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### INSIDE THIS ISSUE

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

- page 02

- Top 3 Causes of Child Tooth Decay
- Golden Sesame Chicken

- page 03



# ZOOM!

Professional Whitening System

## Spring Brighter, Whiter Sale

With spring 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.

### Can You Handle the Truth???

The May that we experience here in the Northern Hemisphere is felt like November to those in the Southern Hemisphere.

### JOKE of the Month

Q: Where do killer whales go to get their teeth straightened?

A: The orca-dontist!

May 2022



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- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks - page 02
- Top 3 Causes of Child Tooth Decay
- Golden Sesame Chicken - page 03

# Top Health & Wellness Trends

In 2022

The core elements of staying healthy, such as eating well and exercising often, may never change. However, scientists and health practitioners are always pushing boundaries on how best to do those things, and every year we hear of new life hacks to try out that may be the key to our health.

Here are some top trends for 2022:

#### Whole health

While there's no special ingredient or trick that can actually "boost" your immune system, that doesn't mean you can't take steps to keep yourself healthy and prevent illness. A key trend is a holistic approach to your health that recognizes the interconnection of eating nutritious food, being physically active and nourishing your mental health as core parts of staying well.

#### Sleep hygiene

Now that many of us have discovered the extra z's you

can get when you don't commute to an office, we're loath to lose them. So, this year expect everyone to be talking about the best things in sleep hygiene, from creating a bedtime routine and avoiding screens to tech and apps that help track the sleep you're getting or improve its quality.

#### Functional genetic testing

Maybe you know someone who's had their genetics tested to find out about their ancestry. With functional genetic testing, you'll be able to discover the health implications of your genes. This goes beyond markers for major diseases - tests from The DNA Company or similar, can indicate whether you're likely to gain weight in the cold, if you're hardwired for binge-watching and even if you're well-suited to a vegan diet. It's a new frontier in health and wellness sure to make a splash in 2022.

# Tips, Tricks & Trends

## May is National Pet Month

May is National Pet Month, and it's the perfect excuse to celebrate the pets in your life. There are so many ways to celebrate this month, so we've put together a list of seven fun activities you can enjoy with your pet during National Pet Month.

### HEAD OUTSIDE FOR A SPRING WALK

The weather is beginning to improve across the country, so there's no better way to celebrate National Pet Month than by heading out for a spring walk. Walks aren't just reserved for dogs, and your cats may enjoy exploring your local neighborhood this month. As the weather is getting warmer, we recommend heading out to explore new parks and trails in your local area. You'll be surprised by the hidden gems you'll find by venturing away from your regular route.

### PUT A PLAYDATE ON THE CALENDAR

If your dog or cat has a friend they particularly enjoy meeting up with, consider hosting a playdate in your garden or a local dog park. This will be a fun occasion for everyone involved, and your pet will have a fantastic time playing with their pal. You'll also help spread the word about National Pet Month to other pet owners, who might want to have a go at some of the fun suggestions on our list themselves.

### DONATE TO A LOCAL CHARITY OR SHELTER

While most of the celebrations we've highlighted today focus on your pet, consider giving back to the local animal community this



## Fun Facts

### That'll Astound Your Friends

- Bananas are curved because they grow towards the sun.
- If you lift a kangaroo's tail off the ground, it can't hop.
- Most Korean people don't have armpit odor.
- If Pinocchio said "My Nose Will Grow Now," it would create a paradox.
- Hawaiian pizza is a Canadian invention.
- Only 5% of the ocean has been explored.
- A lion's roar can be heard from 5 miles away.
- The United States Navy uses Xbox controllers for their periscopes.
- Some insects and small birds see the world in slow motion.

month. You can donate in your family or your pet's name to a local animal shelter, which will help to look after other animals in the region. For many charities, the past year has been incredibly challenging, so celebrate their hard work this month by donating supplies or money towards their efforts.

National Pet Month is the perfect excuse to celebrate our pets. All of these ideas listed above are a great way to show your pet how much you care for them, and you'll have just as much fun as they do celebrating together this May.

## TOP 3 CAUSES OF CHILD TOOTH DECAY

It's never too early to start caring about your child's teeth. Starting them on a path to good oral health ensures that they'll enjoy a bright, healthy smile when they're older.

