organizations **of any size** can learn to create **stellar customer outcomes** and add **millions of success stories** to the state of the care profession and improve its reputation in the eyes of the customers **and** the external influencers that continually strive to put it down.

Clint is utilizing this cutting-edge, online video-based platform to train care professionals like you with **empowering tips, tools, and techniques** needed to maximize your daily care efforts. Join the **Care Crowd** today, so you too can be a part of a revolutionary movement to *improve care from within*.

To learn more about this exciting new service, please visit www.CareCrowdVT.org and be sure to share it with your organization's management to procure it for your facility's use. *There is tremendous power in numbers and the **Care Crowd** will number in the millions quickly!*



Food For Thought

Dealing with Diabetes

Healthcare professionals know that a diabetes diagnosis can be scary, sad and/or shocking—especially if the patient hasn't been feeling sick or any different than they felt before they were told they have diabetes. Some people who learn they have

diabetes mistakenly think their life will forever be miserable and they won't be able to do everything they used to do. That's certainly not true. In fact, with healthy lifestyle modifications, those with diabetes may begin to feel much better—perhaps losing extra weight and experiencing more energy. Of course, there are still many myths and misconceptions about this now common disease. Take a look at the myths below and keep them in mind if you interact with a patient with diabetes—help set the record straight!

Here are some additional myths about type 2 diabetes:

Myth: *You can never eat sugar again.*

Reality: Sweets (especially fruits) don't have to be off limits, as long as it's in moderation and part of a healthy meal plan or combined with exercise.

Myth: *You can eat all the meat you want.*

Reality: A healthy diet includes protein, carbohydrates, fats and fruits and veggies. The key is a balanced diet that focuses on whole, minimally processed foods.

Myth: *You can't have any carbs*

Reality: You can have carbs, but portion control and quality are crucial. Not all carbs are created equal, so, focus on whole grain carbs (like brown rice, quinoa, oatmeal) since they are a good source of fiber and they are digested slowly, keeping blood sugar levels steadier.

Looking after my health today gives me a better hope for tomorrow.
—Anne Wilson Schaefer



Quick Links

MaunLemke.com
ClintMaun.com

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