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## Free Report Reveals: How You Can Change Your Smile

To find out more about changing your smile, request the free special report and DVD: **"The Patient's Guide to Cosmetic Dentistry"** at [www.drkeithkelley.com](http://www.drkeithkelley.com)

or call us to book your **Complimentary Cosmetic Consultation with Dr. Keith Kelley**

We look forward to seeing you!



### Can You Handle the Truth???

The first roller coaster was used to transport coal down a hill.

After people found that it could reach speeds up to 50 miles per hour, tourists asked to ride on it for a few cents.

### JOKE of the Month

Why did the dolphin cross the beach?

To get to the other tide!

July 2021



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# TIPS TO PROTECT YOURSELF from the sun & prevent heatstroke

Summer is finally here, and you're probably ready to run out into the sun full speed. Although there are many benefits to spending time outdoors and soaking up the rays of sunshine, it's important to take precautionary measures to ensure you avoid the pain and inconvenience of a sunburn or heatstroke.

With exposure to high temperatures, you can become ill with nausea or headaches, and even experience a racing heart rate. Too much time outside

without adequate sun protection can lead to burns, which can cause swelling, redness and headache or fever if the burn is severe.

Before you head out on a summer trip to the beach, cottage or campsite, here's a few easy tips that can help you enjoy the sun without the burn:

#### Sunscreen, sunscreen & sunscreen again.

Soaking up summer rays can help you load up on vitamin D or "the sunshine vitamin," which is great for your overall health. But you need to ensure you've lathered up with some sunscreen. You'll want to invest in one that's at least 30 SPF, as this will block 97 per cent of UVB rays. Be sure to apply sunscreen 30 minutes before heading outside and reapply every two hours or right after swimming or excessive sweating.

#### Stay hydrated.

When you're outside in the sun for an extended period of time, amp up your

hydration to help prevent heatstroke. Aim to drink about two to three litres of water per day and come prepared to the beach or pool with a refillable water bottle to sip on. Heatstroke can also be a result of salt depletion, so you'll want to make sure you have sports drinks or fruit juice in your cooler so you can load up on electrolytes.

#### Bring on the shade.

Try to break up your sun exposure with periods of sitting in a shaded area. If there are no shaded areas available, protect yourself with a wide-brimmed hat or visor. Wearing loose-fitting, breathable clothing is also a great way to stay cool and shield yourself from overheating.

Knowing the risks associated with sun and heat exposure is your first step to staying safe and healthy. For more information on the best products, tips and advice to avoid heat-related illnesses, speak with your local pharmacist.

# Tips, Tricks, and Trends

## 4 easy tips to make working from home so much better

After a year of working from home for many of us, it's only natural to be hitting a rut. No matter how great your at-home work setup is, you might need a refresh.

Here are few tips to make working from home so much better:

### 1. Declutter your workspace

A lot of work-related clutter can build up over time. Take a few minutes to collect any office items lying around the house, such as your video call headphones or your loose papers and sticky notes. Then recycle anything you don't need and store the rest in a dedicated location. You'll feel fresher and ready to take on what's next.

### 2. Upgrade your workwear

Just because you aren't going into the office doesn't mean you don't deserve to feel your best and look sharp. If you're keen on business wear, try easing into a new pair of pants or a simple summer dress to find a more relaxed summertime vibe. If you've defaulted to pyjamas and sweats every day, consider finding the happy medium with a new pair of sleek joggers, just for a change.

### 3. Get outdoors

Take advantage of the season and head outside while you can. A quick walk in a local park is a great way to take a break or end your workday. If you have a backyard or balcony, set up a simple internet extender to move the office outside on warm days. The fresh air will lift up your spirits and do wonders for your productivity.

### 4. Boost online security for your personal devices

According to a recent survey, only 18 per cent of North Americans are using online identity theft protection tools, and most of us just don't know where to start. With so much online activity taking place, including a high volume of info sharing, we've become increasingly vulnerable to cyberattacks and identity theft, so it's worthwhile to update your security measures for your personal devices as best as you can.



## Fun Facts

### That'll Astound Your Friends

• **McDonald's once made bubblegum flavored broccoli.** This interesting fact will have your taste buds crawling. Unsurprisingly, the attempt to get kids to eat healthier didn't go over well with the child testers, who were "confused by the taste."

• **The first oranges weren't orange.** The original oranges from Southeast Asia were a tangerine-pomelo hybrid, and they were actually green. In fact, oranges in warmer regions like Vietnam and Thailand still stay green through maturity.

• **Peanuts aren't technically nuts.** They're legumes. According to Merriam-Webster, a nut is only a nut if it's "a hard-shelled dry fruit or seed with a separable rind or shell and interior kernel." That means walnuts, almonds, cashews, and pistachios aren't nuts either. They're seeds.

