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Can You Handle the Truth???

June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21st is the longest day of the year. If you live in the southern hemisphere, then the 21st is the shortest day of the year.

JOKE of the Month

Q: Why did the Pharaoh visit the dentist?

A: Because Egypt his tooth....



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June 2022



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Why Sleeping With the Blinds Up and the TV On Is Bad for You

If you're the type to pass out each night with the blinds open and a show still playing on your laptop, it's time to rethink your bedtime routine. A new study suggests that all the light this exposes you to at night may increase your risk for a wide range of health problems.

For the study, published in the Proceedings of the National Academy of Sciences, scientists asked 20 healthy young adults to sleep in a lab for two nights. Half of the participants had dim light — 3 lux, similar to a small night light — for both nights. The other half had one night with brighter light — 100 lux, like leaving the ceiling lights on — followed by a night with dim light.

Under brighter light, peoples' bodies essentially never powered down for the night, the study found. They remained in a state of heightened alertness with the body's so-called fight-or-flight response system activated at night when it should be at rest. And they had a faster heart rate and a reduced ability to use the hormone insulin to convert sugars in the blood into energy, risk factors for chronic medical issues like heart disease and diabetes.

"In general, the brighter the light and closer it is to the sleeping person, the higher the risk that the light will activate physiological responses in the brain and body that can potentially harm health," says co-lead study author Daniela Grimaldi, MD, PhD, an assistant professor of neurology and sleep medicine at the Northwestern University Feinberg School of Medicine in Chicago.

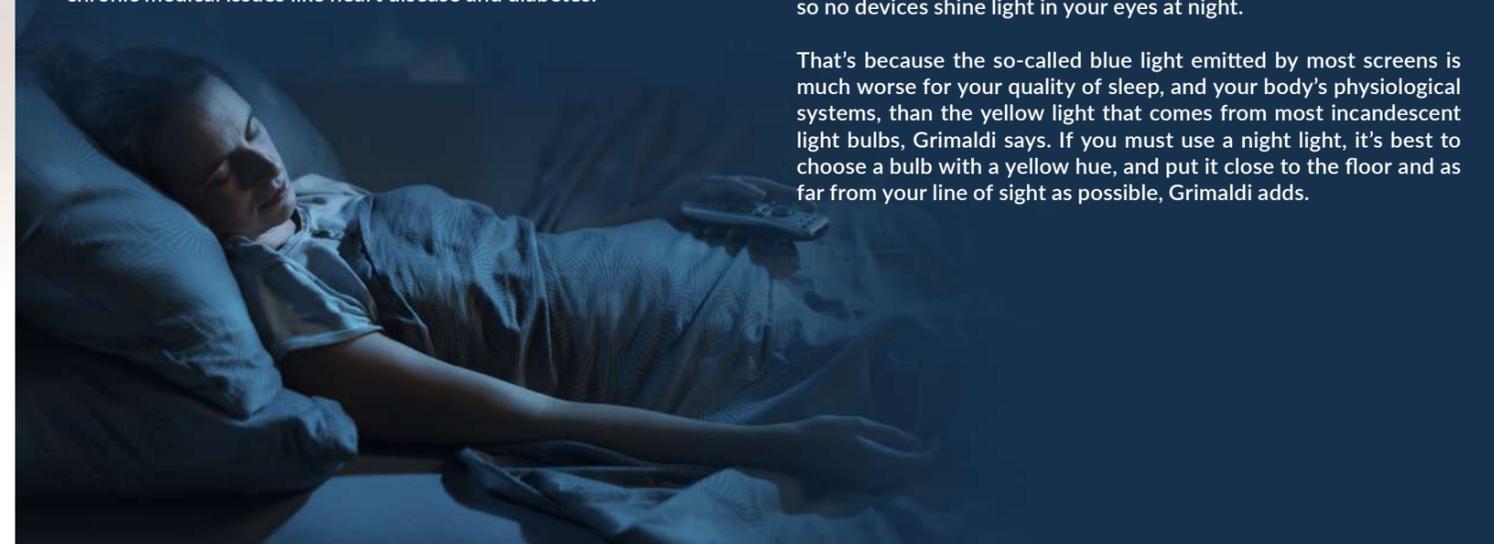
Beyond its small size, another limitation of the study is that it didn't follow people over a long period of time to determine whether brighter light at night might directly cause specific health problems.

