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Can You Handle the Truth???

No matter what profession they choose, they're headed for the top.

A study of 375 companies found that CEOs were most likely to be born in March or April. While March had a slight advantage, about 10% of chief executives were born in April.

JOKE of the Month

What do you call a parade of rabbits hopping backwards?
A receding hare-line.



ZOOM!

Professional Whitening System

Spring Brighter, Whiter Sale

With spring around the corner, what better way to warm up than with a bright, white smile!

We are pleased to offer **\$50 Off Zoom Whitening!**
Tell your friends and family!

Please contact our office at **(248) 457-5574** to schedule your appointment.

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How to support mood and mental wellness

with food and nutrition

Food and nutrition can impact multiple processes that influence our mood and behavior. These also affect our brain processes, including higher-level cognition, such as social decision-making. This means that you may be able to support better mood and mental wellness by being selective with what you choose to eat. Below are four things you can do to help reduce anxiety and better manage your mood.

Balance mood and anxiety with help from magnesium

The mineral magnesium is responsible for over 300 biochemical functions in the body. Most notably, it plays a role in helping us calm the nervous system and find a night of better sleep. It's also involved in the production of melatonin, a hormone that helps control sleep and wake cycles.

may help keep our cognitive and emotional health in check since they can affect our hormonal system.

Find calm with help from adaptogenic herbs

Ashwagandha is an exciting adaptogenic herb that is well studied and proven to be beneficial for stress and anxiety and overall enhancement of well-being. It can be used for acute stress, which is great for someone experiencing anxiety, or long-term use for someone experiencing chronic stress.

Help from healthy fats

It's important to note that unchecked anxiety can seriously affect your day-to-day life. Be sure to take the care and time to give yourself what you need to feel more balanced, and seek professional help if you need to.

Getting enough healthy fats does so many wonders for the body and mind. Foods like avocados, walnuts, ground flax, organic eggs and wild fish are thought to support mood regulation, blood sugar regulation, sleep and energy levels. These foods

Get enough zinc

The hippocampus, an area of the brain, controls learning and mood and contains some of the highest zinc concentrations in the body. One study on 100 female high school students found that zinc deficiency may negatively affect mood. The best food sources of zinc include oysters, red meat and poultry. Pumpkin seeds, legumes and other plant-based foods also offer high amounts of zinc.



Tips, Tricks, and Trends



Easter Game Ideas For Kids

The Treasure Hunt

Crafting a treasure map for kids can be both fun and educational. Not to mention, it can generate excitement for the upcoming adventure. While navigating the map, children will develop problem-solving skills as they search for hidden treasures at different sections of the map. To cater to your kids' festive desires, the map can include a section called "eggcrator" which stores all the hidden Easter eggs. Follow that with "Collector Village", where lovely collectibles can be found. Last but not least, there should be an area reserved for candy - because that is what truly makes Easter special!



The Easter Olympics

Get your children into teams and provide them with an list of physical activities. For instance, have them do five jumping jacks, hop on one foot then jog around the yard twice. This allows them to exercise while having fun. Working together is a valuable lesson for kids, and what better way to incentivise them than with an Easter prize? You can either go for something sweet like chocolate or opt for something non-edible like a colorful coloring book and markers. Both are great options to reward their efforts!

The Easter Scavenger Hunt

Easter is much more than eggs! From colorful flowers to adorable bunnies, there are several elements that make the day special. A fun way to incorporate them all is by creating an egg hunt and listing out a few items for competitors to find like a leaf, feather, or a shiny rock - anything that's available in your backyard. Being outdoors and engaging in critical thinking is an invaluable lesson for children and foraging offers just that. Not only does it teach kids to appreciate nature, but it also gets them actively involved in their own learning experience as they find the best and most efficient way to complete the task at hand.

Fun Facts

That'll Astound Your Friends

- The Earl of Sandwich, John Montagu, who lived in the 1700s, reportedly invented the sandwich so he wouldn't have to leave his gambling table to eat.
- The oldest-known living land animal is a tortoise named Jonathan, who is about to turn 190 years old. He was born in 1832 and has lived on the island of St. Helena in the Atlantic Ocean since 1882.
- Octopuses have three hearts.
- Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.
- There are no muscles in your fingers: Their function is controlled by muscles in your palms and arms.

COMMON HABITS THAT CAN HARM YOUR TEETH

There are a lot of bad habits and small actions that have a negative effect on our teeth. Our teeth are one of the most important parts of our body so we need to make sure that we maintain proper cleanliness and also need to get rid of certain bad habits and rectify certain actions that we do on a day-to-day basis.



and healthy tooth. The majority of people make sure to brush at least twice in a day to make their teeth shine and remain healthy. If you are not brushing your teeth regularly, you will be risking the health of your teeth and the chances of them getting decayed becomes higher.

