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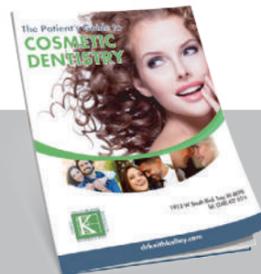
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### JOKE of the Month

Q: Why did the cookie go to the hospital?

A: Because he felt crummy

June 2021



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# Easy ways to care for your home this summer

*The sunny, long summer days are here, and while it's prime time for lounging on the deck or taking a dip in the pool, it's also an excellent time to do some simple maintenance tasks to keep your home in tip-top shape.*

#### Moisture

An excess of moisture within your home can cause mould and lead to health issues. Fix any leaks quickly and use your home's ventilation systems, including exhaust fans while showering or cooking, to control humidity. Those exhaust fans also need some TLC, so check that they're in working condition and clean them. Check the sealing around doors and windows for any air or water leaks. When days are dry, open windows to air out interiors.

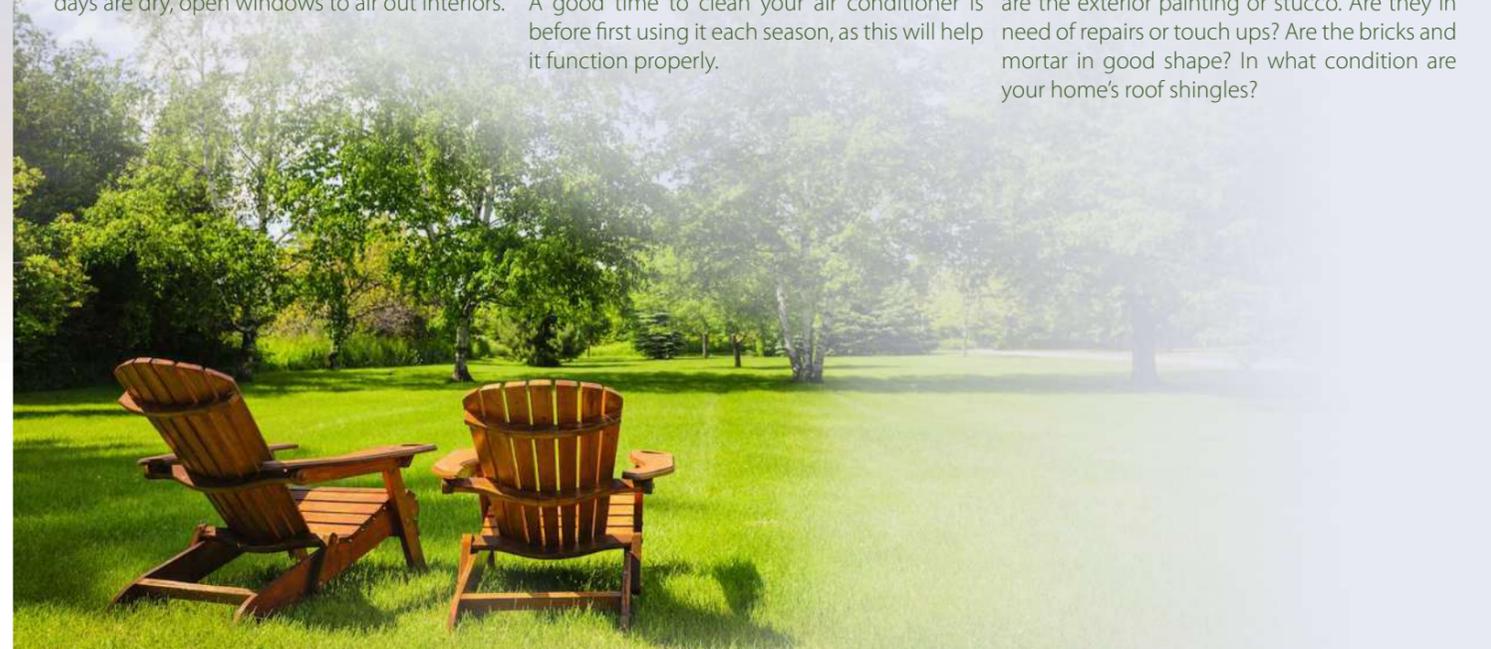
#### Air conditioner

Air conditioners can sometimes take a beating during summers that are hotter than others. Be sure to check your furnace filter to see if it needs to be changed. This not only prolongs your air conditioner and furnace system's lifespan, it also helps distribute air flow more evenly. This allows it to help catch airborne dust, mould spores, pollen, dander and other kinds of dirt, thereby improving the air quality in your home. A good time to clean your air conditioner is before first using it each season, as this will help it function properly.

