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Can You Handle the Truth???

According to The Encyclopedia of Superstitions, there's a popular belief that "as many falling leaves as can be caught in the hand in autumn, so many happy months will follow.

JOKE of the Month

When I went to the dentist, he put all caps on my teeth. Now I can't stop shouting.



ZOOM!

Professional Whitening System

Fall Brighter, Whiter Sale

With summer turning into fall 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.

October 2022



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9 Easy Habits that support Your Mental Health

Taking care of your mind is just as important as taking care of your body. Unfortunately, you may sometimes forget about your mental health. After all, it's obvious if you visit the gym instead of watching TV or eat salmon for dinner rather than fried chicken. How you treat your mind is usually less visible and more difficult to track. To stay on top of things, it helps to develop easy habits that fit into your usual routines. That way smart choices become more automatic.

Use these tips to help you get started.

1. SLOW DOWN.

Multitasking increases your stress levels and can actually damage your brain. When you find yourself rushing around, take a deep breath. Figure out your priorities and eliminate unnecessary commitments.

2. SHIFT YOUR ATTENTION.

Do you dwell on disappointments and overlook the positive events that happen each day? Start a gratitude journal to remind you of the things that you're thankful for.

3. LISTEN TO MUSIC.

Your favorite songs can lift your spirits and give you more energy. Put together playlists for working out and doing household chores.

4. SPEND TIME OUT DOORS.

Bask in the sunshine. If you're working at home, bring your laptop out on the patio. Go camping or take a picnic to the beach on weekends.

5. MONITOR MEDIA CONSUMPTION.

Disturbing news can weigh you down, and comparing yourself to others on Facebook can make you feel like you're missing out. Search for inspirational content and set limits on screen time.

6. CONTINUE LEARNING.

Stimulate your brain. Read books and take online courses. Talk with others about their careers and hobbies. Ask lots of questions.

7. STAY ACTIVE.

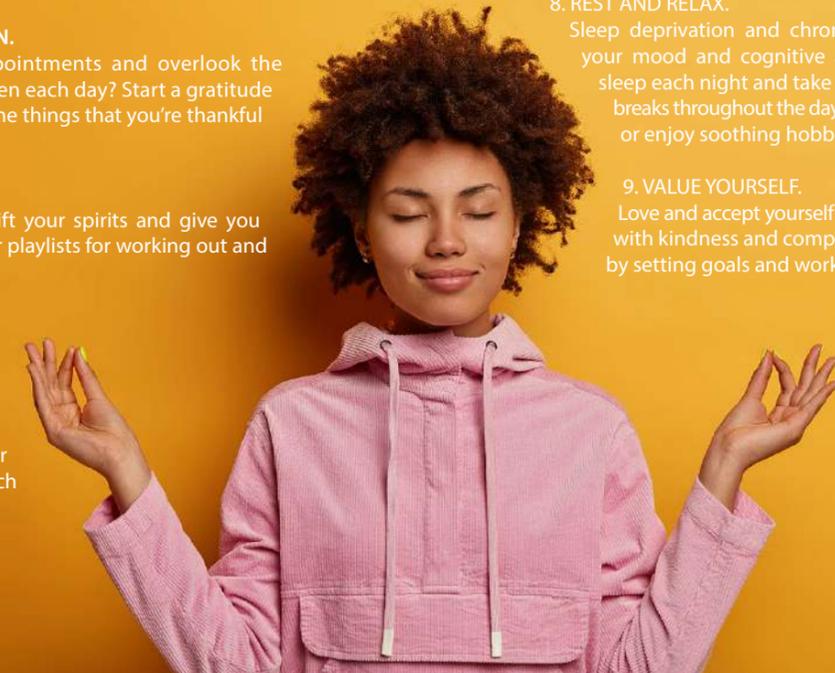
Physical exercise benefits your mind as well as your body. Any routine you enjoy will help.

8. REST AND RELAX.

Sleep deprivation and chronic stress can interfere with your mood and cognitive abilities. Aim for 8 hours of sleep each night and take refreshing breaks throughout the day. Take time to reflect in solitude or enjoy soothing hobbies.

9. VALUE YOURSELF.

Love and accept yourself for who you are. Treat yourself with kindness and compassion. Build your confidence by setting goals and working towards them.



Tips, Tricks & Trends

Affirmations For Success

I set goals and persevere to achieve success.

I am thankful for focusing on what matters most to me, and I am so focused on my career pursuits and financial security.

Setting goals helps me achieve great things in all aspects of my life, and because I do this, I achieve great success in every part of my life.

I have a sense of pride and gratitude for creating an outstanding track record. It takes courage to pursue my dreams. It takes courage to push through the doubts and naysayers. I use my energy to stay focused on my goals. I learn how to ignore distractions.

I know that I can eventually reach my goals if I work hard. I refuse to let setbacks stop me from working harder and overcoming obstacles - I just keep going until I succeed.

I am determined to reach my goals. I continue to pursue my life dream because I know that I can succeed.

I commit to reaching my personal and professional goals, and regardless of how long it takes to see results, I keep going, which is why I stick with my plan and commit my time and effort.

