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Can You Handle the Truth???

The Father's Day concept was invented by Sonora Smart Dodd from Washington. Her father raised his 6 children single-handedly, after their mother died in childbirth. June was her Dad's birthday month.

JOKE of the Month

What do you call cheese that isn't yours?
Nacho cheese!



ZOOM!

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With spring around the corner, what better way to warm up than with a bright, white smile!

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June 2023



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6 Life Hacks That Work

We all want to accomplish more and have more free time. With limited time and energy, every trick that can potentially make life easier is worth investigating. There's more than one way to catch a mouse, and there's more than one way to handle daily living.

1. Use a timer. A simple timer can greatly increase your focus and productivity. For example, the next time you need to clean the kitchen, determine how long it should take. Then set a timer for a couple of minutes less than your guess. See if you finish before the time runs out. You'll be more focused and get more done.

2. Take a 10-minute break every hour. Set your timer for 50 minutes and work hard. Then give yourself a 10-minute break. Productivity studies have shown this to be the best ration of work and rest for the average person.

• Use the 10 minutes to take a quick walk, do a few pushups, get a drink of water, or deal with personal email. You'll get more done over a long day than you ever thought possible.

3. Fill up your gas tank before you get home from work. Avoid putting anything off until the morning if it can be done beforehand. You're likely to forget, or something will go wrong. If you're running late before you remember that you need gas or something else for work, you're doomed.

4. Prepare to leave, then be idle. Imagine this: you have to be at a party in three hours. It will take 30 minutes to get ready and 30 minutes to drive there. If you're like most people, you'll wait two hours, then get ready, then drive to the party. This is a recipe for disaster.

• Instead, give yourself an hour to get ready. You'll be ready in plenty of time. You can then spend any extra time doing whatever you were going to do if you had waited for two hours.

5. Start slowly. The key to adding any new behavior is to start slowly and gradually increase the amount of time spent doing the new behavior. This strategy works whether you're starting a new exercise routine, learning to play tennis, starting a new language, or trying to implement any new habit.

• Changing too quickly has a tendency to derail your efforts. Be patient and enjoy how easy it is to be successful at maintaining your new behavior.

6. Sort your mail before it leaves your hand. You get home from work and grab the mail. Before you toss it on the kitchen counter, quickly sort through it. Put the junk mail in the trash and organize the rest. Keep your bills in one location, preferably where you sit while you pay them.

Life is fast and furious. It can be challenging to find time to do everything that needs to be done. A couple of simple hacks can free up a little time for more important things. Life can be less stressful and more productive.



Tips, Tricks, and Trends

Tips for healthier eyes

Your eyes are your window to the world – they allow you to do everything from perform everyday tasks to enjoy the beauty of the world around you. When it comes to your vision, it is important to be proactive. Use these simple tips to keep your eyes healthy:

- ✔ **Book an annual eye exam:** Stay on top of regular eye exams. Less than half of North Americans report visiting their eye care professional every year. But it's only with exams that they spot underlying issues – even if your vision seems good.
- ✔ **Take a screen break:** Our eyes need a break from all our devices. Consider following the 20-20-20 rule. Every 20 minutes look at something 20 feet away (6 metres) for 20 seconds – to minimize eyestrain.
- ✔ **Eat healthy:** Like our bodies, our eyes need nutrients to maintain good health. Eating foods rich in omega-3 fatty acids, beta-carotene, vitamin C and E, such as fish, leafy greens and citrus fruits, can help support healthy vision.
- ✔ **Protect your eyes from UV light:** Sunglasses and hats are not just fashion statements – they protect eyes from harmful UV light, which can contribute to the development of certain eye conditions.



Fun Facts

That'll Astound Your Friends

- Even though the blue whale is the largest animal on earth, it can't swallow anything bigger than a beach ball.
- The bee hummingbird drinks from up to 1,500 flowers a day.
- Someone who suffers from "anatidaephobia" believes that somewhere, somehow a duck or goose is constantly watching them.
- Just 30 minutes of daily complaining can physically damage your brain. Listening to someone constantly complain also negatively affects brain function.
- Elephants sing to each other, but their songs are in a frequency too low for humans to hear.
- If you type the word "askew" into the Google search box, the entire page will tilt slightly.

Preventing Tooth Decay in Children

As a parent, you want the best for your child, and that includes their dental health. Although baby teeth are temporary and will eventually be replaced with permanent teeth, it is still essential to keep teeth and gums clean and free of decay.

