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INSIDE THIS ISSUE

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

- Signs You Should Schedule A Dental Appointment
 - Thai Peanut Chicken and Noodles
- page 03

Can You Handle the Truth???

More calls are made on Mother's Day than any other day of the year.

Reportedly there are approximately 122 million calls are made on the second Sunday of May every year.

JOKE of the Month

Q: Why is a computer so smart?

A: It listens to its motherboard.



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.

May 2023



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 - Fun, Silly & Inspiring Quotes
 - Every Day Life Hacks
- page 02
- Signs You Should Schedule A Dental Appointment
 - Thai Peanut Chicken and Noodles
- page 03

9 Healthy Habits to Start Today

When it comes to living a healthy life, those small habits can add up to something more significant over time. This can go both ways. Just as healthy habits can strengthen your health, unhealthy habits can weaken you and make you more vulnerable to disease.

Consider developing these healthy habits. Over time, they can make a massive, positive difference to your overall health:

1. Use the stairs. Whether you are at home or in the office, use the stairs as much as you can. Avoid using the elevator or escalator if possible and you'll notice that both your legs and heart will tone and strengthen over time.
2. Drink an extra glass of water daily. Water is incredibly important for good health. Little by little, you can cut out soft drinks and replace them with water.
3. Go for a daily walk. Going for a daily walk is a healthy form of low-impact exercise. Plus it's good to get some fresh air too, as it can help clear your mind of stress.

• You're likely to crave unhealthy foods too. Lack of sleep causes the hormones that control your hunger to become disrupted, leading to these cravings.

6. Eat a healthy breakfast every morning. It is often said that breakfast is the most important meal of the day. Eat something rich in fiber and something full of protein. This is because they can both fill you up and keep you full until lunchtime, helping to avoid those mid-morning cravings.

• Fiber and protein both have additional long-term health benefits. For example, fiber is good for your digestion, while protein helps to maintain your muscles.

7. Eat more fresh fruit and vegetables. Fruits and vegetables are rich in various nutrients that your body needs for good health. Add at least 2 vegetables to each meal and opt for some fruit when you want a snack. If you can't get them fresh, frozen is your next best alternative.

8. Balance on one leg. Stand on one leg for 10 seconds before switching to the other leg. This is a simple exercise that can become part of your neuromotor training. It can help improve your balance, agility, and mobility.

9. Weigh yourself each week. Make a note of your weight on a particular day. Then weigh yourself on the same day the following week and each week thereafter. Since weight tends to fluctuate daily, a weekly weigh-in will help you keep better track of your weight.

These healthy habits are easy to develop. To start, just add one or two. Once those activities become habits, add in another couple. Before you know it, you'll start to feel healthier, with energy to spare.



4. Sit up straight. Good posture can help prevent aches and pains, while also reducing stress on your ligaments. If you find yourself forgetting to sit upright, leave a note for yourself, and it will soon become an unconscious habit.

5. Get more sleep. If you aren't getting at least 7 hours of sleep each night, you may find yourself feeling lethargic the following day. Over time, many of your systems can be negatively affected by lack of sleep.

Tips, Tricks, and Trends

Tips for picking the best (and freshest) produce

A diet that is rich in high-quality, fresh vegetables and fruits can be great for your overall health, but finding the tastiest, ripest and best produce isn't always easy. From apples to zucchini and everything in between, here are four tips on how to pick the best fruits and vegetables.

Shop locally

Certain types of fresh produce begin to lose their nutrients just 24 hours after they are picked, but local food does not have to travel as far as food imported from other regions or countries. Shopping locally is also great for the environment as it helps reduce your carbon footprint. Choosing local food also supports nearby farmers and other producers, which benefits the local economy.

Opt for organic

Some studies suggest that some organic produce may contain more vitamins, minerals and micronutrients than conventionally grown fruits and vegetables. Consuming organic produce may also reduce the chemicals you're putting into your body because it contains fewer pesticides. Most natural health food stores like Nature's Emporium carry organic produce exclusively, so it's easier to avoid pesticides on your produce.

Pick produce with vibrant color

Choose fruits and vegetables that are vibrant and show consistent color. For the freshest options, avoid fruits and vegetables that are dull, pale or show signs of discoloration. Brown or black spots on produce could mean it's starting to go off.

Pick produce that feels firm

High quality, fresh produce is firm to the touch. When shopping for fruits and vegetables, be sure to give them a little squeeze to test their firmness. If produce is soft or feels mushy, it could be a sign that it's well past its prime.

Find more tips at naturesemporium.com

Fun Facts

That'll Astound Your Friends

•A baby has around 30,000 taste buds. They are not just on the tongue but also on the sides, back, and roof of the mouth. Adults have about 10,000.

•There's enough concrete in the Hoover Dam to build a two-lane highway from San Francisco to New York City.

•There are no seagulls in Hawaii

•Listening to your favorite music for just 15 minutes a day lowers stress levels, anxiety, sadness, and a depressed mood.

•In one survey, three out of four people admitted to sharing an ice cream cone with their pet.

