



1913 W South Blvd.  
Troy, MI 48098

FOLLOW US!



www.drkeithkelley.com  
(248) 457-5574

### INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks

- page 02

- Healthy Habits for Your Child's Dental Health
- Avocado & Egg Toast

- page 03

### Can You Handle the Truth???

Easter baskets have special symbolism.

The woven treat containers represent birds' nests and new life, especially when filled to the brim with eggs.

### JOKE of the Month

Q: What did the werewolf eat after he'd had his teeth taken out?

A: The dentist.



## ZOOM!

Professional Whitening System

## winter white sale

With winter right around the corner what better way to warm up than with a bright, white winter smile!

We are pleased to offer  
**\$50 Off Zoom Whitening!**  
Tell your friends and family!

Please contact our office  
at **(248) 457-5574**  
to schedule your appointment.

April 2022



### INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks - page 02
- Healthy Habits for Your Child's Dental Health
- Avocado & Egg Toast - page 03

# Surprising Gains of Exercise

When people are asked about the benefits of exercise, most likely all have the same response saying that the goal of exercise is to be fit. We all have that notion that exercise is solely done for the purpose of getting fit and maintaining that mean and sexy bods. However, there are plenty of amazing benefits that exercise gives that might change your perception. We give to you some of these amazing benefits we can gain from exercising.

#### Exercise is also beneficial for your brain.

It is backed by various studies that exercise helps reducing depression, increase learning capacity and develops a better memory. Studies also suggest that exercise can help prevent Alzheimer's disease. Although it has not been known exactly how exercise does change the function and structure of the brain but currently it is something on active research. By far, they have found out that exercising can improve blood flow to the brain while serving the growth of the new blood vessels, new brain cells and of Brain-Derived Neurotropic Factor (BDNF). The BDNF can trigger the growth of the new neurons and helps protect and repair brain cells from degeneration.

#### Reduce depression

Numerous studies have shown that exercising can help reduce depression. Exercise actually triggers the release of dopamine, endorphins, serotonin, and norepinephrine. These chemicals are known to lighten the mood, relieve stress and even dull pain.

#### Natural Anti-aging factor

Exercise studies have shown that it can help prolong lifespan by about 5 years and may slow down the aging of our cells. As we get older, our cells divide their telomeres repeatedly. Telomeres are protective caps of the chromosomes. In order to see how exercising affects telomeres, some researchers made a muscle biopsy and took blood samples from 10 random people before and after they performed a 45-minute ride on a stable bike. Researchers found out that exercise boosted the level of a molecule that helps protect telomeres, conclusively showing how suddenly they shorten over the time. Exercise then appears to slow the aging at a cellular level.

#### Great for your skin

Exercise can improve the blood flow to the skin as it delivers oxygen and essential nutrients that help improve the skin and even heal wounds faster - making your skin healthier, young-looking and glowing.

#### Shrink your fats away

Our body uses both fats and carbohydrates as its source of energy. But as you get used to exercising, your body gets better at burning fat, which then needs a lot more of oxygen to convert to energy. Another benefit from exercise is that the cardiovascular system will get stronger and better in delivering oxygen, so we are able to metabolize a lot more of our fats and use it as our energy source. As a benefit, fat cells which produce chemicals for chronic low-grade inflammation will shrink and so is inflammation too.



# Tips, Tricks & Trends

## 5 Tips For Hosting a Stress Free Easter Egg Hunt

Easter morning can be an overwhelming holiday event, even for the best of us. The combination of sugar and the competition for eggs can sometimes be a recipe for tears, but we have come up with some tried and true tips that will ensure you and the family have a fun, stress-free Easter holiday.

Here are our tips to consider when planning your Easter event:

### 1. Divide the egg hunters by age group.

It is inevitable that the older children will get more treats if you let them all go at the same time, so this tip will save everyone from tears. Give the youngsters a head start of a few minutes, and make sure you hide eggs at their level. The older kids will appreciate a bit of a challenge, so get creative with their eggs!

### 2. Don't want to hide chicken eggs?

Many people recommend filling plastic eggs with little candies, toys, and treats instead of using boiled eggs.

### 3. Egg dyes can be WAY too messy.

There are a few dye-less options to choose from, but our favorite is definitely the Eggmazing Egg Decorator. The decorator holds your egg in place while spinning it, so all kids have to do is touch their marker to the egg and it becomes a thing of beauty. This product is especially great for kids who are practicing their pencil grip.

### 4. Easter doesn't have to be a sugar-filled event.

There are many options for a fun sugar-free (or light on the sugar) day. Fill plastic eggs with small toys, candy, or stickers. You can also add numbers to the plastic eggs that correspond to bigger prizes like Beanie Boos, Craft Kits, or chocolate bunnies. Pikmi Pops and Veggie Pops are also great no-candy options for hiding around the house or yard.

### 5. Get a group photo BEFORE the hunt begins.

Don't underestimate the mayhem that will ensue once you unleash the kids. Try to take some candid shots of the kids finding their treats!

## Fun Facts

### That'll Astound Your Friends

- One million Earths could fit inside the sun.
- Dolphins have names for each other and are the only species other than humans known to do this.
- Scientists don't know why we yawn, but it may be a way to help regulate body temperature or even cool down the brain.
- Hot water actually freezes faster than cold water due to something called the Mpemba effect.
- None of the four members of The Beatles could read or write music.
- In 2016, Mozart sold more CDs than any other artist, beating artists such as Beyonce, Adele, and Justin Bieber.



