



1913 W South Blvd.
Troy, MI 48098

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www.drkeithkelley.com
(248) 457-5574

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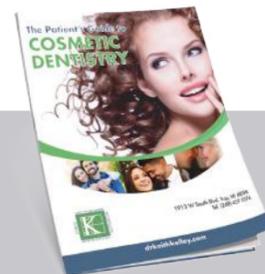
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Can You Handle the Truth???

The moon is moving away from the Earth at a tiny, although measurable, rate every year. 85 million years ago it was orbiting the Earth about 35 feet from the planet's surface.

JOKE of the Month

What did the pirate say when he turned 80 years old?
Aye matey.

January 2021



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Why You Need To Take CARE of Yourself

If you hope to become the best, happiest, and most personally fulfilled, you might be, it's important to be ready, willing, and able, to give yourself, a check - up, from the neck - up, in an objective, introspective manner, and focus, on the best way, to take the finest CARE of yourself, and you personal needs, goals, and priorities! While this may seem obvious, few people take the time, or make a concerted effort, to do so, often making a wide variety of excuses, etc, for failing to! With that in mind, this article will attempt to, briefly, consider, examine, review, and discuss, using the mnemonic approach, what this means and represents, and why it's a smart way to proceed.

☑ Relevant; ramifications; reasoning/ rationale; relief:

Avoid wasting time, by sweating the petty stuff, when you would be far better served, focusing on relevant matters, and issues! Objectively, introspectively, examine and consider your personal reasoning, and rationale, and, whether, it is beneficial, neutral, or harmful, to you! Every action you take, as well as when you fail to act (procrastinate), have potential ramifications, etc. How might you get to know, and realize, what will offer you, beneficial relief, and what, might not?

☑ Excellence; endurance; efforts:

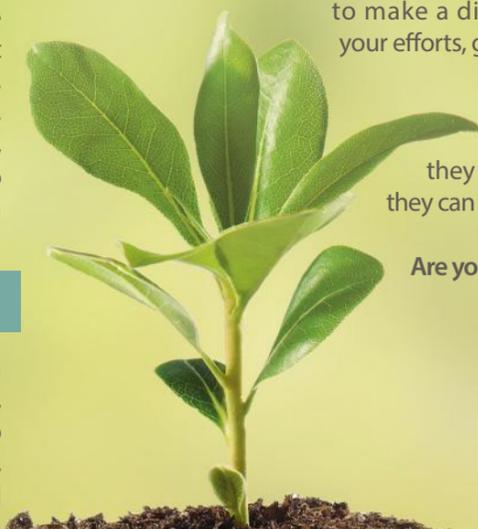
Demand your utmost degree of genuine excellence, and never settle for good - enough! Life will generally present obstacles, and, only, when one proceeds, with the endurance, to make a difference, for the better, your efforts, generally, will go, rewarded!

☑ Creative; careful; clarity; character; considerations:

Open - your - mind, to the possibilities, and, go beyond, the same - old, same - old, ideas, and procedures, etc! Since it might make a significant difference, in enjoying your life, proceed carefully, and with the utmost degree of relevance, and clarity! Examine the quality of your character, and, whether, it's where, you want it to be! Take the time, to fully examine the possibilities, and determine, which considerations, might positively, impact your life!

☑ Attitude; aptitude; attention; actions:

To maximize your potential, and possibilities, proceed with a true, genuine, positive, can - do, attitude! Be proactive, and develop the aptitude, and skill - set, which might help you, along your course! Pay keen attention, and consider, which path, makes the most sense to you. Know your personal strategic plan, and use that, to develop, an action plan, for the finest quality, for your life!



Everyone needs to take CARE of themselves if they hope to become the best, they can be!

Are you, up to the task?

Tips, Tricks & Trends

6 ways to turn your home into a natural oasis

Many people make resolutions to start the New Year strong. This might mean ramping up your workout routine, increasing your self-care regimen or finding time to de-stress.

The EPA reports we spend 90 percent of our time indoors, but most people feel that spending time in nature has a positive effect on their mental well-being and stress level, according to a recent YouGov study commissioned by VELUX. So, if your goal is to de-stress, here are some healthy behaviors and design tips to help you bring nature's sanctuary indoors.

Fill your home with photos of nature

Surrounding yourself with images of nature can have a positive effect on wellness. Try framing some photos of special memories in nature like a hike with your family, beach sunset or mountain view.

Let in more fresh air and natural light

Today's homes are built tighter and more sealed, which means they trap toxins from

daily living - such as cooking, cleaning, pets and more - inside. Adding skylights that can open is a simple home renovation project to improve fresh air flow, helping rid indoor air of pollutants. Additionally, studies show that exposure to natural light helps to sync your circadian rhythm, allowing for better sleep at night.

Fill your home with natural scents

Up your chef game by using fresh herbs in your cooking that will fill your kitchen with natural fragrance. Making an indoor herb garden ensures you'll always have some on hand. You can also incorporate fresh herbs into bouquets or wreaths for a natural air freshener throughout your home.

Go green with your décor

Reap the benefits of nature by bringing it inside, adding greenery or even fruit into your décor. The possibilities are endless - use a bowl of fresh fruit as a centerpiece or mix different sizes of pots to create a succulent gallery. Little touches of green in each room will go a long way.

Fun Facts

That'll Astound Your Friends

- **Mister Rogers** always mentioned out loud that he was feeding his fish because a young blind viewer once asked him to do so. She wanted to know the fish were OK.

