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Can You Handle the Truth???

Black Friday isn't the busiest shopping day.

Black Friday, or the day after Thanksgiving, certainly sees lots of shoppers heading to the mall. But we must be a nation of procrastinators, because the most hectic days of the year are actually the Friday and Saturday before Christmas so plan ahead if you don't care for crowds.

JOKE of the Month

If you brush your teeth at night to keep your teeth, why do you brush your teeth in the morning?

A: To keep your friends.



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
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to schedule your appointment.

December 2021



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HOLIDAY MOVIES FOR EVERYONE

There's nothing like snuggling up with your kids to celebrate the season with a family movie night, after all the shopping, parties, presents, and big meals are over. Fortunately there are many classics, both old and new, that offer the perfect retreat from all that holiday hoopla. Grab your popcorn and check out our list of favorites:

It's A Wonderful Life (1946)

Your eyes may get mistier than your child's, but the lessons of friendship and strength of character revealed in Jimmy Stewart's famous movie reach across generations. Recommended for school-aged kids (6 and up), since younger children may get scared or confused by George Bailey's initial depression.

Rudolph the Red-Nosed Reindeer (1964)

Enjoy the sleigh ride back to your own childhood with dear little Rudolph and his red flickering nose. With Burl Ives as narrator, this classic Christmas tale featuring elves, dentists, and snowmen is a must-see for the entire family. Just one warning, younger children will want to watch this movie over and over!

A Charlie Brown Christmas (1965)

Charlie Brown's statement about holiday commercialism is a true classic. Watch as he and Linus turn a Christmas tree runt into a thing of wondrous beauty, and learn the real meaning of Christmas. When the cast sings "Hark the Herald Angels Sing," everyone in your family will get tingles.

Santa Claus is Comin' to Town (1970)

This timeless classic still packs its punch. Besides featuring a nasty villain, the mean old Burgermeister who threatens to remove all toys from the town of Sombertown, we're also treated to a touching love story between Kris Kringle and Jessica (the future Mr. and Mrs. Claus). And who can forget the "evil" Winter Warlock, whose heart is melted by the magic of Christmas. You better watch out is right.

The Polar Express (2004)

Based on Chris Van Allsburg's award-winning children's book, the all-digital The Polar Express is destined to become a holiday perennial. With live performances (Tom Hanks is the lead) transformed into digital magic, the film offers enough eye candy to satisfy any filmgoer's sweet tooth for visual splendor.



Tips, Tricks & Trends

Which Vitamins Can Help With Inflammation?

Research over the years has pointed to certain vitamins with anti-inflammatory compounds. These vitamins can be acquired in supplement form and by eating foods that naturally contain them. Here is a list of five vitamins that possess anti-inflammatory properties and the foods that are rich sources of them.

Vitamin A

Studies have found that vitamin A can keep the immune system from being overactive and causing inflammation. Vitamin A is available in two forms: Beta-carotene is a provitamin that is converted into vitamin A in the body, and vitamin A is an antioxidant that protects the body against free radicals. Diets rich in beta-carotene and vitamin A can help to reduce inflammation.

Food Sources

Foods rich in vitamin A include carrots, dandelion, kale, collard greens, spinach, and a wide variety of leafy vegetables.

B Vitamins

People with low vitamin B6 will often have high levels of C-reactive protein, another compound responsible for inflammation, especially in autoimmune diseases such as rheumatoid arthritis.

To reduce inflammation and increase vitamin B6, try consuming foods high in B vitamins, including kale, bell peppers, mushrooms, cantaloupe, tuna, and poultry.

Vitamin C

Vitamin C is known for helping keep the immune system healthy and functioning well. Moreover, research shows vitamin C can get rid of free radicals responsible for causing inflammation.

Food Sources

To get more vitamin C from your diet, eat a variety of fruits and vegetables, which are also loaded with antioxidants that can improve health and potentially lower risk for heart disease and cancers.

Vitamin D

According to one report from Food & Nutrition Research, up to 41.6% of Americans are

Vitamin D deficient. Studies have long-established a connection between low vitamin D and a variety of inflammatory diseases. Further, researchers know that improving vitamin D can help reduce inflammation in the body.