Grinding Your Teeth

Some of us have the habit of grinding our teeth even while asleep and this is something that can take a toll on the enamel, leading to other dental health problems. So, if you are serious about the health of your teeth, then it is advisable to make sure that you avoid this bad habit.

Use of Tobacco

Tobacco is one of the deadliest habits. Tobacco use has a lot of serious health issues and most of these issues are life threatening. The use of tobacco will also make sure that you have gum problems on a regular basis, which will also damage your teeth. So stay away from tobacco for better health, teeth and smiles.

Here are some common habits that can be harmful for your teeth's health.

Utilizing Your Teeth as a Tool

We use our teeth for consuming food but we often end up using them as our primary tool for several activities. We often use our teeth to open a bottle, bite nails, chew ice etc. But these activities can cause damage to the teeth and should be avoided.

Not Brushing Your Teeth Regularly

Brushing our teeth is one of the most basic actions that lead to a better

Fun, Silly & Inspiring Quotes

"There's no secret about success. Did you ever know a successful man who didn't tell you about it?"

- Kin Hubbard

"Experience is not what happens to you; it is what you do with what happens to you."

- Aldous Huxley

"Each day comes bearing its gifts. Untie the ribbon."

- Ann Ruth Schabacker

"The elevator to success is out of order. You'll have to use the stairs... one step at a time."

- Joe Girard

"A person without regrets is a nincompoop."

- Mia Farrow

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

7 SPRING CLEANING HACKS

You'll Wish You Knew Sooner

Spring cleaning is a must for all households, not just to make their homes look clean and tidy but to promote good health and safety. To make your spring cleaning easier and more time-efficient, here are 7 hacks you should definitely know about!

- 1 Use Baby Oil to Shine Steel Appliances**
Rubbing your steel appliances with baby oil makes them shine like new.
- 2 Dust Your House Using Dryer Sheets**
Dryer sheets have much more to offer than just softening your clothes. Next time you dust, try using a dryer sheet for extra freshness.
- 3 Lint Roll Your Dusty Lampshades**
Lint rollers aren't just great for removing dust and hair from clothes; they are perfect for cleaning lampshades too!
- 4 Remove Coffee Cup Stains with Baking Soda**
Pour some baking soda into your mug and add water until you've created a paste. Grab an old toothbrush or abrasive sponge and scrub to remove the stains.

- 5 Condition Your Leather Furniture with Coconut Oil**
Here's another handy tip that involves using a different type of oil: Use coconut oil to make your leather furniture shine and smell delicious.
- 6 Dust Your Ceiling Fans with an Old Pillowcase**
Pull an old pillowcase over the fan blade entirely to the base, then pull it back so all the dust falls right into the pillowcase.
- 7 Remove Pet Hair with Rubber Kitchen Gloves**
If you have a pet, you know how quickly their hair can accumulate on surfaces, especially couches and rugs. Put on a pair of rubber kitchen gloves and run your hand over the surface to easily remove pet hair.

EASTER EGG NESTS

Ingredients:

- 3 tbsp Butter
- 4 1/2 cups Rice Cereal
- 10 oz bag Marshmallows
- 3/4 cup Shredded Coconut
- Green Food Dye I like the gel food coloring
- Small Easter Egg Candy or Jelly Beans

Directions:

- Prepare your muffin tin with cooking spray. This insures the cereal doesn't stick.
- In a medium pan melt the butter. I like to wait until the butter becomes slightly brown (brown butter) for a caramelized flavor. This is totally optional, but just be sure to completely melt the butter. Turn the heat off. Add the marshmallows and stir until the marshmallows have melted down. Add the rice cereal 2 cups at a time to make sure it's all combined with the marshmallows. Add the additional rice cereal and stir.
- Use a plastic sandwich size bag with butter on the outside to help you spread the cereal mixture into the muffin tins. Press the mixture into the muffin tin and create an indent in the middle for the grass/eggs to lay.
- In a small bowl mix a small amount of green food dye with a small amount of water. Mix the coconut in the dye and spread out on a cookie sheet or aluminum foil so it can dry. This will be the grass for the nests. If you don't like coconut you could also use green frosting with a "grass" frosting tip.
- Wait at least an hour to ensure the cereal has set and cooled before assembling these. Once they have cooled sprinkle some grass in the middle of the nest. Top with your candy eggs and serve.