- **Kea parrots** warble together when they're in a good mood, making them the first known non-mammal species to communicate with infectious laughter.

- **Sleep literally cleans your brain.** During slumber, more cerebrospinal fluid flushes through the brain to wash away harmful proteins and toxins that build up during the day.

- **If drivers adhere to the 45 mph speed limit on a stretch of Route 66 in New Mexico,** the road's rumble strips will play a rendition of "America the Beautiful."

Reasons dental implants *will make you smile*

For millions of individuals who are missing teeth, smiling is no easy task. The decision to get dental implants can prove to be life-changing. If you've been hesitant or unwilling to smile as often as you would like because you're missing teeth - either from birth, as a result of injury, infection or decay - dental implants could be just what you need to start working those smile muscles a lot more. Here are four reasons dental implants will bring a smile to your face:

1. You'll look and feel great. Dental implants feel, look, fit and function like healthy, natural teeth. Whenever you smile, you'll know you look your best. They're comfortable so you don't have to think about them or care for them any differently than you do your natural teeth. You brush and floss them - no need to remove them for cleaning.

2. They're built to last. When properly cared for, dental implants can last decades. Many other tooth replacement options, including certain types of bridges and dentures, may need to be replaced as often as every five to 10 years, requiring a more significant investment of time and money.

3. You can live life with confidence. Dental implants don't slip or click when you talk, eat, laugh or kiss. You can enjoy everyday activities without worrying about your teeth. You'll also find your speech is more natural. You just won't have any excuses not to smile.

4. They're more affordable than you think. At first glance, dentures or removable bridges might seem like a better deal than dental implants, given their lower upfront costs. But the full financial and emotional cost of dentures or bridges can run much higher than dental implants when you factor in ongoing maintenance costs, the inconvenience and time-consuming hassle of removing dentures for cleaning, and the need for frequent replacement. Add in health costs if your jawbone starts to deteriorate, and the social costs of simply not being confident about chewing, laughing, talking or living your life, and compare the costs again.

Dental implant surgery is one of the safest, most predictable procedures in the dental field. But dental implants are complex, sophisticated devices that require deep knowledge and specialized expertise to fit and place properly, so it's important to choose a dental implant dentist with experience and knowledge you can trust. Don't let missing teeth prevent you from getting all the physical and emotional benefits that come with exercising those smile muscles frequently and confidently.



Sausage & Pepper Penne

Ingredients

- 8 ounces uncooked penne pasta
- 1 pound hot Italian turkey sausage (about 4 links) (You can also use a spicy chicken sausage that is precooked and simply reheat it in the skillet per the directions in Step 2.)
- 1 each: medium green, red and yellow bell pepper, cut into 1/4 inch strips
- 1/2 cup coarsely chopped onion
- 2 garlic cloves, pressed
- 1 can (14.5 ounces) diced tomatoes in sauce, undrained
- 1 can (8 ounces) tomato sauce
- 2 tsp Italian seasoning
- 1/4 cup (1 ounce) grated fresh Parmesan cheese

Instructions

Cook pasta according to package directions; drain and keep warm.

Meanwhile, cook sausage in a skillet over medium-high heat 14-16 minutes or until sausage is lightly browned and no longer pink, turning occasionally. Remove sausages from skillet; cut diagonally into 1-inch pieces and set aside.

In same skillet, cook bell peppers, onion and garlic over medium heat 6-8 minutes or until peppers are crisp-tender, stirring occasionally. Add sausage, tomatoes, tomato sauce and seasoning mix. Cook and stir 1-2 minutes or until heated through.

Place pasta in large bowl; pour sauce mixture over pasta, tossing to coat. Sprinkle with Parmesan cheese and serve immediately.



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

The first couple of months of a new year are the most common time to set resolutions, but in a matter of weeks, many of us will have fallen off the wagon. Andrea Walmsely, WW coach (WW is the new Weight Watchers) shares tips on how to set, keep and track wellness resolutions. **Here are Walmsely's top tips:**

wellness hacks from an expert

🌟 Be realistic

Identify realistic goals and map out concrete, achievable steps you need to take to meet them.

🌟 Be accountable

Find a way to keep yourself accountable to your goal. Wellness apps can be a great way to track your progress and keep you focused on your goal.

🌟 Be social

Find a friend or community to give you support and inspiration. Integrate a coach into your life, start attending wellness meetings, connect with others on your program, and get your friends involved!

🌟 Be kind

Don't beat yourself up when you go off-course! Every new day (or your next meal) is the chance to get it right. Don't beat yourself up when you go

off-course! Every new day (or your next meal) is the chance to get it right.

🌟 Have fun

Celebrate success and don't forget to treat yourself. Programs like myWW mean there's no need to put favorite foods on a "bad" list. By giving yourself permission to live a little and enjoy life, you're more likely to stick with your plans and see success.

🌟 Be patient

Change doesn't happen overnight, so learn healthy and sustainable habits to integrate into your life for the long run.

Fun, Silly & Inspiring Quotes

"I have always wanted to be somebody, but I see now I should have been more specific."
- Lily Tomlin

"And in the end, it's not the years in your life that count. It's the life in your years."
- Abraham Lincoln

"If an apology is followed by an excuse or a reason, it means they are going to commit same mistake again they just apologized for."
- Amit Kalantri

"You see much more of your children once they leave home."
- Lucille Ball