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Can You Handle the Truth???

It was November 8, 1895 when Wilhelm Röntgen discovered that treated cardboard used in routine experiments glowed in certain situations as a result of radiation hitting the surface.

This lead onto the invention of the x-ray, and all the incredible life savings applications of this.

JOKE of the Month

Why did the donut go to the dentist?
He needed a filling!



ZOOM!

Professional Whitening System

winter white sale

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November 2021



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Meditation Goes Mainstream

Researchers are taking a fresh look at meditation, the age-old technique that helps reduce stress. They are studying the way meditation influences the mind and body and confirming its benefits in preventing, slowing, or managing a variety of ailments.

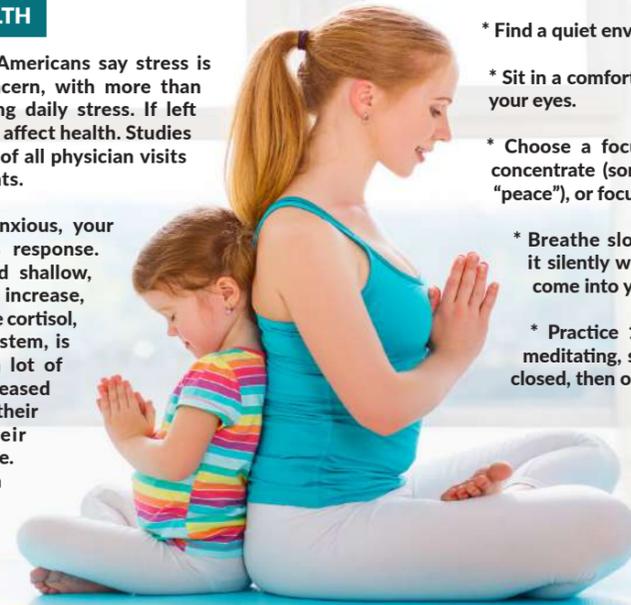
There's even some evidence meditation can help you live longer. A study last May in the American Journal of Cardiology showed that people who meditate have a 23 percent reduction in overall death, a 30 percent reduction in death from cardiovascular disease, and a 49 percent reduction in death from cancer.

As the practice enters the mainstream, more physicians are recommending it and more patients are embracing it. Some 10 million people, most of them women, report regularly practicing some form of meditation.

STRESS AND YOUR HEALTH

In numerous surveys, North Americans say stress is their number one health concern, with more than half the respondents reporting daily stress. If left untreated, stress can seriously affect health. Studies show between 60-90 percent of all physician visits are for stress-related complaints.

When you are stressed or anxious, your body reacts with the stress response. Breathing becomes quick and shallow, blood pressure and heart rate increase, muscles tense, and the hormone cortisol, which inhibits the immune system, is released. People who have a lot of stress are often in this increased state of arousal; over time, their body wears down and their immune system starts to decline. They become at risk for high blood pressure, heart attack, and stroke, as well as for mental diseases and immune syndromes.



DESTRESS WITH MEDITATION

Meditation can counter the stress response by influencing regions of the brain that process emotion and cardiorespiratory function. During meditation, blood pressure drops and respiration slows. Research shows that people who meditate use 17 percent less oxygen, lower their heart rates by three beats a minute, and increase their theta brain waves--brain waves that occur right before sleep. Muscle tension is reduced, lowering the body's need for energy and oxygen consumption. Stress-related hormones in the blood decrease.

WHAT YOU CAN DO

To learn to meditate:

- * Find a quiet environment with no distractions.
- * Sit in a comfortable position, relax your muscles, and close your eyes.
- * Choose a focus word or phrase (mantra) on which to concentrate (some often used words are "one," "love," and "peace"), or focus on your breathing.
- * Breathe slowly and, if you're using a mantra, repeat it silently with every exhalation. If distracting thoughts come into your mind, disregard them.
- * Practice 10-20 minutes once or twice a day. After meditating, sit quietly for a few minutes, first with eyes closed, then open.

Tips, Tricks & Trends

TOP TIPS TO BOOST

Immunity is a hot topic on everyone's radar in today's COVID landscape. Over time, as restrictions loosen and we begin to once again spend time in public spaces, it's essential to consider preventative health actions that help improve our immune system.

When we think about immune support, vitamins, minerals, and getting adequate rest all come to mind. But there are other protective actions we can take to help ward off illnesses.

✔ Get moving with exercise

Regular physical activity is considered one of the main components of healthy living. It can also improve your ability to repel viruses.

You don't have to be a marathon runner or body builder to reap the benefits. No matter the intensity level, activity is known to stimulate how our bodies cells work together to help keep us healthy. All forms of activity including yoga, walking and stretching contribute to improved immunity.

✔ Stay up to date on vaccinations

One of the best things you can do for your lifelong immunity is to keep on top of immunizations. As we age, our immune system gradually weakens and becomes less effective at protecting us

IMMUNITY THIS SEASON

from disease. That's why keeping up to date on vaccinations throughout adult life is important to staying healthy. Even if you think you're up to date, it's important to check with your healthcare provider as some adults may have missed one or more of their vaccines as a child and need to catch up now. There are also diseases that are more common in adults, even healthy ones, so additional vaccines are needed as we get older.

