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Can You Handle the Truth???

According to History.com, trick or treating became popular in the 1930s, when it was acceptable to hand out everything from homemade cookies, to nuts, toys, and coins. Candy companies started marketing pre-packaged Halloween offerings in the 1950s, and 20 years later, it became the primary treat given out to children.

JOKE of the Month

What do you get if you cross a dentist and security personnel?
A mouthguard!



ZOOM!

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We are pleased to offer
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HEALTHY ALTERNATIVES TO HALLOWEEN CANDY YOUR KIDS WILL LOVE

Your kids will love healthy alternatives to Halloween candy if you make them frightfully good. These are some ideas for healthy holiday food and celebrations that are low on sugar and still a lot of fun.

Healthy Food Substitutions for Traditional Halloween Candy:

1. Make your own sinister snacks. Kids love gross things. Use cookie cutters to design homemade cookies in shapes like ghosts and bats. Bake gingerbread zombies with missing limbs. You can adjust the conventional recipes to lower the sugar and substitute whole grain flour for half the white flour.

- Kids will also love to eat fruit and vegetables if you arrange them right. Peel grapes so that they look like eyeballs. Make a skeleton shape out of carrot sticks and sliced vegetables.

2. Hand out healthier foods. There are lots of nutritious foods you can hand out for trick or treating or at parties. Focus on sturdy fruits and vegetables like baby carrots, raisins, apples, oranges, or bananas. Try pre-packaged cheese sticks or make your own packets of nuts.

- Beware of cereal bars that may have as much sugar and fat as candy.
- Create your own trail mix with granola, nuts, and dried fruit.
- The sophisticated older child may even like seaweed or unsalted soy nuts.

3. Try sugar free or organic candy and gum. If you want to serve candy, try sugar free or organic brands. Read the labels to check on any chemicals you want to avoid and to find out how much sugar they contain.

Sugar free gum is especially good to help keep dental plaque from forming if your kids eat any sugary candy. It stimulates saliva and can help fight tooth decay.

There are healthy alternatives to Halloween candy that will keep your kids happy and your dental bills down. Make this Halloween good and scary for you and your family.



Tips, Tricks, and Trends

Halloween Costume & Accessory Safety Tips For Dogs

Halloween Costume and Decor Dog Safety

The trend of dressing dogs in costumes has increased over the years. It is quite simple to find costumes created specifically for pets, however, that does not necessarily ensure their safety. Beads, snaps, buttons, ribbons, elastic, and fabric can all be intestinal hazards.

Avoid purchasing costumes for pets that have dangling parts or pieces that can be chewed off. In addition, costumes on your pet can result in overheating, impaired vision, and even difficulty breathing if it covers the face or is too restrictive around the pet's neck or chest.

Glow Sticks and Glow Jewelry

Glow sticks are a fun Halloween trend and can help keep humans a little safer in the nighttime, but for dogs and cats, these items look like toys. Glow-in-the-dark items are filled with a liquid that if punctured, will leak the glowing content. If ingested, this fluid causes mouth pain, irritation, and excessive salivation. Keep these items away from your dog to ensure Halloween dog safety.

Candles, Flashlights, and Battery Operated

The fact that this holiday is primarily celebrated at night means greater use of candles and battery operated decorations. Use candles with care. Wagging tails and sniffing noses can land on flames that may result in injury and burns. Keep all battery operated toys and decor out of reach from curious pets, as they can be chewed or ingested, resulting in a visit to the emergency clinic.



Fun Facts

That'll Astound Your Friends

- Human eyes are made of nearly 2 million working parts.
- Crows often hold grudges against specific people. Crows are excellent at recognizing people's faces and are able to remember people for a long time! This can be either a negative or positive fact, depending on how nice you are to them.
- An average yawn is nearly six seconds long.
- Banging your head against a wall for one hour burns 150 calories. A safer way to burn 150 calories would be to take your dog for a walk for 45 minutes.
- It takes eight minutes and 19 seconds for light to travel from the Sun to Earth.
- Your heart beats about 115,000 times a day.

Thumbsucking

Thumbsucking is a natural reflex for children. Sucking on thumbs, fingers, pacifiers or other objects may make babies feel secure and happy and help them learn about their world. Young children may also suck to soothe themselves and help them fall asleep.

How Can Thumbsucking Affect My Child's Teeth?

After permanent teeth come in, sucking may cause problems with the proper growth of the mouth and alignment of the teeth. It can also cause changes in the roof of the mouth.



Pacifiers can affect the teeth essentially the same ways as sucking fingers and thumbs, but it is often an easier habit to break.

The intensity of the sucking is a factor that determines whether or not dental problems may result. If children rest their thumbs

passively in their mouths, they are less likely to have difficulty than those who vigorously suck their thumbs. Some aggressive thumbsuckers may develop problems with their baby (primary) teeth.

