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Can You Handle the Truth???

The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!

JOKE of the Month

Q: What do we call a Scottish dentist?

A: Phil McCavity



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January 2022



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Super Foods for a Nutritious Diet

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea - Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Blueberries - They're low in calories and incredibly healthy, potentially regulating blood sugar levels and aiding heart and brain health. Often marketed as a superfood, blueberries are an excellent source of several vitamins.

Almonds - Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish - Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Sweet Potatoes - Not only are they nutritious and low glycemic, sweet potatoes are rich in an antioxidant called beta carotene, which is very effective at raising blood levels of vitamin A, particularly in children.

Whole Grains - These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs - These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Broccoli - This cruciferous vegetable is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables.

Avocados - These pear-shaped fruit are cholesterol-free, sodium-free, and low in sugar. They are an abundant source of nearly 20 vitamins and minerals.

Dark Chocolate - Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin's resistance to UV rays.



Superfoods pack a punch that's pleasing to your palate and your overall health.

From cancer prevention and brain health to beautiful skin and weight management, adding the right foods to your daily diet makes a huge difference.

Tips, Tricks & Trends

If You're Tired of Fighting the Squirrels, Feed 'Em

Countless backyards are battlegrounds between die-hard homeowners and squirrels fighting over bird feed. Squirrels need not be an inevitable element of bird feeding; even though keeping squirrels out of bird feeders is an age-old problem, there are ways to thwart these thieves.

One common tactic is stocking feeders with seed squirrels dislike, such as safflower, nyjer, white proso millet and seed infused with capsaicin, a compound derived from hot peppers that makes mammals' tongues smart.

Some people find squirrels adorable, fascinating to watch and have nothing against them, even allowing them to share seed with birds. The real problem begins when squirrels take their share and then some.

To combat this, consider adding a baffle to your bird feeder on a pole about 5 feet high so squirrels don't jump over it. Bird feeders on poles can be set in open spaces where there's no trees or structures squirrels can jump from onto feeders. Try a "squirrel-proof" feeder that employs cages, or spring-loaded doors, keeping squirrels at bay. You can then offer food specific to squirrels' taste preferences away from bird feeders.

Because squirrels are territorial, they're less likely to go to other locations once they're accustomed to eating in a designated place. Establishing a feeding space just for squirrels can satisfy their appetites and keep them out of bird feeders.

You can use an open feeder or scatter feed on the ground for easy access. Try 100% whole peanuts. Another way to help squirrels thrive is to provide access to fresh, clean water.

Fun Facts

That'll Astound Your Friends

- Squirrels' front teeth never stop growing.
- Squirrels can find food buried beneath 1 foot of snow.
- Squirrels "fake out" other squirrels and pretend to bury nuts to throw off potential thieves from their hiding places.
- When falling, squirrels use their tails both for balance and as parachutes. Plus, they can jump up to 20 feet and run 20 miles per hour.
- Squirrels are one of the most important animals for helping spread oak trees. They store acorns in the ground but only recover about 70% of them, allowing forgotten acorns to grow into healthy trees.
- Squirrels run zigzag patterns to escape predators.
- Squirrels can see behind them.

Brushing Your Teeth

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the ADA recommends you:

- ✓ Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- ✓ Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- ✓ Make sure to use an ADA-accepted fluoride toothpaste.

The proper brushing technique is to:

- ✓ Place your toothbrush at a 45-degree angle to the gums. Gently move the brush back and forth in short (tooth-wide) strokes.
- ✓ Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- ✓ To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Of course, brushing your teeth is only a part of a complete dental care routine. You should also make sure to:

- ✓ Clean between teeth daily once a day. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- ✓ Eat a balanced diet that limits sugary beverages and snacks.
- ✓ See your dentist regularly for prevention and treatment of oral disease.



BANANA BREAD OVERNIGHT OATS

Learn how to make the perfect batch of overnight oats!
It's easy, healthy, customizable,
and great for a grab-and-go breakfast.



Ingredients

- 1/2 cup rolled oats
- 1/2 banana mashed
- 1/2 cup milk dairy or dairy-free
- 1/4 cup Greek yogurt or dairy-free yogurt
- 1 tablespoon maple syrup
- 2 tablespoon chopped walnuts
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Directions

1. Add all the ingredients into a sealable jar or bowl and give it a stir until it's all combined.
2. Let it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours. This will yield a creamier consistency.
3. Top your overnight oats with your favorite toppings and enjoy!



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

4 Hacks for a Stress-Free Morning

Mornings are often the most important part of the day - they can make or break your mood and set the tone for all of your to-dos. To help combat the hecticness that can arrive when the sun comes up, consider these four tips for a stress-free start to the day.

Fine-tune your fashion at night. Whether you are focused on getting yourself out the door or have kids who need to get to school, planning what to wear the night before can help save time. When the clock is ticking and you have somewhere to be, the fear of a missing shoe or misplaced accessory can throw everything off.

Express gratitude. Take a few moments after rising to jot down or be mindful of a few things you are grateful for, no matter how big or small. Starting the day in a positive state of mind can lift your mood and provide residual benefits throughout the day.

Organize what leaves with you. Designate a place where everyone can stash the things they need to take when they leave the house - whether it's a backpack, purse, briefcase or gym bag. When you return home at night, empty used or unneeded items and replace them so you can grab and go in the morning.

Avoid distractions. If you're like many people, reaching for your phone is the first thing you do after opening your eyes. However, this trap can get you sucked into emails, scrolling through your newsfeed or falling into a social media rabbit hole, which devours precious time. Force yourself to leave your phone and other similar distractions out of your morning routine to get out the door more efficiently.

No one wants to start the day in chaos. Simple time management and planning can help make hectic mornings more enjoyable and productive.



Fun, Silly & Inspiring Quotes

"If we're growing, we're always going to be out of our comfort zone."
- John Maxwell

"When I was a kid my parents moved a lot, but I always found them."
- Rodney Dangerfield

"Motivation is what gets you started. Habit is what keeps you going."
- Jim Rohn

"I just realized that 'Let me check my calendar' is the adult version of 'Let me ask my mom.'"
- Noelle Chatham

"Honesty is the first chapter in the book of wisdom."
- Unknown