#### Other seasonal items

Sheds can provide much-needed storage protection for your seasonal items, but they also need to be checked up on. Be on the lookout for any wear and tear. Also, if you have a garage, check the door tracks for any signs of deterioration and lubricate the bearings so that the door opens smoothly.

Other exterior items that should be inspected are the exterior painting or stucco. Are they in need of repairs or touch ups? Are the bricks and mortar in good shape? In what condition are your home's roof shingles?



# Tips, Tricks & Trends

## 5 safety tips for every griller

**Barbecuing is a summer staple, but the return of warmer weather also increases the chances of a home fire. The National Fire Protection Association reports outdoor grilling causes an average of 10,200 home fires each year – and with over 80 per cent of Canadian households owning a grill or smoker, it's important to take the right precautions.**

**Before you fire up the barbecue for your next cookout, check out these five safety tips to help protect you and your home.**

**Cook outside and away from structures.** Position the grill well away from anything that can catch fire – like siding, deck railings and overhanging branches. Always make sure it's set up on an even surface in an open, well-ventilated area.

**Clean and inspect your barbecue.** Remove all grease and fat buildup from the grills and trays. If you have a charcoal barbecue, make sure the coals have cooled down completely before you get rid of them. Before and after each use, inspect all parts for any needed maintenance or leaks.

**Use the right tools.** Use long-handled grilling tools to provide plenty of clearance from heat and flames when flipping burgers, and use flame-retardant oven mitts when readjusting those hot vents. Also, make sure your shirt tails, sleeves or apron strings don't dangle over the grill.

**Create a safe zone.** You should never leave a lit barbecue unattended. For an extra level of protection, keep children and pets away from the cooking area by declaring a three-foot "safe zone" to prevent any accidents.

**Be ready to put out a fire.** Even if you're following all safety tips, be prepared with a fire extinguishing device nearby just in case, like the portable First Alert EZ Fire Spray. It's easy to use – just point and spray – and features a familiar lightweight spray-can design. Plus, it discharges four times longer than regular extinguishers and is easy to clean up with just damp towel.



### Fun Facts

#### That'll Astound Your Friends

- **Where's the Beef?** 85% & 80% beef holds the top 2 spots for most popular foods for cooking on the grill, closely followed by pork and chicken!
- **How are those Sauces Stacking up?** HICKORY was found to be the most popular sauce for BBQ followed by mesquite, honey, and, tomato-based, also on the list Garlic seasoning!
- **What Exactly is "Grill Season"?** Year round grilling, really is a "thing". **33% Grill when it's below freezing** **63% grill monthly** **48% fire up year-round**
- **Thank stingy late-1800s cattle barons and resourceful cowboys** for delicious, slow-cooked brisket: the barons didn't want to feed cowboys good meat, so threw them brisket instead. The cowboys soon figured out if they cooked it for a long time over a low heat, it wasn't just palatable, it was... awesome.

# 8 Surprising Foods Your Dentist Won't Eat

While it may be obvious that certain foods and drinks are bad for your teeth, like candy and soda, there are other less obvious options that can also be harmful to your oral health. Although some might advise avoiding these problem foods altogether, dentists generally argue in favor of moderation and good oral hygiene.

#### Ice

While it's fine to put ice in your drink, make sure you don't chew on it. "Avoid doing anything that would result in trauma to the tooth, such as chewing ice, as it fractures enamel," says Van Himel, DDS, an endodontist, head of the department of endodontics, and a professor at the Louisiana State University Health Sciences Center School of Dentistry in New Orleans.

#### Sports Drinks

When it comes to sports drinks, it's all about how often you drink them. "If you drink these every day, you're more likely to develop cavities because they're acidic — and often high in sugar," says Dr. Ferraz-Dougherty. Like sports drinks, energy drinks also contain a lot of sugar that can harm your teeth — so drink them in moderation.

