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Can You Handle the Truth???

November's name comes from the Latin word "novem", meaning nine, as it was originally the ninth month in the Roman calendar. However, when the calendar was reformed, January and February were added, moving November to the eleventh position.

JOKE of the Month

What are dental
x-rays called?
Tooth-pics



ZOOM!

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November 2023



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GOOD GYM ETIQUETTE: THE DO'S & DON'TS

Going to the gym is a great way to get some exercise, move your body, and enjoy benefits to your overall health and wellbeing. When you are working out in the gym, however, there are a few etiquette rules that you should be mindful of. *These help keep other users safe and happy and make the gym a pleasant place to be.*

DO'S

Dress Appropriately

When you are working out in a public space such as a gym, it is important to ensure that you are wearing appropriate attire. That is, clothes that are neither too small, nor too loose and baggy. Wear suitable workout gear, and you will be fine. Baggy clothing can also be a safety hazard, as it risks getting caught on the machines and causing injury.

Wipe Down The Machines After Use

This one is common sense, as well as basic courtesy. Carry a sweat towel around with you as you complete your routine, and use it to wipe down the equipment as you go, leaving it hygienic and ready for the next person. Some gyms are very strict on this, and you could find yourself facing a warning if you walk away from a machine without wiping it down.

Put Weights Back Where You Get Them From

This one is a guaranteed way to make trainers and staff fall in love with you, and ensure that the equipment is ready for the next person. Once you have finished lifting weights, return them to the rack. Always remember to wipe them off before placing them back.

DON'TS

Take Your Phone Onto The Gym Floor

The gym is a place to work out and get in shape, not a place to update your social media or carry on loud conversations. Be considerate of those that you are sharing the space with, and keep conversations and noise to a minimum. Ideally, keep your phone in your locker. Having your phone with you also increases the risk of it getting lost, stolen, or damaged.

Get Too Close

Personal space is important when working out, so make sure that you are aware of other people. In some cases, when the gym is busy, you will need to get a little closer. If the gym is empty, however, avoid taking a machine right beside someone - this is likely to make them feel uncomfortable. Maintaining space allows everyone to focus on what they are doing, and this makes for a harmonious environment.



Tips, Tricks, and Trends

TOP 5 WAYS to Get Your Family to Eat More Vegetables

Add the one bite rule.

The one bite rule is easy to implement during meal times and requires that everyone take at least one bite of the food before rejecting it. Family members often reject the vegetables before they try them, so this keeps the balance. Studies reveal that it can take multiple exposures to a new food before a person likes it. The one bite rule is a good way to keep them exposed to new vegetables.

Make the vegetables look good.

A beautiful arrangement can make a difference. If you arrange the food in a beautiful manner, it can help convince the family to try it. You can make animals out of vegetables such as carrots, tomatoes, celery, and other foods.

Make the vegetables taste good.

A few simple ingredients can make vegetables outstanding and delicious. Garlic is an easy way to add flavor to veggies. Herbs and spices like thyme, rosemary, or sage can make the vegetables more interesting and appealing. Cheese is another option for spicing up the vegetables.

Hide the vegetables in other foods.

It's a sneaky method, but many families use it every day to get more vegetables in their diets. If you add vegetables or vegetable purees to other foods while you're cooking, then the family may not notice the addition. You can make pizza crust with cauliflower, squash, or zucchini. Add vegetables to fruit smoothies, so the blended concoction is healthier. Include vegetables such as zucchini and carrots in muffins as you make them. The final result doesn't taste bitter. Add zucchini to pancakes, and they won't believe they're eating vegetables for breakfast.

Get the family involved in preparing vegetables.

Getting the entire family involved in meal preparation can motivate them to cook and eat their vegetables. Children who help pick out vegetables at the grocery store are more likely to eat them later. Plus, if they're involved in cooking the foods, then they want to taste the results.

Fun Facts

That'll Astound Your Friends

Cucumbers Are Mostly Water: they are about 96% water, making them one of the most hydrating vegetables.

Tomatoes Are Fruits: they are botanically classified as fruits because they develop from the flowering part of the plant and contain seeds.

Bell Peppers Have Gender: the ones with three or four lobes at the bottom are female, while the smoother ones with fewer lobes are male. Female peppers tend to have more seeds and are often sweeter.

The World's Smallest Vegetable: the watercress plant, known as "microgreens." These tiny greens are packed with nutrients and are a popular addition to salads and dishes for their intense flavors.