Vitamin D is naturally produced by the body after exposure to the sun, but not everyone can get all their vitamin D this way. Anyone who suspects their vitamin D levels are low should talk to their healthcare provider about testing and supplementation.

Food Sources

The best food sources of vitamin D are fish, egg yolks, organ meats, and foods supplemented with vitamin D, including milk.

Vitamin K

One report in the journal *Metabolism* found that vitamin K can reduce inflammatory markers, help with blood clotting, and protect bone health. While vitamin K is necessary for bone health, most people do not get enough of it from their diets.

Food Sources

There are two types of vitamin K: Vitamin K1 and K2. Vitamin K1 is found in leafy vegetables, including kale, spinach, broccoli, and cabbage, whereas K2 is found in chicken, liver, and eggs.



Fun Facts

That'll Astound Your Friends

- Polar bears have black skin. And actually, their fur isn't white - it's see-through, so it appears white as it reflects light.
- The longest place name in the world, at 85 letters, is "Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu," New Zealand. Locals just call it Taumata Hill.
- According to recent research, the human nose can distinguish at least a trillion different odors.
- We shake hands to show we're unarmed.
- That tiny pocket in jeans was designed to store pocket watches. The original jeans only had four pockets: that tiny one, plus two more on the front and just one in the back.
- Cows don't have upper front teeth.

How to Avoid Holiday Dental Woes

Between Thanksgiving and Christmas Day, even through New Year's, one can expect to find temptation. You may bake extra cookies to give to friends and relatives, or you may join family for a holiday meal and succumb to pumpkin pie, chocolate candy, and other sweets. Holiday eating eventually takes a toll on your waistline, and it isn't always friendly to your teeth. If you're concerned about good dental health this winter, take the time to learn how you can avoid any issues during your next dental visit.

Over the holiday season, your teeth may get quite a workout, enjoying turkey and vegetables and a slice of holiday pie. It's good to pace yourself during the long weekend, especially if you plan to have snacks out for the marathon of football games and televised parades. Keeping healthy snacks and relish trays, for one, is a good step toward healthy eating, and a good way to help preserve your teeth. Prepare foods that work well with teeth - cheese and fruit and raw veggies - and enjoy in moderation. If you feel tempted by that late night snack calling you - that lone slice of pumpkin bread or homemade rum balls dipped in chocolate - there are ways to resist.

1) Brush after every meal. When you brush immediately after having breakfast, lunch and dinner, you are less inclined to continue eating. Some families may come to the holiday table early in the day, so if you brush after the meal it creates time between the next sit-down, and you may not wish to munch in the space between.

2) Remove yourself from the kitchen and dining room. If you're not around food 24/7, you're less inclined to eat. If you're not interested in battling holiday shoppers at the mall, find another activity that takes you away from food and into something healthy.

3) Floss. If you eat more, you'll need to floss more. Of course, you should be flossing regardless, but during the holidays it is especially important since you will probably eat more than you would on a regular day. The cleaner you keep your teeth in this time, the more likely you'll be vigilant that you don't overindulge.

The winter holidays are a time for family and friends to come together and give thanks for health and happy events. Whether you celebrate Christmas, Hanukkah, or other holidays, you are sure to enjoy a good amount of food. You might watch your weight, but don't forget about your teeth!



UNICORN HOT CHOCOLATE

What dreams are made of

A magical pastel rainbow of color, fluffy mini marshmallows and a warm and creamy white chocolate make this unicorn hot chocolate the stuff of little kids' dreams.

Ingredients

- 2 Cups whole milk
- 1 Teaspoon vanilla
- 1 Tablespoon Imperial Sugar Extra Fine Granulated Sugar
- 4 Ounces white chocolate, chopped
- Pink food coloring
- Crème Chantilly
- Pastel sprinkles
- Colored mini marshmallows
- Blue icing

Directions

- In a medium saucepan, combine milk, vanilla, sugar, white chocolate, and 2 drops of pink food coloring.
- Heat over low heat, stirring constantly until white chocolate is melted and sugar is dissolved.
 - Remove from heat.
 - To prepare mugs, line rims with blue frosting and dip into sprinkles.
 - Pour warm hot chocolate into mugs and top with whipped cream, sprinkles, mini marshmallows and a little extra frosting, if desired.



