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ZOOM!

Professional Whitening System

Summer Brighter, Whiter Sale

With summer 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.

Can You Handle the Truth???

A 2014 European College of Neuropsychopharmacology study revealed that babies born during the summer are more prone to mood swings and babies born in cooler months were more—pardon the pun—chill

JOKE of the Month

What do you call a dentist who can't stop working on teeth?
-An abscessive compulsive

July 2023



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FOUR WAYS TO STAY COOL THIS SUMMER

Summertime means long days spent outside enjoying the sun and fresh air. But it can also be dangerous if you fail to take proper precautions, with sunburn, heat exhaustion, and heatstroke all posing a risk to your health and overall wellbeing.

If you are looking forward to spending some time outdoors during the hot summer months, then you take note of our top tips to ensure you remain comfortable and safe all summer long.

Drink Plenty of Water

Drinking plenty of water is essential for staying cool in the summer. If you don't drink enough water, your body will retain more heat than normal, which could lead to overheating. It's important that you stay hydrated throughout the day so that you avoid getting dehydrated.

You should aim to drink around 2.5 liters (roughly 4.5 pints) of water each day, although this may vary depending on how active you are, and how hot the temperature is.

Wear Sunscreen

Wearing sunscreen is an absolute must when you're out in the sun, as it helps protect your skin from harmful UV rays. Make sure you apply sunscreen at least 30 minutes before going outside, and reapply every two hours.

The higher the number on the SPF, the greater protection that is offered, so make sure you choose the right option for your skin.

Dress Appropriately

Dressing appropriately is another way to keep yourself cool in the summer. When choosing what to wear, opt for loose-fitting clothing that allows you to move freely without restricting your movement. This will help prevent overheating by allowing excess sweat to evaporate naturally.

Avoid Drinking Alcohol

Though the appearance of the sun can put you in a party mood, it is a good idea to cut out the alcohol when the temperatures start to rise. This is because consuming alcohol can cause dehydration, making you feel hotter and more likely to overheat.

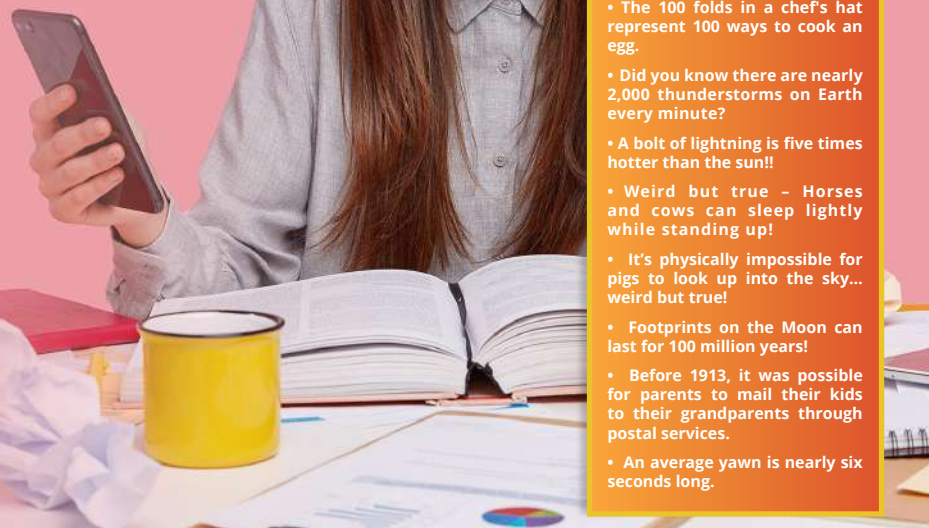


Tips, Tricks, and Trends

Healthy ways to Distract Your Mind

If you really need a distraction, it makes sense to be healthy about it. After you've distracted yourself for a while, you can be in a better position to deal with the challenges in your life.

1. Exercise. A run, a walk, or a game of tennis can be a healthy way of focusing your attention on something other than your challenges.
2. Review old photos. Reviewing old photos can be a soothing trip down memory lane. You'll feel less stressed and might even crack a smile or two.
3. Watch something educational. If you're going to watch TV or YouTube, use the time productively. Learn about something that interests you. This is more worthwhile than watching videos of people slipping and falling on the ice. Use your time wisely.
4. Be creative. Creative activities require a lot of focus and attention. Paint, play an instrument, or write a short story. Work on an invention of some sort. Creative activities are great for your brain, too.
5. Give someone a hug. Hugs are good for both parties. Find someone appropriate to hug and hug them. Everyone loves a good hug.
6. Meditate. Meditation is all about putting your full attention on something. If you're 100% focused on your breath, you don't have any room for worry. There's a lot of free information available on the subject.



Fun Facts

That'll Astound Your Friends

- The 100 folds in a chef's hat represent 100 ways to cook an egg.
- Did you know there are nearly 2,000 thunderstorms on Earth every minute?
- A bolt of lightning is five times hotter than the sun!!
- Weird but true - Horses and cows can sleep lightly while standing up!
- It's physically impossible for pigs to look up into the sky... weird but true!
- Footprints on the Moon can last for 100 million years!
- Before 1913, it was possible for parents to mail their kids to their grandparents through postal services.
- An average yawn is nearly six seconds long.

