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### Can You Handle the Truth???

There's a town in Washington with treetop bridges made specifically to help squirrels cross the street.

**JOKE**  
of the Month

What's the best time to go to the dentist?

**2:30**



April 2020



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## Too much sleep?

Are you kidding? There's no such thing these days is there? With today's fast paced lifestyle there's barely enough time to grab enough sleep let alone too much.

However if you sleep eight hours a night or more and still awake less than refreshed, chances are you're getting too much sleep. What you need is not more sleep it's quality sleep.

Quality sleep allows us to awake feeling refreshed and full of energy, ready to power through the day. It also allows us to sleep less hours, freeing up more time for us to do the things we want. A lot of people assume that because they're feeling tired all day or have a mid afternoon 'slump' that they need more sleep. Not true!

A lot of people believe because they may have had a couple of late nights, they have to 'catch up' by having extra sleep. Also not true! Sleeping for too long can damage your circadian rhythm. The circadian rhythm is your 24 hour 'clock' controlled by a central part of the brain. This clock tells us when we are sleepy by altering the body temperature by a few degrees.

When the body temperature is lowered, we feel sleepy. Conversely when it is raised, we feel awake and alert.

When we sleep for a longer time, our body temperature does not rise as fast. This is why we feel sleepy and sluggish in the mornings. The more tired we feel, the less exercise we do. Inactivity keeps the body temperature down so creating a vicious cycle. The more sleep we have, the less time we stay awake to create our sleep quality for the following night. Our body does not get exposed to sufficient sunlight to lower our melatonin levels, so we stay sleepy throughout the day.

The deeper stages of sleep (stages 3 and 4) are the most restorative. This is where the body regenerates. Most of stage 3 and 4 sleep takes place in the first 4 hours of our sleep. The rest of the night is spent in REM (dreaming) sleep and the lighter stages. Stages 3 and 4 are also where the immune system repairs and strengthens itself. It is vital to get this type of quality sleep.

A good start is to make sure we get enough exercise during the day, this gives us a three-fold benefit. It gets us out into the sunlight which reduces our melatonin levels, it raises our body temperature so we feel energized and it tires us in a healthy way so we can have more deep sleep at night.

So when you come home from work feeling worn out and weary, don't veg out in front of the TV. Put on those sneakers and go for a brisk walk around the block instead!

**Have a great month!**

# Tips, Tricks, and Trends

## How to Create a Pet-friendly Garden

Yes, you can have a beautiful garden to relax in and a place where your pet can run and chase squirrels. Here are six ideas for designing a pet-friendly yard, from the garden and home improvement experts at Harrowsmith magazine.

**Remember that dirt equals mud.** Chances are you know where your pet likes to travel in the yard. A beaten-down path through the lawn and garden is your cue to put down a hard surface like patio slabs or interlocking brick. Dirt, after all, becomes mud — especially in the spring and fall.

**Cool it.** Plant trees or large-growing shrubs on the south and west sides of your yard to provide shade for your pet during the hottest parts of the day.

**Deal with the “unmentionable.”** Dogs are famous for burning the grass where they squat to urinate. The solution is to dilute the area, which is what causes the lawn to die in patches, by hosing down your lawn when you see the culprit do its business. When brown patches occur, have a bucket of pre-moistened sand-and-grass-seed mix standing by.

**Choose plants wisely.** Avoid plants that are poisonous or harmful to animals, including common ones such as boxwood, clematis, daffodil, foxglove, hosta, hydrangea, lily of the valley, periwinkle, tomato (leaves) and many more. Research before you plant to be safe.

**Give your pets water.** A visit to your pet supply store will introduce you to all kinds of innovative gizmos that can provide your pet with access to fresh water. To make it easy on yourself, locate your pet’s water station near a faucet.

**Don’t forget that dogs like to dig.** You can discourage them by placing chicken wire over areas in the garden that your dog likes to frequent. Or create a space for your dog to dig and fence it in.

Find more gardening, pet and home improvement ideas at [harrowsmithmag.com](http://harrowsmithmag.com).



## Fun Facts

### That’ll Astound Your Friends

- **Having a pet in the home** can actually lower a child’s likelihood of developing related allergies by as much as 33 percent. Children exposed early on to animals tend to develop stronger immune systems overall.
- **The routine of caring for a pet** can bring structure and purpose to daily life. Maybe you don’t always want to get out of bed, but your pet wants you to. Isn’t that a good thing?
- **Dogs have about 100 different facial expressions**, most of them made with the ears.
- **Dogs only sweat** from the bottoms of their feet, the only way they can discharge heat is by panting.

## Face the facts about your oral health

Separating fact from fiction, particularly on the internet, can be difficult. That’s why dental hygienists share their wisdom at every dental appointment, helping you to recognize the fake news that prevents you from enjoying a perfect smile.

### Here is what you need to know:

**1 Gum disease is not normal.** Red or bleeding gums may be a warning sign of gingivitis, the first stage of gum disease. When bacteria accumulate on your teeth and gums, you are at greater risk of infection. Fortunately, gingivitis can be reversed with improved oral hygiene at home, and it can be prevented in the first place by brushing twice daily and cleaning between the teeth.

**2 Even if your teeth look great and don’t hurt, they may not be healthy.** Regular dental hygiene care is important for the early detection and prevention of cavities and oral diseases. Often by the time there is pain, advanced disease is present. Early detection by a dental professional can prevent lengthy and costly treatments.

Find more information at [adha.org](http://adha.org).