It's also not likely that many people would sleep at home with light as bright as what study participants endured in the lab, says Marie-Pierre St-Onge, PhD, director of the Sleep Center of Excellence and an associate professor at the Columbia University Irving Medical Center in New York City.

The brighter 100-lux light used in the study puts out an amount of light similar to four ceiling lamps with 60-watt incandescent light bulbs, says Dr. St-Onge, who wasn't involved in the new study. "This is a fully lit room, not just a small nightlight or natural moonlight," St-Onge says. The light from the full moon streaming in a window at night is only about 1 percent of the light used in the study, St-Onge notes.

Still, a pitch black room is best, Dr. Grimaldi says. That might require blackout shades, or at least a good eye mask. And that definitely means powering down your computer and putting away your phone so no devices shine light in your eyes at night.

That's because the so-called blue light emitted by most screens is much worse for your quality of sleep, and your body's physiological systems, than the yellow light that comes from most incandescent light bulbs, Grimaldi says. If you must use a night light, it's best to choose a bulb with a yellow hue, and put it close to the floor and as far from your line of sight as possible, Grimaldi adds.



Tips, Tricks & Trends

Easy-to-remember tips for managing fatigue

Fatigue is a common symptom that affects people with chronic conditions such as arthritis.

It can be hard to manage since it can affect most areas of your life. But there are strategies that can help. "We've found the 'four Ps' is one of the best techniques to help people cope with fatigue," says Trish Barbato, president and CEO of the Arthritis Society.

Prioritize

Keep a list of all your activities for one week and arrange it in order of importance. Then determine what you can skip, do differently or delegate. By only taking on your top priorities, you can conserve your energy.

Plan

If you usually feel better in the mornings, schedule your more demanding activities then. Just don't overdo it. Something big coming up? Book rest time before and after.

Pace

Break up your daily activities so you're not overdoing it. There are several ways to do that. You can take regular breaks and alternate activities so you don't put too much strain on one part of your body. You can also give a nod to the "two-hour pain rule" which suggests you overdid it if you feel pain for more than two hours after an activity.

Posture

Correct posture distributes weight over your larger muscle groups, helping you conserve your energy. To check your posture, align your ears over your shoulders, chin tucked in, shoulders down and back, tummy in, seat tucked under, and knees unlocked. When driving, sit close to the wheel with your knees bent and use a supportive pillow at your lower back.

Fun Facts

That'll Astound Your Friends

- **The oldest "Your Momma" joke dates back 3,500 years.** The New York Daily News wrote that scientists discovered a "your mom" joke on a 3,500-year Babylonian tablet in Iraq.
- **The actors who played Mickey and Minnie Mouse were married in real life.**
- **Happiness is contagious.** According to WebMD, people feel statistically happier spending time around other happy people. Emotional health spreads to the people we come into contact with up to 3 degrees, reaching friends of friends.
- **Forcing a Smile Actually Makes You Happier.** Putting a smile on—even if you don't feel like it—can literally trick your brain into thinking there's something to smile about.

FRUIT JUICE CAN HARM YOUR TEETH

We need to eat our fruit, not drink it. This is especially important for our children

While we like to think that fruit juice is a convenient way to get all the health benefits that fresh whole fruit provides, fruit juice delivers high levels of sugar and high levels of enamel-damaging acid. Whole fruit offers fiber and other nutrients that juice does not. Fruit juice can lead to cavities, weight gain, as well as unhealthy weight loss. Juice also can cause diarrhea when toddlers drink too much of it.

Fruit juice is popular among children of all ages. The convenience factor of single-serve juice boxes and small bottles combined with children's eagerness to drink juice make it a popular choice for parents on the go. However, parents should consider skipping it and look at the benefits of whole fruit instead. Water is your best option to rehydrate active children. Children should avoid sports drinks as these usually contain high acid levels and are unnecessary for children in most cases.