•Smaller animals tend to perceive time as if it is passing in slow motion. Insects and small birds, for example, can see more information in one second than a larger animal such as an elephant.

SIGNS YOU SHOULD SCHEDULE A DENTAL APPOINTMENT

Although most people see a dentist at least twice annually for preventive care, you may need to schedule a dental appointment for treatment in between visits. Several signs and situations will help you determine when to make an appointment. Maintaining your oral health is essential for your happiness and overall wellbeing. The following are signs that you need to make an appointment with your dentist as soon as possible.

Dental Pain

Pain is the main reason people go to the dentist outside of their routine dental appointments. Pain may include toothaches, gum pain, and jaw pain. In addition, the type of discomfort may range from achiness to stabbing or throbbing pain. You may also experience increased sensitivity to temperature changes and sweets. These forms of discomfort and pain indicate that you need an immediate evaluation by our dentist. Dental pain may indicate disease or decay, and our dentist can help with this problem.

Visible Decay or Blood

Bleeding gums that occur randomly or during brushing are not normal. If you notice blood in the sink while brushing, it is time to consult your dentist. Visible pus or tooth decay are symptoms of serious medical issues and are considered dental emergencies. Be sure to consult your dentist and explain your symptoms and urgency to ensure you see the dentist as soon as possible.

Persistent Bad Breath

Dealing with bad breath is embarrassing for most people, especially if the bad breath persists, even with regular brushing. A healthy mouth usually has saliva lubrication that

washes away food particles and neutralizes the naturally occurring acids in the mouth. Bad breath may signify tooth infection, gum disease, or tooth decay. Persistent bad breath or halitosis may also be a sign of bacteria imbalance or infection that a seasoned dentist can address. You should consult our dentist if you have chronic bad breath.

Shifting or Loose teeth

Adult teeth are permanent and should not be loose or move in your mouth. If you notice any widening gaps or slight movement of your permanent teeth, you should take it seriously, as it may signify bone loss or infection. You should also pay attention to any changes in your bite or the way dentures or other oral appliances fit. A dentist will evaluate the state of your gums and teeth and provide proper treatment to ensure you can keep your natural teeth for as long as possible.

Pregnant

Pregnant women experience hormonal changes that affect their dental health. During pregnancy, the chances of developing cavities, gingivitis, and benign tumors are higher. Furthermore, morning sickness and frequent vomiting can erode the enamel and cause problems with your gums and teeth. You should schedule a dental appointment in your first or second trimester and talk to your dentist.



Thai Peanut Chicken and Noodles

This versatile chicken recipe is very similar to chicken pad Thai but easier to make and tastes just as good. Rice noodles can be swapped with mung bean noodles or any type of egg noodles.

INGREDIENTS:

- 1/2 cup water
- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons creamy peanut butter
- 3 garlic cloves, minced
- 1 to 2 teaspoons Sriracha chili sauce
- 1 teaspoon sesame oil
- 1 teaspoon molasses
- 1 package (6.75 ounces) thin rice noodles
- 2 tablespoons peanut oil, divided
- 1 pound chicken tenderloins, cut into 3/4-inch pieces
- 1 medium onion, chopped
- Optional: Halved cucumber slices and chopped peanuts

DIRECTIONS:

1. For sauce, whisk together first 8 ingredients. Bring a large saucepan of water to a boil; remove from heat. Add noodles; let stand until noodles are tender but firm, 3-4 minutes. Drain; rinse with cold water and drain well.
2. In a large skillet, heat 1 tablespoon peanut oil over medium-high heat; saute chicken until no longer pink, 5-7 minutes. Remove from pan.
3. In same pan, saute onion in remaining oil over medium-high heat until tender, 2-3 minutes. Stir in sauce; cook and stir over medium heat until slightly thickened. Add noodles and chicken; heat through, tossing to combine. If desired, top with cucumber slices and chopped peanuts. Serve immediately.



Fun, Silly & Inspiring Quotes

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

- Lisa Lieberman-Wang

"If an apology is followed by an excuse or a reason, it means they are going to commit same mistake again they just apologized for."

- Amit Kalantri

"We don't grow old. When we cease to grow, we become old."

- Ralph Waldo Emerson

"A person is wise if he listens to millions of advice and doesn't implement any of it."

- Michael Bassey Johnson

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

Do best before dates really matter?

You've whipped up a family favorite for dinner, maybe it's fajitas or a big pot of your homemade chili. You reach into the fridge for the appropriate accompaniments and notice that the unopened container of sour cream has passed the best before date.

Does that mean you have to forgo the cooling tang of the sour cream to balance out the extra hot peppers you included in the recipe?

Not necessarily. A best before date is not an expiry date. A best before date is a label, required on some food products sold in Canada and the USA that have a durable life of 90 days or less. But it really is just a guideline on the quality and freshness of the food.

If stored according to the instructions on the package - in the refrigerator in the case of sour cream - an unopened food container can be perfectly safe to eat days or even weeks after the best before date has passed.

It's important to note that a small number of packaged food products, including infant formula, do have an expiration date on the container. In those cases, it is not safe to consume those products after the date has passed and they should be disposed of.