### 1. Thumb-Sucking

Few things are cuter than a baby falling asleep with their thumb in their mouth. Thumb-sucking is not normal and can be a sleep aid for babies. While you don't have to worry about dental problems if there's only thumb-sucking during bedtime, it can prove troublesome if it extends during the day.

The good news is that even if your kid suffers dental deformities with their primary teeth, they usually correct themselves once their permanent adult teeth come in. However, excess and/or forceful thumb-sucking can cause a number of problems, including: an overbite (front teeth protruding out of the mouth), open bite (top and bottom teeth don't meet while the mouth is closed), bottom teeth pointing inward, and other changes to the shape of the teeth. Many of these deformities can even cause kids to develop a lisp or have overly sensitive teeth.

### 2. Pacifiers

Pacifiers have many benefits, in fact the American Academy of Pediatric Dentistry recommends them over thumb-sucking. Research has shown that pacifiers help with pain relief during medical procedures and can even help shorten hospital stays. Pacifiers are also said to reduce the possibility of sudden infant death syndrome and are easier for children to abandon when they get older.

On the other hand, many experts believe that pacifier use after 12 months can affect language development skills because it discourages the practice of making sounds and saying words. One of the best ways to wean infants and toddlers off the pacifier is to do it slowly.

### 3. Bottle Rot

Bottle rot is the term used for when your baby's first teeth become infected. This usually happens when young children fall asleep with a bottle in their mouth. Drinks like milk, formula and juice — all of which contain sugar — produce acid-causing bacteria. Fortunately there are plenty of methods you can take to prevent bottle rot.

The best approach is to start giving your baby a bottle of water during nap and bedtime while also reducing how much sugar they consume each day. Wiping your baby's gums and small teeth with a clean washcloth after eating will also help. Avoid dipping a pacifier in sweet substances like honey or sugar. You should also never use your own mouth to clean a baby's pacifier or eat from their spoon as bacteria in your mouth can wreak havoc in theirs.

### Fun, Silly & Inspiring Quotes

"It's okay to look at the past and the future. Just don't stare."  
- Lisa Lieberman-Wang

"Failure is the condiment that gives success its flavor."  
- Truman Capote

"Doing nothing is very hard to do... you never know when you're finished."  
- Leslie Nielsen

"All my life, I always wanted to be somebody. Now I see that I should have been more specific."  
- Jane Wagner

"Friendship equals no appointment required."  
- Shelley Brown

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

## Better and Healthy Lifestyle

In today's scenario, every person wants a healthy lifestyle. A healthy lifestyle is one which helps to maintain and improve people's health and well-being or we can say how you can maintain a balanced and nutritious diet. There are many such factors that affect your health, some of them that you can't control such as your age or genetic makeup but you can bring changes in your lifestyle. By taking a few steps towards a healthy life, you can protect yourself from various types of diseases such as cancer, heart disease, or other serious disorders.



### Eat a balanced diet with lots of fruit and vegetables

Eat three meals a day (breakfast, lunch, and dinner), and definitely include fruits and vegetables with your meal. Because fruits and vegetables are very important to us, they give us vitamins, minerals, and fibers. For example, a full glass of fresh fruit juice at breakfast, an apple, and different vegetables at each meal.



### Drink water daily

A person should drink at least 2-3 liters of water a day. Because drinking water has many advantages, such as reducing weight, for hair, for our skin, etc.



### Do exercise daily

Exercise is very important for every person's life. You can do many types of exercises every day, such as cleaning the house, gardening, going for a walk, cycling, stairs climbing etc.

### Reduce the quantity of salt and sugar

Consumption of excess salt in the food can cause high blood pressure, so we should use less salt. And sugar gives us sweetness, but this can lead to diseases like diabetes. So we should use the minimum of sugar as well.

## Easy Sesame Chicken

**Ingredients:**

- 4 chicken breasts, cut into 1 inch pieces
- 2 tablespoons cornstarch
- 4 tablespoons soy sauce
- 2 teaspoons sesame oil
- 8 green onions, chopped

**Directions:**

1. Cook chicken in sesame oil in fry pan.
2. Whisk together corn starch and soy sauce.
3. Add onions to pan and then quickly add the soy sauce mixture (note that it thickens and coats the chicken VERY quickly).
4. Serve chicken over rice and sprinkle with sesame seeds.