ORAL HEALTH WAYS TO BEAT BAD BREATH

Bad breath is a common issue that affects people of all ages. It can be embarrassing, but in many cases it can also be avoided. Good oral hygiene habits make it harder for bacteria to accumulate in your mouth, lessening your chances of bad breath. To keep your breath smelling fresh and clean, follow these tips:

Clean your tongue

Your tongue can harbor bacteria, food, and dead cells that cause bad breath. This is more likely to happen if you smoke or have a dry mouth. Avoid this issue by using your toothbrush or a tongue scraper to gently clean your tongue when you brush your teeth.

Brush your teeth regularly

Brush your teeth for two minutes twice a day. The best time to do this is usually after eating.

Use floss

Although regular brushing is a very important habit, it doesn't clean your teeth well enough on its own. Use dental floss to remove food particles and reduce the number of bacteria and amount of plaque that forms in your mouth.

Avoid dry mouth

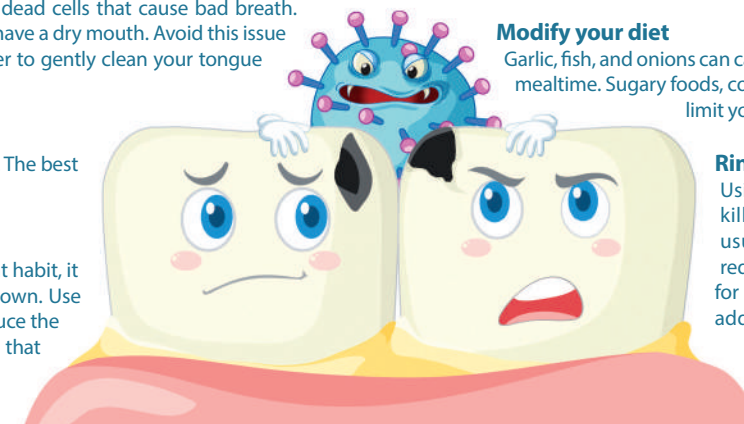
Saliva helps sweep food particles and bacteria away, so it helps prevent bad breath. You may not have enough saliva to do the job if you have a dry mouth. Make sure to drink plenty of water and avoid using alcohol and tobacco, which make your mouth drier. Chewing sugar-free gum can also help you produce more saliva and keep your mouth moist.

Modify your diet

Garlic, fish, and onions can cause odors that linger on your breath long after mealtime. Sugary foods, coffee, and alcohol can also cause bad breath, so limit your consumption of these foods and beverages.

Rinse with mouthwash

Using antiseptic mouthwash daily can help kill bacteria that can cause bad breath. It also usually comes in a minty flavor that also helps reduce odors. Mouthwash is not a replacement for brushing and flossing but should be used in addition to these habits.



Easy Summer Fruit Smoothie

Ingredients:

- 1/2 Cup Almond Milk
- 3 Large Kale Leaves
- 3 Ice Cubes
- 1/2 of a Banana
- 6 Blueberries
- 2 Large Strawberries
- 3-4 Mango Chunks
- 3-4 Raspberries

Directions:

1. I use the smallest cup on my Ninja which is designed to make a smoothie to go.
2. Fill your cup with frozen fruit and kale.
3. Add almond milk.
4. Top with ice cubes.
5. Blend!



Fun, Silly & Inspiring Quotes

"If opportunity doesn't knock, build a door."

- Milton Berle

"By being yourself you put something wonderful in the world that was not there before."

- Edwin Elliot

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

- Thich Nhat Hanh

"If you can dream it, you can do it."

- Walt Disney

"Be yourself; everyone else is already taken."

- Oscar Wilde

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

MICRO EXERCISES FOR BEGINNERS

We live in a fast-paced world where most people have packed schedules and busy lives. In between all of the responsibilities, how do you find the time to work out?

The good news is that on days when you're really busy, you don't necessarily need a full hour of exercise to see positive results. Ultimately, any exercise can make a difference to your health.

If you're thinking of trying micro-exercises, there are plenty of ways to get started. Here are some good options to consider:

☑ **Stair walk:** Find a set of stairs with at least ten steps and walk up and down them. Every time you walk up and down, pick up the pace slightly, making sure you get to a relatively high pace by the end of the routine. You can also add exercises like lunges to the end of each run if you feel confident enough.

☑ **4-minute workout:** Start with squats for a total of 40 seconds, then rest for 20 seconds, followed by mountain climbers for 40 seconds. Rest again for 20 seconds, do push ups for 40 seconds, then rest again. Try at least 2 rounds.

☑ **Quick run:** Jog for around 60 seconds, then break into a mid-intensity run for 15 seconds, followed by another light jog. Upgrade to a full intensity run for 15 seconds, then go back into a light jog. Alternating between intensity levels can really improve your workout.

