



1913 W South Blvd.  
Troy, MI 48098

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www.drkeithkelley.com  
(248) 457-5574

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### Can You Handle the Truth???

The Burj Khalifa is so tall you  
can see two sunsets from it in  
one day.

You can see the sunset happen  
at ground level, and then if you  
get the elevator all the way up  
the building you can see it set  
again from the top.

### JOKE

of the Month  
Knock knock.  
Who's there?  
Abby.  
Abby who?  
Abby New Year.

January 2023



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# How to Get the Most out of New Year's Resolutions



New Year's resolutions can be a powerful goal-setting tool when you have specific aspirations that you're hoping to fulfill. However, many people go about setting their resolutions incorrectly, which leads to disastrous results and disappointment along the way. Learning effective resolution-setting strategies can ensure that, this year, you will accomplish what you set out to.

Try these techniques to set successful New Year's resolutions:

**1. Brainstorm what you want to achieve.** Start by looking at what you actually want to get done this year. Do you want to improve your financial situation? Do you want to obtain a degree? You can look beyond this current year as well, if you have greater aspirations. Do you want to buy a new home in 2 years, or change careers before you turn 30?

- Map out the achievements you wish to accomplish. Brainstorm everything - every detail that really matters to you. Put this information down on paper so you can review it regularly.

**2. Turn these aspirations into long-term goals.** Now that you know where you want to be, you can derive some measurable goals accordingly. These will be your resolutions. If you want to buy a home in two years, what can you achieve this year? An example may be to "Put \$5,000 into savings towards a down payment."

**3. Break your long-term goals into monthly goals.** Break each of your resolutions into specific monthly achievements. For example, if your resolution is to put \$5,000 into your savings account for a down payment on a home, a monthly goal may be to put \$400 away each month or \$200 from each paycheck.

- Choose monthly goals that are easy to obtain but help you work your way toward your resolution goals. Try not to set your monthly goals beyond your capabilities. Setting savings goals beyond what you can reasonably afford, for example, will not help you achieve your goal.

- Use the SMART system when setting your goals. These are goals that are specific, measurable, attainable, realistic, and timely. Rather than set a vague goal to "save money this year," you'll want to have specific and measurable goals with time limits or deadlines in place. "Put \$200 into my savings account every pay period this year" is a much more obtainable goal.

**4. Create stepping stone goals.** These are enabling goals that help you obtain your longer-term objectives. Some long-term goals lend themselves better to short-term goals than others.

- Following the same example resolution as before, an enabling goal may be to "Work 40 hours every week in January" or "Cut my entertainment budget by \$50 in January and put this money into my savings account."

**5. Get started today.** The sooner you begin to plan out your New Year's resolutions, the sooner you'll be able to start reaching goals and achieving objectives. Get started on your goal-setting strategy today.

You can set New Year's resolutions that drive results and you can benefit from them in each day of your year. These techniques will help you get the most out of your goal setting strategy so you can attain the life you desire.

# Tips, Tricks, and Trends

## Could You Be Sleeping Too Much?

When someone says they're having sleep issues, you usually assume they're getting less than the recommended 7 to 9 hours. You might be surprised to hear that the other extreme can be harmful too.

Oversleeping is a recognized sleep disorder called hypersomnia. It can have many causes and can affect your mental and physical health. Some fluctuations are natural. However, if you're regularly logging more than 9 hours and not feeling refreshed, it's worth investigating the situation. Find out more about oversleeping and how to avoid it.

### Avoiding Oversleeping

Focusing on the quality of your sleep can help you overcome hypersomnia, as well as insomnia. Many experts believe that how well you sleep is at least as important as how long you sleep.

### Try these tips:

- Stick to a schedule. A consistent bedtime is one of the most powerful sleep habits. Your goal is to wake up naturally feeling refreshed, instead of reaching for the snooze button.

- Avoid napping. Regardless of how much you sleep, it's tempting to go back to bed if you feel tired. Unfortunately, that can disrupt your overnight rest. If you're not ready to give up napping, do it early, and keep it brief.

- Upgrade your bedroom. Adjust your sleeping environment. Block out light and background noise. Check if you need a new mattress or pillows.

- Drink responsibly. Alcohol will help you to nod off faster, but it disrupts your natural cycles. Studies also show that adults who drink have a 25% higher risk for sleep apnea, a common cause for hypersomnia and insomnia. Take days off from alcohol and skip the nightcaps.

- Keep a diary. Writing about your sleep behavior might help you to spot patterns and talk about them with professionals. Use a paper journal or an app to record information like when you go to bed and wake up and the number and duration of sleep interruptions you experience overnight.

- See your doctor. A physical exam can help rule out any underlying medical conditions. Your doctor can also refer you to a sleep specialist for further tests and treatment



## Fun Facts

### That'll Astound Your Friends

- The sun weighs 2,000 million million million tons.
- Shoes that were specific to left and right were not made until the Civil War.
- A human loses about a million skin cells per 24 hours.
- Rabbits can see behind them without moving their heads.
- Someone who suffers from "anatidaephobia" believes that somewhere, somehow a duck or goose is constantly watching them.
- New Yorkers bite 10 times more people than sharks do worldwide each year.
- The Incredible Hulk was initially supposed to be gray, but according to Stan Lee, an issue with the printer turned the Hulk green.

