

Email not displaying correctly?

[View it in your browser](#)



January 15, 2016



For the past several newsletters, weâ€™ve been introducing you to Clint Maunâ€™s powerful new online interactive training platform, **Care Crowd VT**.

Today, weâ€™d like to share with you some exciting new updates!



You wanted an easier pricing model

We delivered!

We've simplified the pricing model to make it even easier and even more affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than \$1.65 per day (even less if you are a LeadingAge member!), **all of**

the employees at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's humor, experience and wisdom to help your organization **Improve Care from Within!**

Droves of care professionals across the country have been asking for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

If you are familiar with Clint Maun's care expertise, you already know he has enough tips, tools and techniques to fill **weeks** of your time. We've taken that mountain of knowledge and experience, mixed in some of Clint's unique brand of humor, and condensed it all down to **four hours** of *easily digestible, yet immensely powerful* training content. **Care Crowd VT** is your virtual training access point to Clint's wealth of solution-oriented, team-based approaches to improving care nationwide. *By mastering these four fundamental, yet critical courses, Care Crowd members establish a baseline foundation of training that will help them excel in any area of care:*

- **Care is Cool!**
- **Customers are Great!**
- **Teaming Makes it Easier**
- **I (personally) Make a Difference**



Ready to learn more?

*You can now try out the training first-hand with a **Free Trial!***

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you***

can't find better training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing

a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. ***Become a Care Crowd member today!***



Food For Thought

Should You Go Gluten Free?

Patients and healthcare professionals alike may be asking the question: Should or do I need to go gluten-free? There's good reason for the curiosity. Gluten-free products are lining store shelves and being called out on menus more than ever these days. But should you (and patients for that matter) really opt for them over other bread and grain options? It's ultimately up to you of course, but here's what you need to know to help make an informed decision.

What is a Gluten-Free Diet?

As you probably guessed, a gluten-free diet is a diet that excludes gluten (a protein found in grains such as wheat, barley and rye). A gluten-free diet is primarily used to treat celiac disease; a condition that wreaks havoc on the intestinal tract. Gluten causes inflammation in the small intestines of people with celiac disease, so eating a gluten-free diet helps control signs and symptoms.

According to experts, Celiac disease, or gluten sensitivity, affects about one percent of the population. Many people who go on a gluten-free diet don't truly suffer from Celiac disease, but rather may experience some occasional digestive problems or they may want to try it because they've been feeling tired and sluggish and have heard that going gluten-free could help. Many people may indeed feel better after going gluten-free, but the reality is that they probably feel better from cutting out processed foods and refined carbohydrates. So, before you opt for the restrictive guidelines of a gluten-free diet, you may want to try focusing on more whole foods and exercising more!

If you're just starting with a gluten-free diet, it's a good idea to consult a dietitian who can answer your questions and offer advice about how to avoid gluten while still eating a healthy, balanced diet.

Did You Know?

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds and nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products

If you do opt for a gluten-free diet, you must avoid all food and drinks containing:

- Barley
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

“Pasta doesn't make you fat. How much pasta you eat makes you fat.”
—Giada De Laurentiis



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



Republish Policy

Permission to republish/reprint an article is given provided the following conditions are met:

- Clint Maun receives proper recognition as the author of the article. A link to Clint Maun's www.clintmaun.com and www.maunlemke.com websites is published at the end of the article. The piece is not modified in any way.
- Clint Maun is informed of the re-publication/reprint and receives a copy of the publication with reprint. ([Contact Us](#))

You are receiving this email because you opted-in through our sign-up process to receive our free company email newsletter, Solutions (published monthly) and occasional news regarding major announcements regarding Clint Maun/Maun-Lemke Speaking and Consulting, LLC. You can unsubscribe at any time and your email information will never be shared with/rented/sold to others.

[Unsubscribe](#) <<Email Address>> from this list | [Forward to a friend](#) | [Update your profile](#)

Our mailing address is:

Maun-Lemke Speaking and Consulting, LLC
 8031 W. Center Rd.
 Suite #222
 Omaha, NE 68124

[Add us to your address book](#)

Copyright (C) 2016 Maun-Lemke Speaking and Consulting, LLC All rights reserved.