✔ Proper diet & meal planning

The food we eat directly correlates to building stronger immunity. The body's immune response relies on the presence of many micronutrients that we get from food. Be sure to serve colorful foods because the brighter the food, the more nutrition and immune-boosting ingredients they pack — think beets, carrots and cabbage. Especially in autumn, there are bountiful harvests of whole foods and vegetables to help keep our plates colorful and our immunity high.

Fun Facts

That'll Astound Your Friends

- There were two AI chatbots created by Facebook to talk to each other, but they were shut down after they started communicating in a language they made for themselves.
- To leave a party without telling anyone is called in English, a "French Exit". In French, it's called a "partir à l'anglaise", to leave like the English.
- The Buddha commonly depicted in statues and pictures is a different person entirely. The real Buddha was actually incredibly skinny because of self-deprivation.
- The tongue is the only muscle in one's body that is attached from one end.
- Violin bows are commonly made from horse hair.

What is Dental Hygiene

Dental hygiene, also known as oral hygiene, is the process by which preventative dental care is provided to avoid dental emergencies. At the core of dental hygiene is the in-home dental care regimen you perform. Your at-home regimen is supplemented with professional preventative dental care provided by dentists and licensed dental hygienists.

While you are responsible for day-to-day dental maintenance, dental hygienists, along with general dentists, family dentists and cosmetic dentists, play an integral role in preventative oral care.

Tooth brushing is fundamentally important, though it alone will not remove the calculus (also called tartar or dental plaque) that builds up over time. Calculus must be removed to lower your risk of toothaches, cavities, periodontal disease or even the loss of all your teeth. By removing calculus, you can reduce your chances of needing root canals, tooth extractions, dental bridges, crowns and more.

Getting to the Root of Dental Hygiene

Over time, calculus builds up on the teeth. If calculus forms below the gum line, bacteria can invade and create a host of other

dental problems. Furthermore, the surfaces and areas between the teeth and under the gum line must be maintained and treated on a regular basis in order to ensure proper dental hygiene. These areas are impossible for you to examine yourself; they require a professional touch.

Dental hygienists are often responsible for performing professional tooth cleaning, scraping hardened plaque (tartar), removing calculus deposits, taking X-rays, identifying changes in the bite (occlusion), investigating components that relate to the bone and setting up the nitrous oxide ("laughing gas") that is used, when necessary, to relax people requiring more invasive treatment.

Your dentist then works with your hygienist by further examining the teeth, mouth and gums to provide any necessary treatment for tooth decay or gum disease. Regular dental visits are critical at any age for the maintenance of dental hygiene. The American Dental Association recommends that patients visit with their dentist and dental hygienist a minimum of two times each year to maintain proper dental hygiene.

Fun, Silly & Inspiring Quotes

"Strive not to be a success, but rather to be of value."
- Albert Einstein

"Someone asked me, if I were stranded on a desert island what book would I bring: 'How to Build a Boat.'"
- Steven Wright

"Those who dare to fail miserably can achieve greatly."
- John F. Kennedy

"You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police."
- Joan Rivers

"One of my biggest fears is that I'll marry into a family that runs 5Ks on holidays."
- Natalia Skrodzki

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

How to teach your kids

to spend money wisely

The holiday season is fast approaching, and for many of us the excitement is building. As you start thinking about the perfect gift for everyone on your list, this is also an opportunity to teach the kids in your life about smart spending.

Children are like sponges. They soak up everything they hear and see. That's why modelling how to be responsible about money is an effective way to teach financial literacy. For example, discuss buying gifts that fit in the family's budget.

You can also teach your children the art of comparison shopping. Take them to several stores in person or check out various online shops to compare similar items. This will help them understand how to get value for their money. Also, make sure your children understand that spending money on a more expensive item will mean less money or other purchases or savings.

Another great lesson for kids is how to avoid impulse buying, which is never easy in a world with so much advertising.

Starting the conversation about money yearly will help children build good financial habits for the future.



Apple Brown Betty

Warm, tender apples topped with a sweet, crunchy and slightly salty topping

Ingredients

- 4 cups chopped firm apples, such as Granny Smith or Pink Lady (about 3 whole apples)
- Juice from ½ lemon
- ¾ cup sugar
- 1½ cups crushed Saltine crackers
- 4 Tbsp unsalted butter, melted
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Ice cream or whipped cream, for serving

Instructions

- Preheat oven to 350 degrees.
- Grease a pie plate.
- Place chopped apples into pie plate and pour lemon juice over apples. Toss to coat.
- In a medium bowl, combine sugar, crushed crackers, cinnamon and nutmeg.
- Take 1/3 cup of the cracker mixture and toss with apples.
- Bake apples until tender about 45 minutes.
- Melt the butter and pour over the remaining cracker mixer an mix to combine.
- Sprinkle cracker mixture over baked apples.
- Increase oven temperature to 400 degrees and bake for 15 minutes.
- Serve with ice cream or whipped cream.

