



1913 W South Blvd.
Troy, MI 48098

FOLLOW US!



www.drkeithkelley.com
(248) 457-5574

INSIDE THIS ISSUE

- Tips, Tricks & Trends
 - Fun, Silly & Inspiring Quotes
 - Every Day Life Hacks
- page 02

- Questions about Wisdom Teeth
 - Easy, Cheesy BBQ Chicken Wraps
- page 03

Can You Handle the Truth???

The phones started ringing in July!

It was in July when the first-ever telephone call was made. It took place between Canada and the US in 1881. It really did mark the start of those long summer phone calls!

JOKE of the Month

Q: What do you call a boat filled with dentists?

A: A tooth ferry.



ZOOM!

Professional Whitening System

Summer Brighter, Whiter Sale

With summer right 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.

July 2022



INSIDE THIS ISSUE

- Tips, Tricks & Trends
 - Fun, Silly & Inspiring Quotes
 - Every Day Life Hacks
- page 02
- Questions about Wisdom Teeth
 - Easy, Cheesy BBQ Chicken Wraps
- page 03

Simple Ways to Beat the Summer Heat

Create a DIY Air Conditioner

If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts, then evaporates, it will cool you off.

Spray Yourself with Cold Water

Spritz yourself. Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt. "It's all about thermal regulation," says John Lehnhardt, an elephant expert at Disney's Animal Kingdom, in Lake Buena Vista, Florida. "As the water evaporates, it cools you." While elephants wet their ears first by blasting water from their trunks, humans should begin with their wrists to quickly cool down the blood flowing through their veins.

Turn Your Computer Off

Set it to go into low-power "sleep" mode if you are away from it for more than 10 minutes and it will give off less heat. When you're finished for the day, shut the machine down completely. Despite what some IT guy may have told you years ago, properly shutting down and restarting modern-day computers won't put undue strain on the hardware.

Air Dry Your Dishes

Skip the drying cycle on the dishwasher. Instead, leave the door open to let the dishes dry. And put off using the dishwasher until evening, when the air is cooler. Or simply wash your dishes the old-fashioned way: by hand.

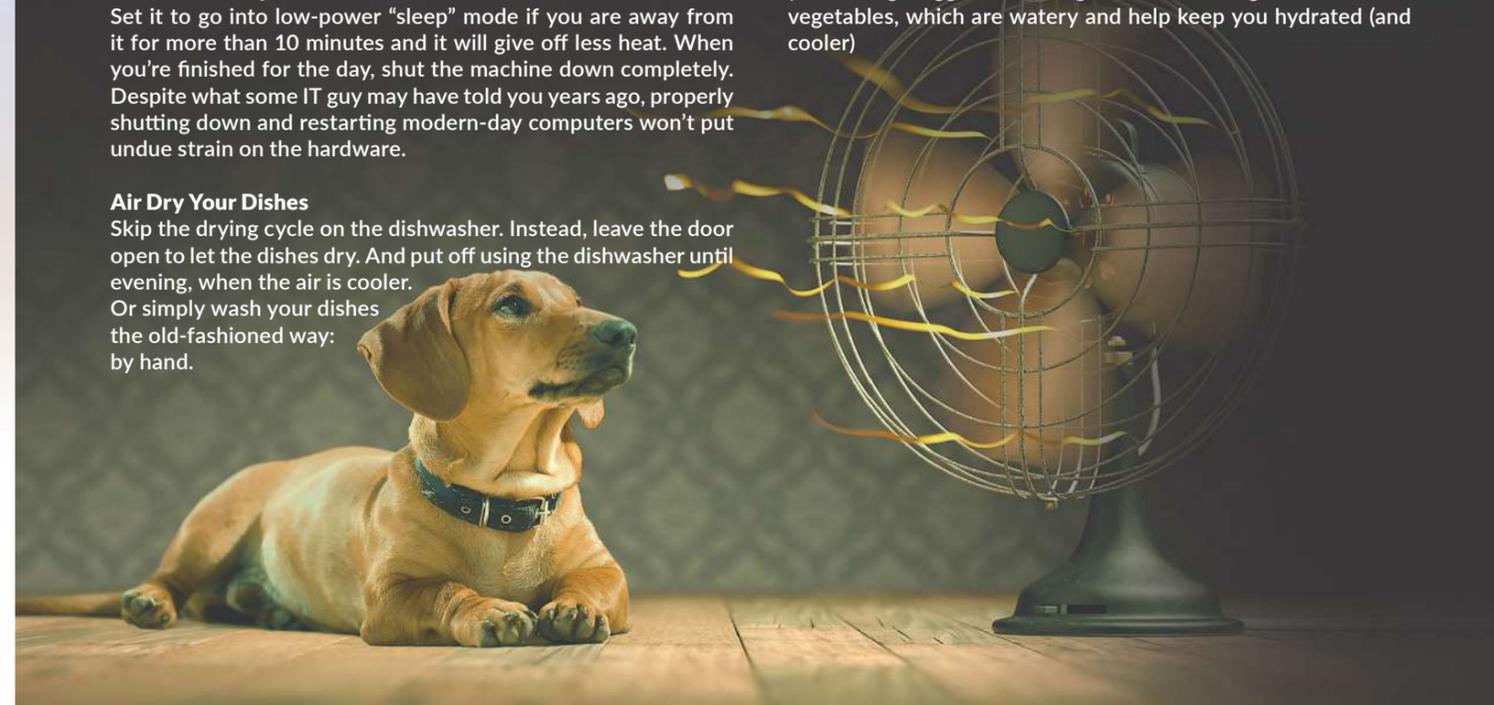
Stay Hydrated

To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool.