**3 Teeth whitening is safe if done properly.** Bleaching your teeth is not dangerous if it is done with careful planning and advice from your oral health professional. To keep your teeth safe, arrange for a full oral exam prior to tooth whitening and ask about the best bleaching options for you.

**4 Your oral health has an impact on your overall health.** Research shows that a healthy mouth contributes to a healthy body. Chronic gum disease is associated with cardiovascular and lung diseases and strokes, as well as diabetes and rheumatoid arthritis. Improvements in oral hygiene care can reduce inflammation and improve overall health.



## April Employee Spotlight

### Ebony DENTAL HYGIENIST



Ebony has been working with Dr Kelley for 8 years. She has a strong desire for highly educating her patients on how to maintain a healthy smile. Ebony enjoys gardening in her spare time, and she loves to shop. Ebony also has a passion for cooking French and Italian food. Fun fact about Ebony, she loves to play Words with Friends! She’s always accepting new challenges, so if you want to join, make sure you ask her!

## Super-Simple Beef and Broccoli

An easy recipe for this authentic Chinese classic.

### Ingredients:

- 1 pound flank steak sliced into 1/4 inch thick strips
- 3 cups small broccoli florets
- 1/2 cup beef stock
- 5 cloves garlic minced
- 2 tablespoons corn starch
- 1 tablespoon canola oil

### For the sauce:

- 1/2 cup low sodium soy sauce
- 1/4 cup brown sugar
- 2 teaspoons corn starch

### Directions:

- Toss sliced beef in a large bowl with corn starch.
- Heat canola oil in a pan over medium heat for a few minutes. Add sliced beef and cook until it browns, a few minutes, stirring frequently. Transfer to a plate and set aside.
- Add broccoli and garlic to the pan, and stir. Add beef broth. Let simmer until the broccoli is tender, about 10 minutes, stirring occasionally.
- While waiting for the broccoli to cook, combine all of the sauce ingredients in a bowl and mix well.
- Add the reserved beef and sauce to the pan, and stir. Let simmer for 5 minutes so the sauce thickens a bit.
- Serve beef and broccoli over cooked white rice.

### Nutrition Facts

- Prep Time 15 minutes • Cook Time 20 minutes
- Servings 2 servings • Calories 719 cal



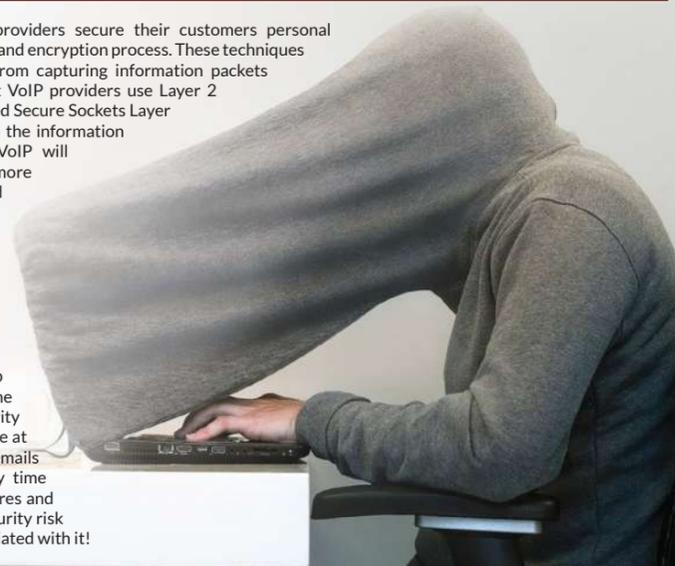
## Life Hacks: Better, Faster, Easier Solutions To Life’s Little, Everyday Problems >>>

### What Is VoIP Security?

Security is an obvious concern when it comes to any sort of technology, but even more so with any technology that is run through the Internet. Because VoIP ([www.tech-faq.com/voip.shtml](http://www.tech-faq.com/voip.shtml)) runs through the Internet any information can be intercepted by anyone at any time. Because many things go through phone line, private information can wind up in the hands of the wrong person. Obviously, nothing is a one hundred percent guarantee because as fast as technology is made to keep information from getting in the wrong hands, the wrong hands are working to figure out how to break through those systems. Luckily, VoIP security is becoming more and more well rounded all the time and soon it’ll be so well done that even the best of the best won’t be back to get their hands on personal information.

One of the ways that most VoIP providers secure their customers personal information is through the tunneling and encryption process. These techniques keep hackers and those will ill intent from capturing information packets as they pass through the internet. Most VoIP providers use Layer 2 tunneling and an encryption method called Secure Sockets Layer or SSL to keep anyone from getting into the information they shouldn’t have. The security of VoIP will undoubtedly change and become more sophisticated as technology allows and consumers demand more security and more privacy. For some time to come VoIP security will remain a huge concern, just because it’s widely known that all information that passes over the internet could potentially fall into the hands of someone with ill intent.

Don’t let VoIP security issues keep you from getting VoIP services. The benefits of VoIP far outweigh the security risks. The bottom line is that you are more at risk every time you get online sending emails and paying bills than you will be every time you use your VoIP services. So, the features and convenience are well worth the small security risk associated with the internet access associated with it!



## Fun, Silly & Inspiring Quotes

“The man who has confidence in himself gains the confidence of others.”

– Hasidic Proverb

“Figuring out who people are takes time. And it takes twice as much time if they’re trying to impress you.”

– Dr. Gregory House

“Of all the things I have done, the most vital is coordinating the talents of those who work for us and pointing them towards a certain goal.”

– Walt Disney

“Having a two-year-old is like having a blender you don’t have the top for.”

– Jerry Seinfeld