#### Sour Gummies

"The sour flavor in these candies is created by adding acid to them," says Clara M. Spatafore, DDS, MS, chair of the department of endodontics at Virginia Commonwealth University in Richmond. Your teeth get a double whammy with sour gummy

candies: Not only is the sugary coating damaging your enamel, but the gummy nature of the treat means it sticks around on your teeth longer. Dried fruit is also in the sticky-and-harmful category, according to the ADA, so it's best to limit your consumption.

#### Flavored Coffee Creamer

Unsweetened coffee and tea are healthy options for most people, Ferraz-Dougherty says. But when you add sugar, syrup, or flavored creamers, you're turning it into an unhealthy drink. "The problem is that if you're having one, two, or three cups of coffee a day and adding these sweeteners to each cup, it becomes really damaging to your teeth," she says. If you do drink sweetened coffee or tea, chase it with a cup of water to rinse your teeth.

#### Popcorn

"What's bad about popcorn are the kernels that don't pop," Dr. Spatafore says. "They can break a tooth." But you don't have to pass on the popcorn completely, she says. Just be sure to leave the unpopped kernels at the bottom of the bucket. The ADA recommends avoiding chewing on these types of hard objects to reduce your chances of a dental emergency.



# Watermelon, Cucumber and Feta Salad

#### Ingredients:

- ½ cup red-wine vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 5 cups cubed seedless watermelon
- 6 ounces feta cheese, cut into 3/4-inch cubes
- 1 English cucumber, chopped
- ½ cup thinly sliced red onion
- 2 tablespoons chopped fresh mint

#### Directions:

**Step 1**  
Whisk vinegar, honey, salt and pepper in a small bowl; gradually whisk in oil until completely incorporated.

**Step 2**  
Combine watermelon, cucumber, feta and onion in a large bowl. Gently stir in 1/2 cup of the vinaigrette. Refrigerate for at least 20 minutes or up to 2 hours.

**Step 3**  
Just before serving, gently stir in mint; drizzle with the remaining vinaigrette.

#### NUTRITION FACTS

Serving Size: 1 1/2 Cups  
Per Serving:  
219 calories; 15.7 g total fat; 5.6 g saturated fat; 25 mg cholesterol; 362 mg sodium. 267 mg potassium; 15 g carbohydrates; 1.2 g fiber; 12 g sugar; 5.3 g protein; 958 IU vitamin a iu; 13 mg vitamin c; 24 mcg folate; 164 mg calcium; 1 mg iron; 28 mg magnesium; 2 g added sugar.



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

### KEEP COOL with summer electricity savings

Many of us eagerly wait for summer to arrive so we can head outside to enjoy the warmer weather. But as the temperatures rise, we look for ways to cool our homes while actively looking for ways to use less electricity.

#### Here are some simple tips to help you lower your summer electricity costs:

**1. Hang your laundry to dry outdoors.** If you have a backyard or balcony, try setting up a simple line or rack and let your clothes air dry. heat and the need for a cooler air conditioning setting. They also last up to 15 times longer and use approximately 75 per cent less electricity than traditional bulbs.

**2. Run your ceiling fan counterclockwise.** This will push hot air up and move cooler air around your room. Remember to turn off the fan when you leave the room. Circulating the air makes our bodies feel cooler but it doesn't cool the room.

**3. Use LED lightbulbs.** Energy Star-certified LEDs are cool to the touch, which reduces ambient



**4. Use electricity during off-peak hours.** If you plan to use electronics like a washer and dryer, air conditioning, and computers or televisions, try to do so during off-peak hours like early in the morning or late at night. Electrical companies charge less for energy consumed during off-peak hours.

### Fun, Silly & Inspiring Quotes

"Never follow anyone else's path. Unless you're in the woods and you're lost and you see a path. Then by all means follow that path."

- Ellen DeGeneres

"If life were predictable it would cease to be life, and be without flavor."

- Eleanor Roosevelt

"Someone asked me, if I were stranded on a desert island what book would I bring: 'How to Build a Boat.'"

- Steven Wright

"The way to get started is to quit talking and begin doing."

- Walt Disney