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### Can You Handle the Truth???

**100 acres of pizza are served in the United States every day!**

In the US, pizza surpasses burgers as the nation's favorite fast food. According to the pizza industry trade organization in the US, about 100 acres of pizza is served every day.

### JOKE of the Month

A thief stuck a pistol in a man's ribs and said, "Give me your money." The gentleman, shocked by the sudden attack, said, "You cannot do this, I'm a congressman!" The thief replied, "In that case, give me MY money!"



January 2020



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What's your reaction when the alarm clock goes off in the morning? Do you automatically hit the snooze button, desperately craving just another 10 minutes peace? A vicious cycle can ensue whereby we become preoccupied and even obsessive about our sleep; how many hours did we get, how often did we wake, how long did it take for us to drift off? **Here are some tips for those times when you struggle to get out of bed in the morning:**

## Do You Struggle to Get Out of Bed in the Morning?

☑ Establishing a regular routine where we aim to go regularly to bed and get up at the same time each day is advisable. Even shift workers, often with erratic patterns and bedtimes, are advised to be consistent and keep to similar times in order to maintain some stability in their sleep patterns and lives. That way their minds and bodies become used to a regular schedule.

☑ Avoid too much excitement and stimulus, especially before bed. Maintaining a hectic social life may seem fun but it can cause havoc to your sleeping patterns. Try to minimize having too many late nights when you're working the next day. Keep serious or intense discussions for a more viable, mutually convenient time. It's often less than helpful to talk through difficult topics when you're both stressed, preoccupied or concerned about the coming day.

☑ Manage stress by getting to know your own stress indicators, those warning signs or 'amber lights,' that happen when you're starting to feel a little fractured, edgy or off color. You'll have your own personal signs that your stress levels are becoming too much for you to handle comfortably and at those times your quality of sleep may well become

affected. It may be difficult to drift off to sleep, you sleep fitfully, often waking, or wake in the morning feeling jaded, unrefreshed, and it's a struggle to get out of bed in the morning.

When you find yourself feeling that way it's time to schedule some positive breaks and to manage stress levels. Take an hour or even an afternoon for yourself and notice how your performance improves as a consequence. Eat healthy food, drink more water, have a leisurely bath, get into the habit of switching off your technology for a couple of hours before bed. Find ways to start looking after yourself well, manage stress and find that sleep becomes more beneficial as you start to go to bed a little earlier, treating sleep as an important part of your commitment to self-care.

☑ Get as much daylight and fresh air as you can in winter months. Try to take a walk at lunchtime or sit in a park or garden for 20 minutes with a book. Also some people like to have a lamp that gradually lights up as it introduces them to the day.

So many of us lead busy lives, cramming as much as possible into each day and then crashing into bed, exhausted, mind racing. By treating sleep as important and finding effective ways to manage stress we can start to become aware of the value of a good night's sleep and how much it influences our ability to get out of bed in the morning.

Preparing for bed by turning off technology two hours before bed and having a relaxing bath or shower, ensuring you have a cozy, clutter-free bedroom and comfortable bed all demonstrate that sleep is important to us. If sleep-related issues continue to be an issue consider having a health assessment from your family doctor. But these tips may enable you to deal with some of the symptoms, the irritants, manage stress, get a better night's sleep and end the struggle to get out of bed in the morning.



# Tips, Tricks, and Trends

January 19th is  
National  
Popcorn  
Day!

## Family night in with the classics: popcorn and a movie

Bring back the old favorites for your next night in, enjoy some quality time together and make it a memorable one with these simple tips and tricks.

**✓ Prep your space.** Before you start, do a little prep work to make the space fun and inviting. Change up your living area to make it feel cozy for the whole family. Try building a fort with bed sheets or putting up a tent indoors and make sure lots of blankets and pillows are on hand for ultimate comfort.

**✓ Poll your movie picks.** Between different age groups and personal tastes, it can be hard finding a movie you can all agree on, so create a voting system where each family member states their choice and draw straws for the winner. Plan ahead so people can get excited about the final choice. Once you pick, get your kids to make up tickets for entry into the movie. Kids love crafts, and this is a perfect activity to keep them busy around dinnertime.

**✓ Keep snacking simple.** You can spend more time with your family and less time in the kitchen with easy snacks. It's no movie night without popcorn and a brand like Orville Redenbacher is a wholesome, convenient snack that takes minutes to make. It also comes in a new simply salted flavor, which is gluten-free and vegan certified so everyone can enjoy this savory snack.

## Fun Facts

### That'll Astound Your Friends

- **In Toy Story**, the original Woody was a ventriloquist's dummy. Executives at Disney, which co-produced the film, requested that he be changed to something else, as ventriloquist's dummies were usually associated with horror movies, and they didn't want their cute family movie to be terrifying.
- **"You had me at 'fish.'"** That is precisely what John Lasseter, Pixar's chief creative officer, told writer-director Andrew Stanton following his exhaustive pitch for his passion project.
- **The Incredibles** used four times as many locations as any other Pixar movie. It featured 781 visual effects shots and, at 121 minutes, the Incredibles is the longest Pixar movie to date.

## When to Talk to Your Dentist About Sensitive Teeth

Many people experience some degree of tooth sensitivity. A study published in the March 2013 issue of The Journal of the American Dental Association (JADA) revealed that 1 in 8 people have sensitive teeth. But many don't discuss the condition with their dentist.

