



1913 W South Blvd.  
Troy, MI 48098

FOLLOW US!



www.drkeithkelley.com  
(248) 457-5574

### INSIDE THIS ISSUE

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

- How To Help Kids Feel Comfortable at The Dentist
- Air Fryer Meatloaf
- page 03

### Can You Handle the Truth???

**Guinness** (an Irish dark beer that originated in the brewery of Arthur Guinness) sales almost double on St Patrick's Day as compared to the regular days when 5.5 million pints of it is sold.

### JOKE

of the Month

Does February  
like March?

**No but April May**



## ZOOM! Professional Whitening System

## Spring Brighter, Whiter Sale

With spring 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.

March 2023



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- Every Day Life Hacks
- page 02
- How to Help Kids Feel Comfortable at The Dentist
- Air Fryer Meatloaf
- page 03

## WHAT YOU NEED TO KNOW ABOUT SUGAR

Sugar is prevalent in our everyday lives. Sugar is added by food manufacturers to almost every processed food - pizza, canned food, pastas, ketchup. Although sugar may taste great, it's possible that too much sugar causes you more harm than good.

Sugar itself is a group of molecules. There are different types of sugars such as glucose, fructose, sucrose, and so on. Sugar is naturally in the foods we eat such as fruits or even dairy. The problem with sugar is that modern day processed foods have 25% more sugar compared to food in the 1970s.

Over the decades, sugar (mostly sucrose and fructose) has been added to highly processed foods and drinks. Both sucrose and fructose are found in processed foods like pasta, bread, and condiments. While it is delicious, the amounts of sugar we eat today can cause inflammation in the body, a burden on our liver, and increased insulin in our blood (which triggers hunger).

What you can do:

1. **Limit your fructose intake.** Fructose doesn't stimulate the leptin hormone that tells your brain you are full. This leads to excessive food consumption. Excess fructose is converted into fat.
2. **Plan healthy and nutritious meals.** When you plan and make your own meals, you are more aware of the ingredients that go into each dish.
3. **Always check the labels of grocery items.** While you do not have to cut sugar out from your diet completely, checking the labels of grocery items and knowing how much sugar is in your food is a great start.
4. **Exercise.** Your body processes sugar better after a workout. If you're going to eat sugar, that's the best time to do it!
5. **Limit your sugar intake.** Especially if you find you have too much sugar in your diet, limit your sugar intake.
6. **Consider sugar alternatives.** Consider replacing sugar with an alternative such as honey, agave, or spirulina.

Overall, being aware of the impact sugar can have on your body is a great start. While there is nothing wrong with sugar itself, the problem is that many people consume too much without realizing it.

There is more sugar in modern-day processed foods, so it's a good idea to consider how that might impact your health, weight, and quality of life.



# Tips, Tricks, and Trends

## Top 4 wellness tips for a healthy & happy 2023!

### 1. Drink a glass of water first thing in the morning

Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health and boost energy.

### 2. Take the stairs

Taking the stairs instead of the elevator is a simple way to get a little more physical activity in your daily life. It also strengthens and tones your legs and core while you're at it!

### 3. Make half your plate veggies

A simple hack for healthy eating (and portion control) is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer.

### 4. Get a fitness tracker + track your steps

Using a fitness tracker (like a Fitbit or Apple Watch) to track your steps is an easy way to make sure you're getting enough physical activity each day. We aim for 10,000 steps daily, which has significant physical and mental health benefits. A fitness tracker will also remind you to get 250 steps each hour.

## Fun Facts

### That'll Astound Your Friends

- The famous Sesame Street character Cookie Monster's real name is Sid.
- Bananas are curved because of how they grow — toward the sun.
- The Hollywood sign in Los Angeles once said "Hollywoodland," but was changed in 1949.
- Broccoli contains more protein than a lot of meats, including steak. Just another reason to add the green vegetable to your menu sometime soon.
- There is only one country on earth without mosquitoes: Iceland. Its low temperatures make it impossible for the pest to breed.
- It's impossible for most people to lick their own elbow. You can try it if you want!

## HOW TO HELP KIDS

### Feel comfortable at the dentist

If your child is worried about going to the dentist, you might be tempted to postpone their appointment until their fears subside. However, it's important to build positive oral health habits early in your kid's life, and attending routine dental checkups is an important part of that.

Instead of delaying your child's dental appointment, you can make the experience a bit easier for them by helping them prepare. Consider the following tips to help kids feel more comfortable at the dentist:

#### 1. Start Early

Bringing kids to the dentist as early as possible is an excellent way to help familiarize them with the environment. Many dentists begin seeing children for checkups when they are as young as one year old or as soon as their first teeth begin to emerge. At this age, your child is still too young to sit by themselves, and you holding them provides a sense of security. When they have grown old enough to sit by themselves in the dentist's chair, your child will have had positive experiences in the dental office and an existing connection with the dentist.

