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June 15, 2011



## Food For Thought



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### Does your organization...

- need to grow revenue?
- have a team-based culture?
- stay focused and committed to success?

Clint Maun and Maun-Lemke have over 25 years of expertise in "changing the results of healthcare". We have learned through our work with Long Term Care organizations that, to assure their sustainability, organizations must not be revenue dependent upon Medicaid.

**Consider this:** An additional 7 Medicare customers in your facility can, on average, deliver over \$1 million to the top line resulting in a significantly better bottom line. This additional revenue supplements and offsets losses incurred from lesser Medicaid reimbursement rates.

We've found that the lack of an organization's success is due to a "missing structure" that has not been in place for them to gain and retain market advantage. Maun-Lemke's proven A.R.M.S. Length

## A.R.M.S. Length System



Revenue Enhancement System can be implemented cost-effectively through our step-by-step process and web-based computer consulting support.

For more information on the A.R.M.S. Length System and how your organization can achieve their full Revenue potential, call Kathy Cain or Chad Maun at (800) 356-2233.

### Brain Food: 7 Foods that Give Your Brain a Boost—Yum!

This month's edition of Food for Thought is really just that—a look at some foods that can help you better think and perform. Consider these super foods the next time you're feeling sluggish and groggy. They can help boost brain power and your mental acuity.

- **Whole grains:** A diet rich in whole grain foods such as cereals, wheat bran, wheat germ and whole wheat pasta provide the brain with critical fuel. One study found that participants who increased their folic acid, vitamin B12 and vitamin B6 (vitamins found in whole grains) intake showed an improvement in recalling information compared to participants who were not taking a supplement.
- **Omega-3 fatty acids:** Essential omega-3 fatty acids provide dehydroascorbic acid, (DHA) which are essential building blocks for the brain. Omega-3 fatty acids are found in oily fish, as well as fish oil, walnut oil, and flaxseeds and are crucial to the health of your nervous system. Low DHA levels have been linked to a higher risk of developing Alzheimer's disease and memory loss. Fish also contains iodine, which is known to improve mental clarity.
- **Blueberries:** Blueberries hold first place out of 49 other fruit and vegetable contenders on Tufts University's ORAC score (a score that measures antioxidant power). Blueberries are not only incredibly effective antioxidants, but they are also the perfect brain food. Research published in the Journal of Neuroscience suggests that blueberry extract can improve short term memory loss.
- **Spinach and other dark leafy greens.** In a six-year study involving 3, 700 elderly subjects, those who consumed two or more servings of vegetables a day had up to a 40 percent slower rate of cognitive decline. Those who consumed the most dark leafy greens fared the best in maintaining mental agility.
- **Tomatoes:** There is good evidence to suggest that lycopene, a powerful antioxidant found in tomatoes, could help protect against the kind of free radical damage to cells which occurs in the development of dementia, particularly Alzheimer's.
- **Pumpkin seeds:** Just a handful a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills.
- **Broccoli:** Broccoli is a great source of vitamin K, which is known to enhance cognitive function and improve brainpower.

With such wonderful health benefits, there's no reason not to load up on these nutritious and delicious foods! So, make an effort to incorporate these foods into your regular diet—your brain will thank you for it.

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