We recommend the following:

- When possible, mothers should breastfeed babies exclusively until six months of age and continue for a year or longer.
- Do not offer juice in a bottle or sippy cup. Toddlers and children should not carry cups or boxes of juice throughout the day. Never allow children to sleep with a bottle or sippy cup unless it contains only water. Allowing children to have

unrestricted access to juice through sippy cups and bottles creates a continuous supply of sugar and creates high acid levels in the mouth, which will lead to a much greater risk of decay. This risk increases in terms of both higher amounts of decay and the speed at which the decay spreads.

- If you decide to include juice in your family's diet, buy products labeled as containing "100% juice." Drinks that are not 100% juice often include "drink," "beverage," or "cocktail" on the label. These drinks usually have added sugar and other ingredients.
- Serve juice that has been pasteurized. Unpasteurized juice can contain germs that put infants and children at risk of getting sick.

According to the American Academy of Pediatrics:

Younger than 12 months: Do not routinely give fruit juice since it offers no nutritional benefit at this age

1-3 years: Limit fruit juice to a maximum of 4 oz/day (1/2 cup)

4-6 years: Limit fruit juice to a maximum of 4-6 oz/day (1/2 cup to 3/4 cup)

7-18 years: Limit juice to 8oz/day (1 cup)



EASY S'MORES BARS



Ingredients

- 9 graham cracker squares
- 1/2 cup butter, melted
- 1/2 cup brown sugar
- 2 cups miniature marshmallows
- 1 1/2 cups chocolate chips

Directions

Preheat oven to 400 degrees F (200 degrees C). Line an 8x8-inch square pan with aluminum foil, leaving a 1-inch overhang on sides.

Crumble graham crackers in a bag; pour into a bowl. Stir in butter and brown sugar until well mixed. Press graham cracker mixture into bottom of pan to form crust.

Bake in preheated oven until crust is lightly browned and smells toasted, about 7 minutes.

Remove pan from oven; cover crust evenly with marshmallows. Sprinkle chocolate chips over marshmallows.

Bake in preheated oven until chocolate chips are melted and marshmallows are browned, about 3 minutes.

Let s'mores rest in pan until cool, about 30 minutes. Refrigerate until set, about 45 minutes. Remove from pan and cut into squares.



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

3 Fun, Easy Ways to Keep Kids Learning During Summer

With school out, summertime brings long, carefree days of play and fun. It can be easy to forget how much children learn through play, but they have a natural sense of curiosity. With a little thought and a few supplies, summer is a perfect opportunity to revitalize their innate love of learning that may be a bit squashed after a year of academic pressures, tests and schedules.

1. Build on classroom skills

Practicing writing may not be at the top of your children's summer activities lists. However, writing might be more appealing if it led to something fun, like a card or letter from a relative or friend. By encouraging your children to write to pen pals, like friends or family members, they will not only practice their literacy skills by writing letters and reading replies, but also work on important executive function skills by learning to manage anticipation while waiting for a response. Even children who are too young to write can participate by drawing pictures and dictating the captions to family members.

2. Go outside

A walk around the neighborhood can turn into an opportunity to build STEM skills by observing changes over time. As you and your children walk, ask questions, make predictions and discuss what you see. This way, you'll be forming hypotheses and analyzing your results, just like scientists.

3. Find learning opportunities in regular activities

Cooking provides a variety of opportunities to work on math skills. For younger children, that could mean getting two carrots and one apple for a recipe. For children who are learning fractions and multiplication, that might mean figuring out how much of an ingredient to add, such as "If the recipe calls for 1/2 cup of flour and we're doubling the recipe, how much flour do we need?"



Fun, Silly & Inspiring Quotes

"Education is learning what you didn't even know you didn't know."
- Daniel J. Boorstin

"Life is like photography. You need the negatives to develop."
- Unknown

"There are no traffic jams along the extra mile."
- Roger Staubach

"People who think they know everything are a great annoyance to those of us who do."
- Isaac Asimov

"If you fall, I'll always be there."
- The Floor