#### 2. Avoid the Gritty Details

Your child doesn't need to know how the dentist will drill their teeth or fill their cavities. When you discuss dental procedures with your kid, keep it simple to avoid overwhelming them. Just let your child know that the dentist checks to see if their teeth and gums are healthy. When it comes to explaining dental tools and procedures, leave it to your dentist, who has the training and experience to explain dental concepts in a kid-friendly manner.

#### 3. Leave the Explaining to the Dentist

Dentists are trained on how to handle all patients, including kids. Allow the doctor to introduce your child to common dental tools and explain the steps of routine dental checkups and treatments. They will have experience using clear, child-appropriate language to illustrate dental procedures in a reassuring way.

When the dentist talks to your child about what to expect during their appointment, it helps your child learn to trust them. Building a positive relationship between your child and their dentist is a critical component of making dental appointments more comfortable.



## AIR FRYER MEATLOAF

### Ingredients:

- 1 pound lean ground beef
- 1 small onion, finely chopped
- 1 large egg, lightly beaten
- 3 tablespoons dry bread crumbs
- 1 tablespoon chopped fresh thyme
- 1 teaspoon salt
- ground black pepper to taste
- 2 mushrooms, thickly sliced
- 1 tablespoon olive oil, or as needed

### Directions:

1. Preheat an air fryer to 392 degrees F (200 degrees C).
2. Combine ground beef, onion, bread crumbs, thyme, egg, salt, and pepper in a bowl. Knead and mix thoroughly. Transfer mixture to a small loaf pan. Smooth the top, press in mushrooms, and coat with olive oil.
3. Roast meatloaf in the preheated air fryer until nicely browned, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (72 degrees C).
4. Let meatloaf rest at least 10 minutes before slicing into wedges and serving.



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



## EVERYDAY LIFE HACKS

☑ To proofread a long essay, paste your article in Google Translate and listen to it. This makes it easier to pick up mistakes, and the tool itself can help you pick up minor typos.

☑ Hitting the Spacebar scrolls down a web page; hitting the Spacebar + Shift lets you scroll back up.

☑ Attach bread clips to each cable or power cord, then label the clips with a pen or marker to reflect which cable is which.

☑ Laptop batteries can last longer if you charge them up to only 80% instead of the full 100%.

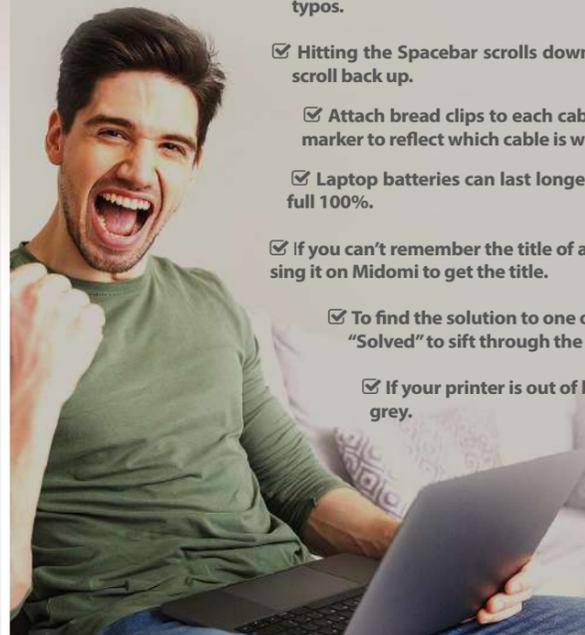
☑ If you can't remember the title of a song but you know the melody or lyrics to it, hum/sing it on Midomi to get the title.

☑ To find the solution to one of your many computer troubleshooting issues, add "Solved" to sift through the results.

☑ If your printer is out of black ink, change the font color to #010101 for 99% grey.

☑ The best type of music to work to is a video game soundtrack because they are designed to not mess with your focus.

☑ Find yourself in a hotel without your charger? Check the TV for a USB plugin.



## Fun, Silly & Inspiring Quotes

"A smile is a facelift that's in everyone's price range!"

- Tom Wilson

"If you make your internal life a priority, then everything else you need on the outside will be given to you and it will be extremely clear what the next step is."

- Gabrielle Bernstein

"I'm not going to continue knocking that old door that doesn't open for me. I'm going to create my own door and walk through that."

- Ava DuVernay

"A day without laughter is a day wasted."

- Charlie Chaplin