Fun, Silly & Inspiring Quotes

"That's the funny thing about life. We're rarely aware of the bullets we dodge. The just-misses. The almost-never-happened. We spend so much time worrying about how the future is going to play out and not nearly enough time admiring the precious perfection of the present."

- Lauren Miller

"If you are always trying to be normal, you will never know how amazing you can be."

- Maya Angelou

"If you are the smartest person in the room, then you are in the wrong room."

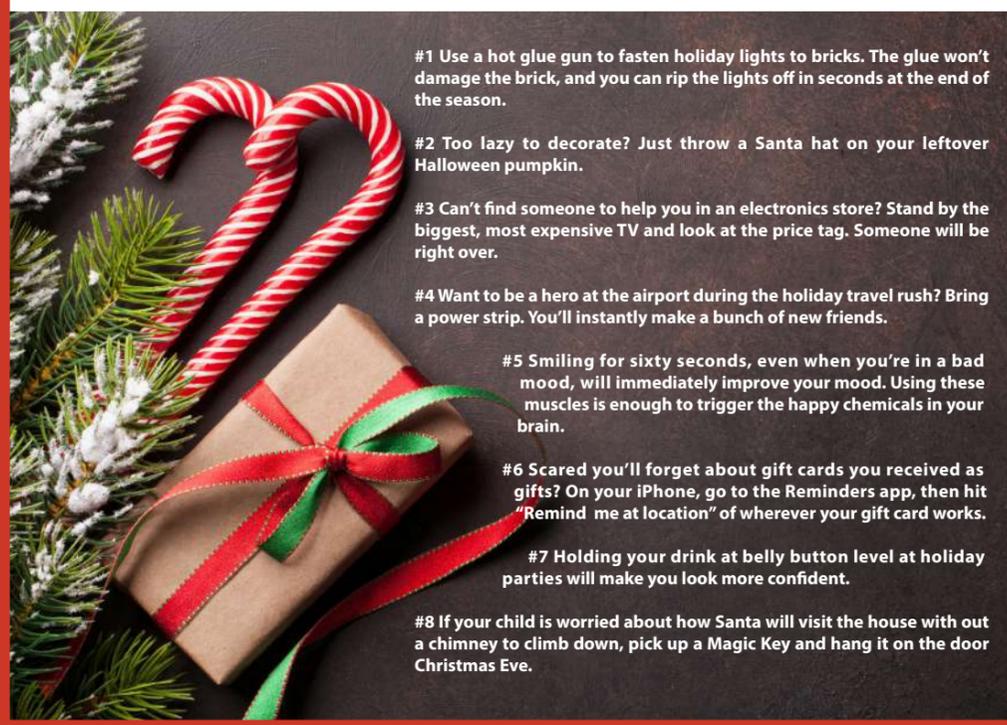
- Confucius

"Humor is the truth; wit is an exaggeration of the truth."

- Stan Laurel

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

GENIUS HACKS THAT WILL MAKE YOUR HOLIDAYS EASIER THAN EVER THIS YEAR



#1 Use a hot glue gun to fasten holiday lights to bricks. The glue won't damage the brick, and you can rip the lights off in seconds at the end of the season.

#2 Too lazy to decorate? Just throw a Santa hat on your leftover Halloween pumpkin.

#3 Can't find someone to help you in an electronics store? Stand by the biggest, most expensive TV and look at the price tag. Someone will be right over.

#4 Want to be a hero at the airport during the holiday travel rush? Bring a power strip. You'll instantly make a bunch of new friends.

#5 Smiling for sixty seconds, even when you're in a bad mood, will immediately improve your mood. Using these muscles is enough to trigger the happy chemicals in your brain.

#6 Scared you'll forget about gift cards you received as gifts? On your iPhone, go to the Reminders app, then hit "Remind me at location" of wherever your gift card works.

#7 Holding your drink at belly button level at holiday parties will make you look more confident.

#8 If your child is worried about how Santa will visit the house with out a chimney to climb down, pick up a Magic Key and hang it on the door Christmas Eve.