Avoid beverages that contain alcohol, caffeine, or lots of sugar, which are dehydrating. "Also opt for hydrating foods," says Deena Kastor, a marathon runner and an Olympic bronze medalist. "Try a smoothie for lunch, and add more fruits and vegetables to all your meals. Watermelon has the greatest water content of any food out there."

Opt for Fruits and Veggies

There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated (and cooler)



Tips, Tricks & Trends

5 Foods with Important Nutrients for Infants

From birth and beyond, proper nutrition is fundamental for continued health. In fact, according to the World Health Organization, optimal feeding during the first three years of life is important for its role in reducing the risk of chronic disease and promoting regular mental and physical development. When it comes to healthy eating for infants, ensuring nutritional needs are met with a variety of foods while also regularly offering new and different flavors is key.

Consider these recommended sources of important nutrients.

Orange Fruits and Vegetables

Offering a combination of mildly sweet and savory flavors, orange fruits and vegetables including butternut squash, pumpkin, carrot and sweet potato provide multiple important nutrients. They're great sources of beta-carotene, which is a carotenoid that's converted into vitamin A in the body. Vitamin A is essential for a robust immune system, healthy skin and optimal vision in dim light. Additionally, these fruits and veggies provide potassium that helps maintain the body's fluid balance and in turn is important in controlling blood pressure.

Meat, Poultry, Eggs, Beans and Legumes

This group of foods provides savory flavors for baby to enjoy along with a multitude of important nutrients including:

- **Choline:** plays an important role in metabolism and early brain development.
- **Protein:** essential for growth and development as well as optimal functioning of the body.
- **Iron:** supports brain development, immune function and overall growth. By around 6 months of age, babies' iron stores built up in utero are typically depleted, which is why they need to start consuming food sources of iron

around that age. In fact, according to "The Journal of Nutrition," 20% of babies between 6-12 months are at risk for iron deficiency. During infancy, it's encouraged to offer babies foods like Plum Organics' Carrot, Sweet Potato, Corn, Pea & Chicken Baby Food Pouches that make it easy and convenient to prioritize iron-rich protein foods and savory flavors.

• **Zinc:** supports immune function and overall growth. According to the Dietary Guidelines for Americans, approximately half (54%) of United States infants fed human milk have inadequate zinc intake.

Fish

Along with providing nutrients like protein and choline, fish (such as salmon, arctic char, steelhead trout and sardines) also offers interesting new flavors for babies. Plus, fish contains DHA, an essential fatty acid important for eye and brain development during infancy, as well as vitamin D, an essential nutrient that supports healthy bones and teeth.

Broccoli, Cauliflower and Spinach

Along with the introduction of slightly bitter flavors, veggies like these also provide vitamin C, an essential antioxidant that's of particular importance during infancy because it helps the body better absorb non-heme iron from plant foods. When feeding your baby iron-rich foods like beans, whole grains, nuts or seeds in infant-safe forms, pair them with a fruit or vegetable high in vitamin C for optimal iron absorption.

Whole Grains

Amaranth, barley, quinoa and iron-fortified cereals offer nutty, mildly sweet and savory flavors as well as dietary benefits including iron, zinc, protein and potassium, plus dietary fiber that helps support digestive health and healthy bowel function. Consider an option like Plum Organics' Banana, Zucchini and Amaranth Baby Food Pouches that make it easy to expose babies to the flavor and experience of nutrient-rich whole grains. This type of exposure helps increase the likelihood that they'll continue to accept whole grains and benefit from the nutrients they offer as they grow into toddlerhood.

Fun Facts

That'll Astound Your Friends

- You burn more calories sleeping than you do watching television.
- A human will eat on average 70 assorted insects and 10 spiders while sleeping.
- Men are 6 times more likely to be struck by lightning than women.
- Coca-Cola would be green if coloring wasn't added to it.
- The average person spends 6 months of their lifetime waiting on a red light to turn green.
- There are more lifeforms living on your skin than there are people on the planet.
- You cannot snore and dream at the same time.
- A single cloud can weigh more than 1 million pounds.

Answering the Most Common Questions About Wisdom Teeth

Wisdom teeth often cause problems and need to be removed. It's common to wonder why we have these teeth in the first place and whether it's necessary to have them removed. The following are answers to some of the most common questions about wisdom teeth:

What are wisdom teeth?

Wisdom teeth are the third set of molars and are the last adult teeth to appear in the mouth. Not everyone has wisdom teeth, and some people may have fewer than four. For those who have a full set of four wisdom teeth, two erupt at the upper back of your mouth, and two erupt at the lower back. They typically start to come in when you're 17 to 25 years old.