I am aware of my potential and conscious of my actions. I am confident in the direction of my life, and I see the light at the end of the tunnel.

Today, I am committed and dedicated to achieving my dreams. Whatever it takes, I keep moving forward persistently. I can genuinely say that I have succeeded.

Self-Reflection Questions:

1. How does one become successful in all aspects of their life?
2. What are some ways that I can improve my performance?
3. Where can I apply persistence to achieve my highest level of success?

Fun Facts

That'll Astound Your Friends

- **Halloween is really old.** In fact, Halloween is more than 2,000 years old! The holiday can be traced back to the times of the ancient Celts and is rooted in their festival of Samhain.
- **Like September's Harvest Moon,** October's full moon is known as the Hunter's Moon. October's full Moon, known as the Hunter's Moon, arrives on Sunday, October 9
- **The sun weighs 2,000 million million million tons.**
- **The bee hummingbird** drinks from up to 1,500 flowers a day.
- **African lions catch about 20% of the prey they chase.** Dragonflies catch 95%.
- **If you type the word "askew" into the Google search box, the entire page will tilt slightly.**



TIPS FOR HEALTHIER GUMS

You probably think of your teeth when you think of your oral health, but you may not give much thought to your gums. They're just as important, however. Gum disease causes red, swollen gums and, in its most severe form, can lead to loose teeth and pockets of infection between your teeth and gums. Being proactive and taking care of your gums can lower your risk of developing gum disease. Follow these three tips for healthier gums:

• Brush properly at least twice a day.

Brushing your teeth at least twice a day is the first line of defense against gum disease. That's because it helps to remove plaque from your teeth. Use a soft-bristled toothbrush and toothpaste with fluoride. Place your toothbrush at a 45-degree angle against your gums, and brush gently with short strokes. Use short, back-and-forth strokes to clean the outer surfaces of your teeth, and brush the inner upper-front teeth using short, downward strokes. Clean the chewing surfaces of your teeth by using short back-and-forth strokes.

• Floss once a day.

Flossing at least once a day is an important step in avoiding gum

disease. It removes food and plaque from between your teeth and gum line, which reduces your risk of tartar forming. Tartar is bacteria that builds up and becomes hard, and it can't be removed by brushing—only a dentist can remove tartar. If tartar is allowed to form, it can lead to gum disease.

• Get regular dental checkups.

Visit the dentist regularly for professional cleanings, which are the only way to remove tartar from your teeth. These appointments also allow your dentist to identify gum problems in their earliest stages, when they're easiest to treat.



Roasted Pumpkin Seeds

Next time you carve pumpkins or cook fresh pumpkins don't throw out the pumpkin seeds. They make great snacks that are rich in fiber and kids love them. Purists will want only salt as a seasoning, but if you're feeling adventurous, experiment and have fun with seasoning blends.

Ingredients:

- 1 1/2 cups pumpkin seeds
- 2 teaspoons melted butter (olive oil or vegetable oil work well) or 2 teaspoons melted oil (olive oil or vegetable oil work well)
- salt
- garlic powder (optional)
- cayenne pepper (optional)
- seasoning salt (optional)
- cajun seasoning (optional)

Directions:

1. Preheat oven to 300 degrees F.
2. While it's OK to leave some strings and pulp on your seeds (it adds flavor) clean off any major chunks.
3. Toss pumpkin seeds in a bowl with the melted butter or oil and seasonings of your choice.
4. Spread pumpkin seeds in a single layer on baking sheet.
5. Bake for about 45 minutes, stirring occasionally, until golden brown.



Fun, Silly & Inspiring Quotes

"When I was a kid my parents moved a lot, but I always found them."

- Rodney Dangerfield

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

- Leslie Nielsen

"I have not failed. I've just found 10,000 ways that won't work."

- Thomas A. Edison

"Life isn't about finding yourself. Life is about creating yourself."

- George Bernard Shaw

"Be the change that you wish to see in the world."

- Mahatma Gandhi

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

BEST HALLOWEEN APPS TO DOWNLOAD in 2022

Trick or Treat Map (Old Moon Studios LLC) - Let Trick-or-Treaters know where to go! With the Trick or Treat Map, you can now see all of the places nearby that are handing out candy!

Ghost Detector Radar Camera (First Class Media B.V.) Find ghosts and communicate with spirits, using this app's groundbreaking ultra-realistic experience. The only ghost detector app that shows you detected ghosts like they are actually floating in your home.

Halloween Word Search Games (FinBlade) It's gorgeous, it's ghostly, it's free and it's back! From the creators of the hugely popular WordSearch game comes Halloween WordSearch! With a selection of beautiful backdrops, touch-and-trace input, spooky words and a scary soundtrack, you'll find plenty of puzzles to challenge you.

Zombie Booth (MotionPortrait, Inc.) Zombie Booth is a Halloween photo editing app that allows users to convert their 2D portraits and selfies into 3D undead doppelgangers. The app leverages image recognition technology and other photo manipulative techniques to make the new zombified 3D images speak, scream, and scowl.