If you have sensitive teeth, you may think that the discomfort you feel when you eat or drink cold, hot, sweet, spicy, or sour foods or beverages is normal, and that the solution is simply to avoid trigger foods and drinks.

Depending on the cause of your tooth sensitivity, avoiding these triggers may help alleviate your symptoms. But tooth sensitivity can also be a sign of a serious underlying problem, which is why it's important to discuss any tooth sensitivity — as well as any other concerns — with your dentist.

### When to Schedule a Dental Visit

Your teeth are meant to last a lifetime. "And they will — if you take care of them," says Kimberly Harms, DDS, a spokesperson for the American Dental Association (ADA), based in Minneapolis. But teeth are subject to damage over time. Enamel can wear down, making teeth more sensitive. Gums can recede, exposing the root and nerves and therefore increasing sensitivity. Teeth can develop

cracks, cavities, and abscesses. And you might experience other dental problems. Aside from your regular checkups, it's important to see your dentist immediately if you suddenly experience an unusual level of tooth sensitivity, or if one particular tooth or area becomes especially sensitive. "Don't wait for your next scheduled appointment," says Dr. Harms.

If you have a cracked tooth, for example, bacteria can grow in the tooth and lead to an infection, she explains. The crack could also get worse. "It's really important to take care of any dental issues as quickly as possible," Harms says. "The longer you wait, the worse a problem can get."

Experts at the Academy of General Dentistry also recommend that you get a dental evaluation if a tooth is highly sensitive for more than a few days and reacts strongly to hot and cold temperatures.

Talking to your dentist about your symptoms can help you find the best course of treatment for sensitive teeth.



## January Employee Spotlight

### DeAnna

OFFICE MANAGER / FINANCIAL COORDINATOR



DeAnna has been working with Dr. Kelley for over thirty years. She first started working with Dr. Kelley as his dental assistant and has since transitioned into our Financial Coordinator and Office Manager. DeAnna and her husband have one son who is a music major at Central Michigan University, "Fire Up Chips".

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

### Make healthier eating your goal this year

A new year is a time for re-evaluating our health and habits. If your goal is to lead a healthier lifestyle, one great place to start is the food we eat. A key strategy for maintaining a healthy body weight is better understanding the two types of hunger that drive us to eat.

The first type of hunger is **body hunger**, which is a physiologic need for food. This type of hunger is regulated by hormones in the gut, blood sugar and fat tissues. Strategies to manage body hunger include eating regularly, consuming balanced meals and limiting our consumption of foods high in sugar and fats.

If you can identify the triggers that cause emotional eating, it's possible to control them. But sometimes will power is not enough. In those cases, there are prescription medications available to help control food cravings. Family doctors are able to advise which is the most appropriate for their patient.

"When used in combination with lifestyle modification such as reduced calorie diets and exercise, medications can help patients lose weight and keep it off," says Elia.

The second type of hunger is **reward hunger**, which is our desire to eat even when we don't feel physically hungry. This type of hunger may include stress eating and emotional eating. Another area of the brain drives the body to use food as a way to cope with stress or other emotions. To manage reward hunger, it is important to identify what triggers it and what actual need the body is trying to satisfy.

"Redefining your relationship with food is one of the keys to long-term success," explains Sandra Elia, food addiction counsellor. "Do you eat to nourish and energize your body? Or do you use food to achieve a feeling? Eating for comfort or to relieve stress can become problematic, but developing healthy coping skills and finding new ways to manage cravings help tremendously."

If you have concerns about excessive weight, speak to your family doctor.

## Fun, Dumb & Inspiring Quotes

"Innovation distinguishes between a leader and a follower."

- Steve Jobs

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

"I ask people why they have deer heads on their walls. They always say because it's such a beautiful animal. There you go. I think my mother is attractive, but I have photographs of her."

- Ellen DeGeneres

"Wal-mart... do they like make walls there?"

- Paris Hilton

Healthy on-the-go

## POPCORN TRAIL MIX

Popcorn is a classic favorite that can be enjoyed in many different ways. This simple popcorn trail mix recipe is easy to make and packed with 100 per cent whole grains as a source of fibre for on-the-go snacking.

### Ingredients:

- No-stick cooking spray
- 1 bag (82 g) Orville Redenbacher simply salted microwave popcorn
- 2 cups (240 g) granola
- 1 cup (120 g) quick-cooking rolled oats
- 1 cup (120 g) dried cranberries
- ½ tsp (2.5 mL) ground cinnamon
- ½ (60 g) cup sunflower kernels
- ½ tsp (2.5 mL) honey
- 1/3 cup (40 g) butter, melted

### Directions:

- Preheat oven to 300 °F (149°C).

Prepare popcorn according to package directions. Remove all un-popped kernels. Place popped corn in large bowl. Add granola, oats, dried cranberries and cinnamon; toss together. Set aside.

- Spray a mixing spoon and a shallow baking pan with cooking spray.
- Mix together sunflower kernels, honey and butter in small bowl. Pour over popcorn mixture and mix well with spoon. Spread mixture evenly in the pan.
- Bake 30 minutes, stirring once halfway through time. Cool 20 minutes before breaking clumps apart with spoon. Store in tightly sealed container up to one week. Can be stored in the fridge for up to a week.