# How Often Should I Change My Toothbrush?

To keep your teeth and gums healthy, following appropriate dental care is essential. You know this includes brushing your teeth twice a day, especially brushing your teeth before going to bed and flossing daily. Caring for your teeth also means minimizing sugar, including high-sugar fruits, soft drinks, gum, and candy and seeing your dentist for regular checkups and professional teeth cleaning. Even following these steps may not be enough to keep your teeth and gums healthy if you're not taking appropriate care of your toothbrush and replacing your toothbrush in a timely manner. To learn more about taking care of your dental hygiene equipment, keep reading.

When you eat and drink, your teeth get coated in a thin, sticky substance called plaque. Plaque is filled with bacteria that will damage your teeth and gums, and brushing your teeth and flossing removes the particles that cause plaque and feed bacteria. If the plaque isn't removed, it hardens on your teeth into tartar, which erodes your tooth enamel, damages your gums, and leads to tooth decay and gum disease. Plaque can be removed simply by brushing at home, but tartar removal requires a professional teeth cleaning from your dentist.

### Ask Your Dentist for Toothbrush Recommendations

Now that you know why you need to brush regularly, let's look at finding the right toothbrush for your unique dental hygiene needs. First, an electric toothbrush or a manual toothbrush are both fine, as long as it's been approved by the American Dental Association (ADA). When you select your toothbrush, you need to make sure you're choosing a brush that can easily reach every part of your mouth, including the areas behind your molars.

Just as important as selecting a size and shape that allows you to reach every part of your mouth is choosing one with the right bristles. A brush

with harder bristles does not get your teeth cleaner than a soft-bristled brush. In fact, the opposite is true. Brushes with medium or hard bristles can be too stiff and abrasive which leads to injuries on your gums and damage to your tooth enamel. That can lead to long term dental problems, including tooth decay and gingivitis. If you don't know what kind is best, reach out to your dentist and ask for recommendations!

You most likely get a toothbrush at your regular, six-month dental checkups, so that must mean your toothbrush should last for six months, right? No. You should actually swap out your toothbrush or change your electric toothbrush head every three months at most or if you see wear or fraying on the bristles before then. A worn-down brush is much less effective than one in good condition.

Additionally, if your brush has been stored near someone else's and they've been sick or if you've been sick, it's time to replace your brush. Otherwise, germs can collect and make you sick!

Speaking of germs on your toothbrush, make sure you rinse your brush after every use and store it vertically in an open-air setting where the bristles can dry easily. This means don't use the closed "travel containers" for more than keeping a brush in your carry-on when you travel. Storing it in an enclosed container promotes faster bacteria growth.



## PEANUT BUTTER & JELLY SMOOTHIE BOWLS RECIPE

A favorite sandwich from your childhood turned into a healthy smoothie bowl: these peanut butter and jelly smoothie bowls are absolutely delicious! Full of frozen strawberries and all natural peanut butter, they really do taste like the childhood classic!

### Ingredients:

- 1 cup frozen strawberries
- 1/2 banana if you don't like banana, you can skip this and add 1/4 cup greek yogurt
- 2 - 4 tablespoons milk
- 1 tablespoon peanut butter all natural, no sugar added
- 1/2 tablespoon honey optional
- Sliced strawberries, chopped peanuts, and an extra drizzle of peanut butter optional for topping

### Directions:

1. Place frozen strawberries, banana, milk (start with 2 tablespoons), peanut butter, and optional honey into a high powdered blender or food processor.
2. Blend/process until smooth.
3. Pour into a bowl and top with optional toppings!



## Fun, Silly & Inspiring Quotes

"If you tell the truth, you don't have to remember anything."

- Mark Twain

"The measure of success is not whether you have a tough problem to deal with, but whether it's the same problem you had last year."

- John Foster Dulles

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

- Ralph Waldo Emerson

"If you think you have it tough, read history books."

- Bill Maher

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

# 3 life hacks to creating a calming space at home

**Most of us are spending more time at home than ever before. With our spaces being used for both work and living, they should be as comfortable and calming as possible. Create a peaceful sanctuary in your home with these three easy tips:**

### Spend time decluttering

The adage "messy room, messy mind" rings even truer when you're home all the time. It's hard to feel relaxed when there is chaos in your space. Before you tackle the clutter, determine how much time you have. The last thing you want to do is run out of time and end up with an even bigger mess than you started with.

Consider dividing your space into manageable sections so you can declutter during the dedicated time. Clear and organize the clutter by donating, selling or keeping. Donate what you don't need to a local charity, sell online using a social media platform and reorganize the items you want to keep. Don't forget to clean and dust the new space you've uncovered.

### Plant power

Not only can plants help cleanse stale air and eliminate harmful toxins in a room, they can improve the aesthetic

of your space. Consider a little greenery to turn around your everyday mood. Don't have a green thumb? Choose potted plants or florals that are easy to care for, such as succulents or snake plants.

### Colour your way to calm

A fresh coat of paint in the right colour goes a long way towards creating a soothing space where you can relax.

Design a peaceful retreat with calming hues such as whites, greys and creams. Try Beauti-Tone Paint's Essential Whites Collection, which features a palette inspired by fresh sea air, rays of sunlight and sandy beaches.