Do you need wisdom teeth?

Wisdom teeth aren't necessary. Our ancient ancestors had them because they needed to chew rough food like nuts and roots. Today, these teeth have outlived their purpose and are no longer necessary.

Why do wisdom teeth sometimes need to be removed?

Wisdom teeth can cause problems because our jaws are not as large as

our ancestors' jaws. As a result, we may not have enough room in our mouths for wisdom teeth to grow. When your dentist takes an oral x-ray, they can see your wisdom teeth even if they haven't erupted yet. This enables your dentist to detect potential problems before your wisdom teeth emerge.

Problems that can occur with your wisdom teeth include the following:

- **Impacted teeth** – Wisdom teeth can become trapped in your jaw or under your gums. The tooth may then develop a cyst on or near it. This could damage the roots or bone that support nearby teeth.
- **Partial eruption** – Wisdom teeth that do not fully emerge can give bacteria a way to enter your gums, causing infection and pain.
- **Wrong position** – If your wisdom teeth are in the wrong position, food can become trapped and provide a haven for cavity-causing bacteria.
- **Overcrowding** – If you do not have enough room between your wisdom teeth and the molars next to them, proper flossing may not be possible. And as your wisdom teeth come in, they could push on other teeth and cause them to become crooked

What is it like having your wisdom teeth removed?

The treatment plan for wisdom tooth removal varies from patient to patient, but removing all four usually takes less than one hour if there are no complications. It is performed as an outpatient procedure, and you will be under anesthesia during the removal. When you go home, you will need to rest for the day and avoid using a straw for 24 hours. You should delay any strenuous activity for at least a week and start by eating soft foods before introducing more solid foods. Also, avoid smoking and brushing your teeth too vigorously.

Fun, Silly & Inspiring Quotes

"If you believe in yourself and have dedication and pride - and never quit, you'll be a winner. The price of victory is high but so are the rewards."
- Bear Bryant

"Dental hygienist - sweet enough to make you smile, skilled enough to protect it!"
- Unknown

"Everyone with telekinetic powers, raise my hand."
- Emo Philips

"Your present circumstances don't determine where you can go; they merely determine where you start."
- Nido Qubein

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

Today's ORGANIC WASTE IS TOMORROW'S CLEAN ENERGY

Looking for ways to reduce your carbon footprint at home? An easy way is to recycle or reuse plastics, paper and aluminum. Recycling cuts down on energy consumption which can help reduce greenhouse gas emissions. The answer might also be found in your green bin. In Canada, it's estimated that 80 percent of our municipal and industrial solid waste heads to the landfill. Recyclable materials such as paper and cardboard make up a third of our waste, while another third consists of yard and kitchen scraps. Diverting these materials from our landfills can help reduce emissions and keep landfills from filling up too quickly.

Try these energy and money saving tips to minimize food and organic waste at home:

- ✓ Always shop with a list to avoid overbuying.
- ✓ Choose long-lasting items rather than disposable products.
- ✓ Try out recipes for leftover fruits and vegetables.
- ✓ Freeze bread, meat and more in meal-size portions for easy thawing.
- ✓ Leave grass cuttings on your lawn to return nutrients to the soil.
- ✓ Composting is a great way to reuse your food scraps for your plants and yard. If you don't have a yard, an indoor vermicomposting bin may be for you. Every community has different rules for composting—

check your local municipality to learn how you can divert as much organic waste as you can.

Some cities and towns are making good use of food scraps and farm waste, too. They're using this organic waste to produce clean energy known as renewable natural gas or RNG. By converting the biogas released scraps and farm waste, too. They're using this organic waste to produce clean energy known as renewable natural gas or RNG. By converting the biogas as released from organic waste into carbon-neutral energy, RNG is fuelling garbage trucks, transit fleets and other vehicles, heating homes and businesses, and even powering factories with net-zero emissions.

Easy, Cheesy BBQ Chicken Wraps

Filled with bold flavors and wonderfully melty-cheesy texture! These super-fast BBQ Chicken Wraps are loaded with the barbecue flavor you crave. And they're ready in less than 10 minutes – a perfect quick meal to fuel you up and get you back into the action FAST!

Ingredients:

- 1 1/3 cups shredded rotisserie chicken breasts (see note)
- 1 cup shredded, reduced-fat cheddar cheese
- 3/4 cup barbecue sauce (see note)
- 1/2 cup diced green pepper
- 1/2 cup finely diced sweet onion
- 4 (8-inch) whole-wheat or whole-grain tortillas
- 1/4 cup chopped tomato
- 4 small lettuce leaves

Directions:

1. In a medium bowl, combine chicken, cheese, barbecue sauce, green pepper, and onions, stirring to combine.
2. Spread 1/4 of the chicken mixture (about 2/3 cup) down the center of each tortilla. Microwave just until hot and melty. (In our microwave oven, that's about 45 seconds, but microwave ovens vary in wattage, so adjust the time a little as needed.)
3. Sprinkle 1 tablespoon tomato on top of the warmed chicken mixture for each wrap, and then top each with a lettuce leaf.
4. Wrap up and serve while still warm.