Some of the reasons why caring for baby teeth is important include:

- Tooth decay may compromise your child's immune system: Infection and inflammation related to tooth decay are often painful. More importantly, there is a link between oral health and overall health. Maintaining excellent dental care will reduce many related health risks.
- Lost baby teeth may cause orthodontic problems: Some infants and toddlers experience decay so severe, their teeth must be removed. The gaps created by removing baby teeth too early may cause misalignment of their adult teeth.
- It's never too early to start good oral hygiene: Kids that grow up learning healthy habits are much more likely to continue those habits as they grow older. Make oral hygiene a priority, and your kids will, too.

It is vital to protect your child's oral health even before their permanent teeth emerge, and it all starts at home.

Practice Healthy Dental Habits

Good dental habits start at a young age. Children begin observing before they start practicing these habits themselves. Be a good example for your child, showing them the importance of brushing twice daily and flossing once per day.

If you are not following this routine, it will be hard to convince them to do the same. You can start brushing your child's gums before they even have teeth. As soon as your child starts on solids (purees), begin brushing their gums with a soft-bristled toothbrush. You can even let them hold and chew on it if they want.

Once the first teeth erupt, your child will already be used to the concept of brushing. Flossing doesn't need to start right away, but should still be established early, especially if your child eats foods that easily get caught between their baby teeth.

Talk about what you are doing and why when you brush their teeth. You can even make a game of it, asking them to list what they've eaten so you can be sure to "find" and brush it all off.

Encourage a Healthy, Balanced Diet

Sugars are not only bad for your child's body, but they wreak havoc on their teeth as well. Limit the amount of sugar in your child's diet, particularly sugary drinks like juice and soda. Sticky foods like caramel, taffy, syrup, and honey should also be limited.

Increase the amount of water-dense fruits and vegetables your child eats. These can help protect your child's teeth by increasing saliva production. Cheese and nuts are also great acid fighters, which can protect their teeth against decay.

The more water they drink, especially instead of juice or soda, the better. This will also help to create more saliva, a natural protective coating designed to prevent bacteria buildup.



BEST-EVER BANANA BREAD

Ingredients:

- 1 egg
- 1 cup (250 mL) granulated sugar
- 3 medium - ripe bananas, mashed
- 1/2 cup (125 mL) Hellmann's® Real Mayonnaise
- 1 tsp. (5 mL) vanilla extract
- 1 1/2 cups (375 mL) all-purpose flour
- 2 tsp. (10 mL) baking powder
- 1/2 tsp. (2 mL) salt

Directions:

1. PREHEAT oven to 350°F (180°C). Grease 9 x 5-in (2 L or 23 x 13-cm) loaf pan.
2. WHISK egg in large bowl. Whisk in sugar, bananas, Mayonnaise and vanilla until blended.
3. STIR flour with baking powder and salt in medium bowl. Fold into banana mixture until blended. Scrape into prepared pan and smooth top.
4. BAKE about 1 hour or until pick inserted in centre comes out clean. Cool on wire rack 15 minutes, then remove from pan and cool completely.



Fun, Silly & Inspiring Quotes

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."
- Jimmy Dean

"If you think you are too small to make a difference, try sleeping with a mosquito."
- Dalai Lama

"We generate fears while we sit. We overcome them by action."
- Dr. Henry Link

"You don't have to be great to start, but you have to start to be great."
- Zig Ziglar

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

Brain Hacks That Boost Productivity

Set an intention. Most people can't focus because they're not truly clear on what they want to focus on or for how long. Give yourself a fighting chance by choosing a specific task for a specific amount of time.

- Your brain will do its best to give you what you want if you give it clear instructions.

Meditate. Meditation helps to build focus and calm your mind. Meditation is incredibly popular right now, so there is plenty of free information on how to meditate effectively. Educate yourself and get started. It's simple and effective.

Take regular breaks. Experiment with break frequency and duration. The best option for most people is either 25 minutes of work and a five-minute break, or 50 minutes of work and a 10-minute break. Discover what works best for you and then stick with it. Timers can be powerful tools.

Develop a positive mindset. A positive outlook on life makes you more productive. Studies show that mindset affects productivity. Work on having a positive outlook and you'll accomplish more each day. You'll also be a lot happier.