MAINTAINING EXCELLENT DENTAL HEALTH

Neglecting dental health can lead to various issues that affect both your appearance and well-being. Here are some tips on how to maintain your dental health.

Daily Dental Care

The foundation of good dental health begins with a solid daily routine. Brushing your teeth at least twice a day with fluoride toothpaste helps remove plaque and prevent cavities. Flossing is equally important, as it removes debris and bacteria from between your teeth and along the gumline.

A Balanced Diet

Your diet has a significant impact on your dental health. Avoid sugary and acidic foods and drinks to prevent enamel erosion and cavities. Opt for a diet rich in fruits, vegetables, whole grains, lean proteins, and dairy products. Calcium and vitamin D are essential for strong teeth and bones.

Regular Dental Checkups

Even with a great routine, visit your dentist regularly for checkups. They can catch issues early and provide professional cleanings. Typically, go every six months or as recommended by your dentist.

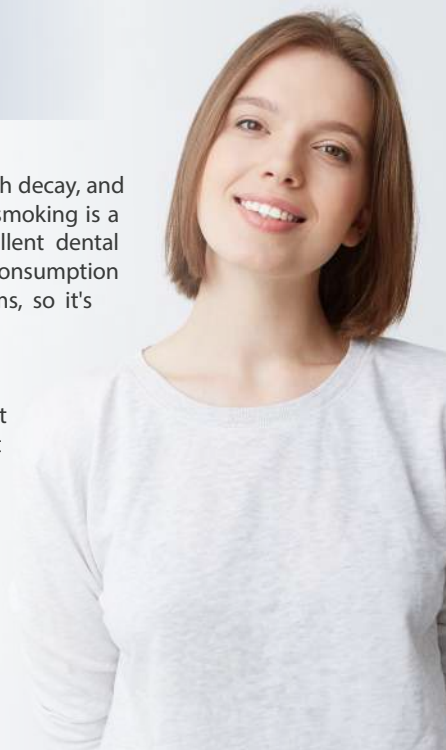
Avoid Smoking and Limit Alcohol

Smoking can lead to gum disease, tooth decay, and even oral cancer. Limiting or quitting smoking is a crucial step toward maintaining excellent dental health. Similarly, excessive alcohol consumption can contribute to oral health problems, so it's best to moderate your alcohol intake.

Protect Your Teeth

Use a mouthguard if you play contact sports or grind your teeth at night. It can prevent damage and injuries.

Your dental health is not something to take lightly. A healthy smile is a sign of overall well-being, so taking care of your teeth and gums should be a top priority.



PUMPKIN PIE LATTE

Ingredients

For 1 serving

- 1 cup whole milk
- 1/4 cup hot brewed espresso
- 1 tablespoon canned pumpkin
- 1/4 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 tablespoon sugar
- Optional: Whipped cream, ground nutmeg

Directions

1. In a small saucepan, combine the milk, pumpkin and sugar. Cook and stir over medium heat until steaming. Remove from the heat; stir in vanilla and pie spice. Transfer to a blender; cover and process for 15 seconds or until foamy.
2. Pour into mug; add espresso. If desired, garnish with whipped cream and spices.



Fun, Silly & Inspiring Quotes

"The greatest glory in living lies not in never falling, but in rising every time we fall."

- Nelson Mandela

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

- Mother Teresa

"Well done is better than well said."

- Benjamin Franklin

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

- Helen Keller

"If life were predictable it would cease to be life and be without flavor."

- Eleanor Roosevelt

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

Fall Cleaning Hacks

Fall cleaning is a great way to prepare your home for the upcoming winter months. Here are some life hacks and tips to make the fall cleaning process more efficient and effective:



- **Create a Cleaning Checklist:** Make a detailed checklist of all the tasks you want to tackle during your fall cleaning. This will help you stay organized and ensure you don't forget anything.
- **Declutter First:** Before you start deep cleaning, declutter each room. Donate or discard items you no longer need or use. This will make cleaning and organizing much easier.
- **Work Room by Room:** Instead of jumping from task to task, focus on one room at a time. This approach provides a sense of accomplishment as you complete each room.
- **Rotate Seasonal Items:** Swap out summer items with fall and winter ones. Store summer clothes, beach towels, and outdoor furniture and bring out coats, scarves, and blankets.
- **Prepare for Winter Weather:** Inspect and clean your fireplace and chimney if you have one. Stock up on firewood, salt, and winter supplies like shovels and ice melt.