When Do Children Stop Sucking Their Thumbs?

Children usually stop sucking between the ages of two and four years old, or by the time the permanent front teeth are ready to erupt. If you notice changes in your child's primary teeth, or are concerned about your child's thumbsucking consult your dentist.

How Can I Help My Child Stop Thumbsucking?

Praise your child for not sucking. Children often suck their thumbs when feeling insecure or needing comfort. Focus on correcting the cause of the anxiety and provide comfort to your child.

For an older child, involve him or her in choosing the method of stopping. Your dentist can offer encouragement to your child and explain what could happen to their teeth if they do not stop sucking.

If these tips don't work, remind the child of their habit by bandaging the thumb or putting a sock on the hand at night. Your dentist or pediatrician may prescribe a bitter medication to coat the thumb or the use of a mouth appliance.

Ridiculously Easy Bean Salad

FOR THE SALAD

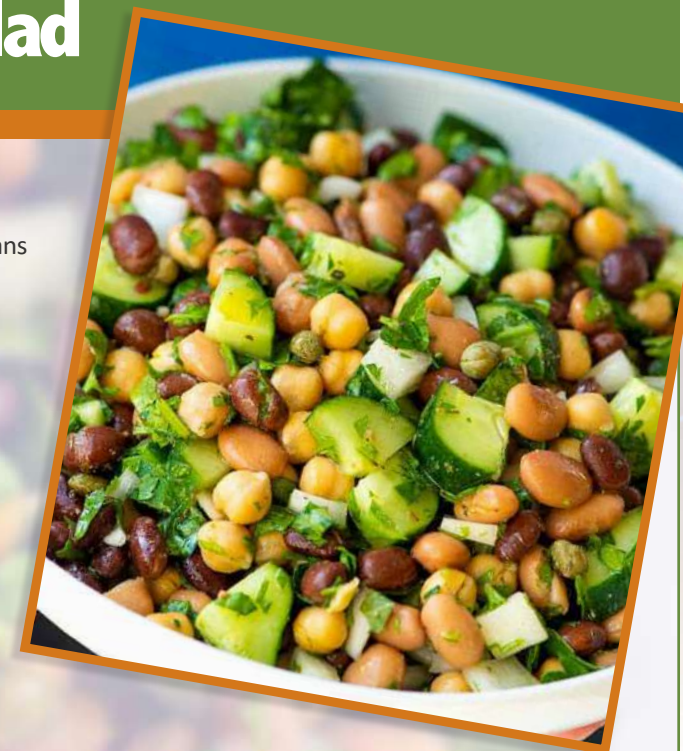
- 3 (15-ounce) cans beans, drained and rinsed or use 4 ½ cups cooked beans
- 1/2 medium onion, finely chopped (about 3/4 cup)
- 1 medium cucumber, finely chopped (about 2 cups)
- 3 tablespoons drained capers
- 1/2 cup (60 grams) finely chopped fresh parsley
- 3/4 teaspoon dried oregano

FOR THE DRESSING

- 1/4 cup (60 ml) red wine vinegar
- 1/4 cup (60 ml) extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons honey or maple syrup, optional
- 3/4 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon fresh ground black pepper

DIRECTIONS:

1. Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. This step helps to remove some of the "raw" flavor of the onion so that it does not overpower the salad.
2. Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in 1 to 2 teaspoons of honey or maple syrup to balance out the vinegar.
3. Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.



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

10 Great Life Hacks to Live By

Life hacks are intended to improve your life, and as per its real definition, it's a system or procedure taken on to deal with one's time and everyday exercises in a more effective manner. Here's 10 great hacks to practice:

- On the fence about a purchase? Wait 72 hours before you buy it.
- The quickest supermarket queue is always behind the fullest trolley (greeting, paying and packing take longer than you think).
- Keep a bird feeder by a window, ideally the kitchen. It'll pass the time when you're washing up.
- Add the milk at least one minute after the tea has brewed.
- If possible, take the stairs.
- Sleep with your phone in a different room.
- Learn how to floss properly.
- Drop your shoulders.
- Make a friend from a different generation.
- Go for a walk without your phone.



Fun, Silly & Inspiring Quotes

"If people are doubting how far you can go, go so far that you can't hear them anymore."

- Michele Ruiz

"The best time to plant a tree was 20 years ago. The second best time is now."

- Chinese Proverb

"If I were two-faced, would I be wearing this one?"

- Abraham Lincoln

"A smile is a facelift that's in everyone's price range!"

- Tom Wilson

"I dream of a better tomorrow, where chickens can cross the road and not be questioned about their motives."

- Ralph Waldo Emerson