## HEALTHY HABITS FOR YOUR CHILD'S DENTAL HEALTH

Healthy teeth and gums are important for your child's health and well-being. Establish healthy habits early to set your child up for a lifetime of good dental health.

☑ Caring for the mouth starts early. Begin by cleaning your baby's mouth using a wet cloth and gently wiping the gums to remove any leftover milk or formula from the mouth.

☑ Brush your child's teeth as soon as the first tooth appears and make sure you lift the lip to brush along the gum line. Young children cannot clean their own teeth. Brush for them when they are very young and with them as they grow older.

☑ Use a soft toothbrush. Choose an appropriate size for the age of the child.

☑ Use a small amount of fluoride toothpaste to protect the teeth from cavities. Children under the age of 3 should only use a smear (size of a grain of rice) while those over 3 can use a pea-sized amount. Encourage your child to spit out the toothpaste.

☑ Make brushing fun and develop a routine: brush at a specific time (after a bath or before a book); in a specific location (mom's knee); or with specific cues (music, counting).

☑ Cavity-causing bacteria can transfer from your mouth to your child's. Avoid sharing soothers, toothbrushes or other items with your child.

☑ Regardless of age, discourage grazing on sugary foods and drinks throughout the day or overnight. For instance, constant and slow sipping on milk-filled bottles or sippy cups with juice keeps sugars in the mouth and can lead to cavities—fill them with water instead.

☑ Choose healthy snacks such as cheese, fruit or nuts. What's good for the body is good for the mouth.

☑ The earlier a dental problem is found, the easier it is to fix. Check your child's mouth and visit the dentist regularly.

☑ Look in your child's mouth for signs of disease such as brown or yellow spots on the teeth. Other signs that your child may be suffering from dental disease include trouble sleeping; difficulty concentrating; and, avoiding certain foods, such as cold drinks and foods.

☑ The first dental visit should take place by age one or within six months of when you see the first tooth.

Through regular examinations, your dentist will monitor the development of your child's teeth and gums to catch problems early and prevent disease. Starting dental visits early can also improve your child's comfort with visiting the dentist.



## Avocado & Egg Toast



### Ingredients

- 4 slices crusty bread, about 1/2 inch (1 cm) thick
- 1 tbsp (15 ml) olive oil
- 2 ripe avocados
- 2 tbsp (30 ml) lime juice
- 1/2 English cucumber, sliced into thin rounds
- 1 tbsp chopped dill
- 2 tbsp (30 ml) mayonnaise
- 1 tbsp (15 ml) water
- Tabasco sauce, to taste
- 2 hard-boiled eggs, peeled and quartered

### Preparation

1. With the rack in the top position, preheat the oven to broil.
2. Place the slices of bread on a baking sheet. Drizzle with the oil and season with salt. Bake for 5 minutes, turning the slices over halfway through cooking. Let cool.
3. In a bowl, mash the avocados and lime juice with a fork until smooth. Season with salt and pepper. In another bowl, mix the cucumber and dill. In a third bowl, combine the mayonnaise, water and Tabasco.
4. Spread the avocado purée on the toast. Garnish with the eggs and cucumber. Season with salt and pepper and drizzle with the mayonnaise mixture. Delicious for lunch.



**Fun, Silly & Inspiring Quotes**

"Education is learning what you didn't even know you didn't know."  
- Daniel J. Boorstin

"If you want your children to listen, try talking softly to someone else."  
- Ann Landers

"I dream of a better tomorrow, where chickens can cross the road and not be questioned about their motives."  
- Ralph Waldo Emerson

"People who think they know everything are a great annoyance to those of us who do."  
- Isaac Asimov

Life Hacks: Better, Faster, Easier Solutions to Life's Little, Everyday Problems >>>

## Feeling disconnected? Tips to stay in touch with others

Many of us have felt first hand the harmful effects of social isolation in recent years. In fact, more than a third of North Americans say that the pandemic has hurt their mental health. And, according to statistics, seniors are at greatest risk of feeling disconnected from family and friends. Here are a few ways to stay connected as you age:

### Create community

It's natural for your social circle to shift throughout your life. As kids move out and you step back from work responsibilities, you may feel more isolated. Developing new circles of friends or reconnecting with those you've lost touch with can help drive meaningful social connections. To build new friendships, take part in group activities that bring you joy and offer opportunities to socialize. Try a walking group, a bird watching club or even a book club. You'll be able to meet people at similar stages and forge connections to help you thrive.

### Establish a schedule

Get in the habit of staying in touch with friends and family. Rather than waiting for others to reach out, take the initiative to reconnect with loved ones – and make it an ongoing commitment. Whether it's once a month or once a week, setting aside recurring virtual or in-person time for socializing will take the work out of making plans, while also giving you something to look forward to on an ongoing basis.

### Go virtual

Digital technologies can connect us with loved ones and resources – near or far – they can help us participate in virtual catch-ups and community activities. That's especially useful if you're staying home due to an illness, or even if you're less mobile. Adding phone calls, emails, video chats and social media to your repertoire can help you stay connected and boost feelings of community.

If this all seems intimidating, not to worry. Check out your library or community centre for workshops to help you feel more comfortable, or look for free online resources that can help.