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Can You Handle the Truth???

Like most four-legged mammals, cats have five toes on the front, but their back paws only have four toes. Scientists think the four-toe back paws might help them run faster.

JOKE of the Month

Today a man knocked on my door
and asked for a small donation
towards the local swimming pool.
I gave him a glass of water.

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How Your Productivity

Influences Your Life

Ever stop to consider how your productivity influences other aspects of your life? Now we're not necessarily talking about being more productive at work to get that raise or promotion even though that's a definite plus. The focus of our conversation here today is about when you get more done how it can give you better control of your life and thus greater self satisfaction and happiness.

Here are 3 examples of the benefits you can expect when being more productive at either work or in your personal life as well.

More 'Free' Time

Just about everybody is on a 'lifelong' quest to increase the amount of free time they have at their disposal. Whenever you can get more done in the same amount of time you are gaining a little more control of your life. Simply stated you are now in more of a position to 'choose' what you want to do as opposed to feeling 'shackled' to a desk or even the responsibility of other duties NOT of your choosing. Do you work to live, or live to work? Depending upon how you schedule your day or invest your effort, this choice in most cases, is yours.

Higher Self Esteem

It is natural to feel a greater sense of self worth when you are able to get more done due to the feeling of accomplishment you experience. Once again the more productive you are, the more in control you feel, and this is a healthy feeling to have! Knowing you're capable of increasing your skills and/or efficiency in any area of your life is a very liberating sensation which makes you feel good about yourself. Having confidence like this only serves to help make you even more productive simply because you are now more aware of your own capabilities.

Obvious 'Rewards'

Be it cash, notoriety, recognition or simply the feeling of being in more control of your life, productivity has its rewards. Typically increasing productivity earns you more respect and as mentioned above it frees you

up to pursue other things of your choosing. So whatever may be most important to you, whether it's money, stature or just peace of mind can be yours by simply being more productive.

Being able to increase your productivity affects other aspects of your life other than simply your work. Being more productive helps to also tremendously boost your self esteem along with the feeling you now have better control of your life. When your able to get more done in an efficient manner you can expect to benefit both mentally and physically as our 3 examples above point out. It all boils down to simply being 'all you can be' to better maintain control of your life. No matter whether it is personal or professional, if you're going to invest the effort, always try to do your best and you shall be rewarded!



Tips, Tricks & Trends

6 helpful Tech Gadgets Tips The Ultimate Troubleshooting Guide.

It is no secret that technology has its flaws and tech gadgets don't always work as they should and are not guaranteed to be 100% perfect. But sometimes the problem can be misuse of the product due to the buyer not reading the instructions carefully. I'm sure you like everyone else has bought cool new tech gadgets only to get home to find something wrong with them, not a nice feeling.

Here is a handy check list you should follow after buying tech gadgets:

© Always read the user manual, this will often show you something you've done wrong. Never assume you know everything about it.



© Check and double check that everything that is supposed to be in the box is actually in the box. People throw away cables or small things because they don't look thoroughly through the packaging.

© Always get reviews from Google on apps or equipment you have not tried before to see if there are any issues with them.

© If you have bought a device from a foreign country you will need to check the voltage as this may vary. Failure to do so could cause a shortage in your house and the destruction of your new high tech gadget.

© Always check to see if the LED indicator is active, this lets you know that your new tech gadgets are receiving power.

© Double check the battery is inserted properly; it should fit in nicely and not be loose. Most batteries will have an indicator on them as to which way they should fit.

Fun Facts

That'll Astound Your Friends

- More people own a mobile phone than a toothbrush.
- People who are using a computer blink 66% less than those who aren't.
- The first alarm clock was designed for one person and could only go off at 4am - when they had to get up and get ready for work. An adjustable alarm clock was not created for another 60 years.
- The home of Bill Gates was designed with the use of a Macintosh Computer.
- The computers used in the Apollo 11 trip to the moon had less processing power than a modern day cell phone.
- In 1956, 5 megabytes of data weighed one ton.

What Is Your Dentist Looking For?

Routine dental visits aid in the prevention, early detection, and treatment of tooth decay, oral soft tissue disease, and periodontal diseases. A complete dental exam should include the following:

A soft tissue examination. The purpose of the soft tissue examination is to spot precancerous and cancerous changes in the oral tissues. If detected at an early stage, oral cancer can be successfully treated. A thorough soft tissue examination should include a visual inspection and finger exploration of the tongue, floor of the mouth, palate, salivary glands, insides of the cheek, and back of the throat. The tongue should be moved to allow for the inspection of its sides and base. The face, head, and neck should also be examined, and any enlarged lymph nodes identified.