## 3 DENTAL CARE HACKS TO KEEP YOUR SMILE HEALTHY

The best way to maintain a healthy smile for a lifetime is great dental health habits. Here are a few hacks to your daily routine beyond the usual brushing and flossing that can help prevent tooth decay.



### Drink Water

Washing a great meal down with a beverage can be very satisfying, and you can give your teeth a healthy boost by ensuring the last thing to touch your lips after a meal or a snack is water. Water can help flush away sugar and debris that the bacteria in your mouth would otherwise get to feed on and turn into tooth decay-causing acids.

Both with meals and throughout the day, don't just stick to bottled water. Many prefer bottled water due to the taste, but you could be doing your teeth a disservice by avoiding fluoride. Over 70% of Americans live in communities with fluoridated water. Fluoride is a natural mineral that can prevent and even reverse tooth decay, and is also found as an active ingredient in toothpastes and mouthwashes (though obviously in much larger concentrations than in tap water).

But filtered bottled water has either no fluoride or so little that it has no measurable benefit for your teeth.

### Keep a Spare Toothbrush

All of us know we're supposed to brush twice a day, and most people brush when they get up in the morning and before bed. But you can give your oral health an extra boost by brushing after every meal, including lunch. The problem is, most of us aren't at home for lunch, therefore we're away from our toothbrushes and floss. That's an easy fix! Just stash a soft bristle toothbrush, a travel size toothpaste and roll of floss at your desk, in your locker, or in your car. You'll have no excuses to leave the remnants of lunch stuck to your teeth!

### Chew Sugar-Free Gum

Don't have an extra tooth brush stashed away? Get some sugar free gum. Chewing gum after a meal can be about more than just fun flavors and having something to occupy your mouth. The American Dental Association recognizes that chewing sugar-free gum can actually help prevent cavities. That's because the act of chewing gum stimulates your mouth to create more saliva, which can help neutralize acids from your foods and flush away debris.

### Fun, Silly & Inspiring Quotes

"Don't live the same year 75 times and call it a life."  
- Robin Sharma

"Common sense is like deodorant. The people who need it most never use it."  
- Anonymous

"It wasn't raining when Noah built the ark."  
- Howard Ruff

"Champions keep playing until they get it right."  
- Billie Jean King

"Cleaning up with children around is like shoveling during a blizzard."  
- Margaret Culkin Banning

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

## Benefits of Exercising for 2023

Are you on the exercise merry-go-round in your mind, intending to get started but never quite getting around to it? Or do you sort of get started but not really—at least not for long? I get it. Been there done that. It's clear that exercise has mental, physical, and health benefits. Exercise may even help you live longer. Yet, if exercise isn't already a part of your routine, it can be difficult to start fitting extra physical activity into your life. And once you do start—how can you sustain the exercise in a way that will create lasting results? Consider these benefits of exercise:



- ☑ Helps to prevent weight gain or maintain weight loss
- ☑ Helps to prevent health issues including high blood pressure, diabetes, depression, and anxiety
- ☑ Improves your mood
- ☑ Helps to manage blood sugar and insulin
- ☑ Boosts your energy and immune system
- ☑ Improves your sleep
- ☑ Sharpens memory and thinking
- ☑ Helps generate new brain cells
- ☑ Slows the effects of aging

## Cold Day Chicken Coconut Curry

### Ingredients:

- 2 tablespoons curry powder, divided
- 3/4 teaspoon salt, divided
- 1 1/2 pounds boneless, skinless chicken breast, cut into bite-sized cubes
- 2 tablespoons coconut oil or avocado oil, divided
- 1 large yellow onion, chopped
- 1 tablespoon chopped garlic
- a 14-ounce can "lite" coconut milk
- a 14-ounce can reduced sodium chicken broth
- 4 cups gold potatoes cut into 1-inch chunks, about 1 pound 4 ounces
- 1 cup sliced carrots
- 1/2 cup chopped celery
- 3/4 cup frozen peas
- 1/4 cup chopped cilantro
- 1 tablespoon pure maple syrup, dark or amber

### Directions:

- Sprinkle 1 teaspoon curry powder and 1/4 teaspoon salt over the chicken and toss to coat. Heat 1 tablespoon oil in a large Dutch oven or Soup pot over medium high heat. Add chicken and brown, stirring once or twice until mostly browned, 6 to 8 minutes. Transfer the chicken to a plate. It will continue cooking in a later step.
- Heat the remaining 1 tablespoon oil in the pot and add the onion and garlic. Cook, stirring often until the onions are starting to soften, 3 to 4 minutes. Stir in the remaining 1 tablespoons plus 2 teaspoons curry and cook, stirring until fragrant but not browned, 30 seconds to 1 minute.
- Add coconut milk, broth, potatoes, carrots, celery and the remaining 1/2 teaspoon salt and bring to a boil over high heat, stirring often. Reduce heat to medium-low to maintain a simmer and cook, stirring occasionally, until the potatoes and carrots are tender, 10 to 12 minutes.
- Stir in the chicken and peas, increase heat to high, and continue cooking until the chicken is cooked through, about 5 minutes longer. Stir in cilantro and maple syrup.