A screening and examination for periodontal (gum) diseases. Using a periodontal probe, your dentist or

hygienist will measure the band of gum tissue that surrounds the tooth. Gum disease is easiest to treat when detected during the early stages.

A detailed charting of cavities, existing restorations (fillings and crowns), and other tooth conditions. Every tooth surface is inspected for new decay and the status of existing restorations. Dental radiographs (X-rays) may be part of your routine dental visit and will assist the dentist in locating disease that cannot be seen by the eye, such as cavities between the teeth or bone loss beneath the gums.

Although annual (or more frequent) dental examinations are often recommended, there is little scientific evidence that this frequency is necessary for the maintenance of oral health in healthy children or adults. How often you visit the dentist should be based on your individual need.



Turkey Shepherd's Pie

When the weather outside is frightful, nothing satisfies our craving more!

For Potatoes

- 1 1/2 lb. potatoes, peeled
- Kosher Salt
- 4 tbsp. melted butter
- 1/4 c. milk
- 1/4 c. sour cream
- Freshly ground black pepper
- 1 1/4 c. shredded Monterey Jack, divided

For Filling

- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 small parsnips, peeled and chopped
- 2 cloves garlic, minced
- 1 tsp. fresh thyme
- 1 tsp. fresh sage, minced
- 3/4 c. dry white wine
- 1 1/2 lb. ground turkey
- 3 tbsp. all-purpose flour
- 3/4 c. low-sodium turkey or chicken broth
- 1 tbsp. freshly chopped parsley, for garnish

Directions

- Preheat oven to 400°.
- Make mashed potatoes: In a large pot over high heat, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until completely tender, 16 to 18 minutes. Drain and return to pot.
- Use a potato masher to mash potatoes until smooth. Add melted butter, milk, and sour cream. Mash together until fully incorporated, then season with salt and pepper and fold in 1 cup cheese. Set aside.
- Make turkey mixture: In a large, ovenproof skillet over medium heat, heat oil. Add onion, carrots, parsnips, garlic, thyme, sage and cook until fragrant and softened, 5 minutes. Deglaze with wine and cook 2 minutes more. Add ground turkey and cook until no longer pink, 5 minutes more. Sprinkle meat with flour and stir to evenly distribute. Cook 1 minute more and add turkey broth. Bring to a simmer and let mixture thicken slightly, 5 minutes.
- Top beef mixture with an even layer of mashed potatoes, sprinkle with remaining cheese and bake until there is very little liquid visible and mashed potatoes are golden, about 35 minutes. Broil if desired and garnish with parsley before serving.



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

You've decided you want to get fitter or lose weight. But where do you start? There are just so many options available. From the gym to running and boot camp to yoga, the fitness world is yours to explore. There are benefits and downsides to all of them and a lot of it comes down to what you enjoy. However, if you struggle to stick to your exercise regime or you have a specific goal in mind personal training might be the way to go. A good Personal Trainer will help you reach your goals.

TOP 3 BENEFITS OF WORKING WITH A PERSONAL TRAINER

Setting and Achieving a Goal

Before you begin working with a personal trainer you will need to decide your goal. Do you want help to lose weight? Do you want to feel fitter or perhaps train to be able to run a marathon? A personal trainer will create an exercise and nutrition plan that will ensure you meet your specific goal. Without a personal trainer, it is easier to let your exercise plan fall by the wayside, to work less hard when you are a little tired, or even just give up on your goal. A good Personal Trainer has extensive knowledge of goal setting (and achieving!) as well as habit creation.

Motivation and Accountability

You could decide to get fitter by going for a run or to the gym every second day and if you are highly motivated that may work. However, what happens if it's raining and you don't feel like going out

or after a couple of weeks you decide you aren't really improving or get a bit tired so have a day off? If you have a personal trainer session booked you are more likely to attend on a regular basis. Your trainer will then motivate you to keep going when you get tired or are feeling like you are not improving as much as you would like.

Results

Not only will a personal trainer know how to create sessions that will meet your goals but they will make sure you are constantly improving by increasing the difficulty or intensity of your workouts. A common pitfall of training by yourself or attending group classes is that your body adapts to the exercises and you stop improving. You need to keep challenging your body in new ways or you will stop seeing results. Personal trainers have been trained to encourage and support you whilst pushing you a little bit harder each session.



Fun, Silly & Inspiring Quotes

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."

- John Quincy Adams

"Always borrow money from a pessimist. He won't expect it back."

- Oscar Wilde

"There's no fear when you're having fun."

- Will Thomas

"I like holding the door for people who are far away, you know so they have to run a little."

- Bill Murray