



1913 W South Blvd.
Troy, MI 48098

FOLLOW US!



www.drkeithkelley.com
(248) 457-5574

INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks

- page 02

- What Does Alcohol Do to Your Teeth?
- General Tso's Chicken

- page 03

- Get Your Free Copies Now!

- page 04

Free Report Reveals: How You Can Change Your Smile

To find out more about changing your smile,
request the free special report and DVD:

"The Patient's Guide to Cosmetic Dentistry"

at **www.drkeithkelley.com**

or call us to book your

***Complimentary Cosmetic
Consultation with Dr. Keith Kelley***

We look forward to seeing you!



JOKE of the Month

What does the ocean do
when it sees its friends?

It waves!

September 2021



INSIDE THIS ISSUE

- Tips, Tricks & Trends
- Fun, Silly & Inspiring Quotes
- Every Day Life Hacks - page 02
- What Does Alcohol Do to Your Teeth?
- General Tso's Chicken - page 03
- Get Your Free Copies Now! - page 04

*Looking and feeling good
at any age*

Tired of being bombarded with anti-aging messages? Get ready to flip that script. We've rounded up the best practices to embrace the natural aging process and help you live your best life, no matter your age.

Make healthy food choices

Did you know gut health may play an important role in healthy aging? Nutritionists recommend focusing on good bacteria in the gut. Incorporating fermented foods like yogurt and kombucha can help promote good gut bacteria. Raw veggies and fruits like kale, spinach, kiwi and pomegranate are high in fibre and chock-full of antioxidant vitamins A and C to help support gut health.

Revitalize your smile

Keeping your smile healthy is key to your confidence, and your gums play an essential role since they are the foundation of a healthy smile. Choose a toothpaste that prioritizes gum health, specialized formulas that helps reverse early gum damage and reduces bleeding and inflammation for healthy and revitalized gums.

Take care of your skin

As we age, our hydration levels drop and we need more external replenishment. Hyaluronic acid is a great hydrating ingredient and many products formulated with it advertise that they improve the feel and appearance of skin. Vitamin A derivatives like retinol can also help correct fine lines, sun damage and dullness. But the number one thing you can do for your skin is use a good sunscreen every day. A radiant complexion is exactly what the doctor ordered.



Tips, Tricks & Trends

Using creativity to help kids learn

Fractions are more fun when you're using slices of pizza as an example. A child who loves video games may be interested in learning a basic coding program. It's no surprise that kids are more easily engaged in learning when they're having fun. Check out these simple tips to support their lessons and make learning at home fun.

lead to a conversation about the environment and things we can do to help the planet. Perhaps the most important thing they'll learn is that spending time together is fun.

Let your kids' interests lead the way

When introducing a new skill or subject, consider using their current interests as a starting point. A child who loves animals may be more motivated to pick up a book if it's about tigers or sharks, while one who loves superheroes may be more excited to write if it's a story about a superpower they'd like to have. Use their current interests to build their curiosity in other topics as well. When you let them lead the way, learning becomes much more engaging for everyone.

Find teaching moments in daily activities

There are many household chores and activities that can be turned into fun lessons. For example, baking with your child can become a math lesson as you measure cups of flour and teaspoons of baking soda. Counting the coins in a child's piggy bank can turn into a lesson on basic savings. Planting flowers can

Be attuned to how they learn

Different kids learn in different ways. Some may pick things up faster through visual cues, while others will do better seeing things in writing. Some kids like to build things with their hands, while others prefer to use their imaginations and create with their minds. It's amazing what kids come up with when you give them the space to learn their own way, so try to be flexible and give them choices to support their unique styles.



Fun Facts

That'll Astound Your Friends

- **McDonald's once made bubblegum flavored broccoli.** Unsurprisingly, the attempt to get kids to eat healthier didn't go over well with the child testers, who were "confused by the taste."
- **Blue whales eat half a million calories in one mouthful.** Those 457,000 calories are more than 240 times the energy the whale uses to scoop those krill into its mouth.
- **Dogs sniff good smells with their left nostril.** Dogs normally start sniffing with their right nostril, then keep it there if the smell could signal danger, but they'll shift to the left side for something pleasant, like food.
- **We only have two body parts that never stop growing.** Noses and ears.

WHAT DOES ALCOHOL DO TO YOUR TEETH?

While moderate alcohol consumption can be part of a healthy lifestyle, alcohol isn't generally considered healthy. Part of its mixed reputation comes from both the short- and long-term effects it has on your body and your health, from your brain, to your blood sugar, to your liver.

But what are the effects of alcohol on your gums, mouth tissues, and teeth?

The Centers for Disease Control and Prevention (CDC) defines moderate alcohol use as one drink a day for women and no more than two drinks a day for men. The CDC considers heavy drinking to be more than eight drinks a week for women, and 15 or more for men. Gum disease, tooth decay, and mouth sores are all much more likely for heavy drinkers, and alcohol abuse is the second most common risk factor for oral cancer.

What about the teeth?

People who have alcohol use disorder tend to have higher plaque levels on their teeth and are three times as likely to experience permanent tooth loss. But are moderate drinkers at risk for serious tooth and mouth disease? There isn't much conclusive medical evidence. Dentists say that they see the effects of moderate drinking regularly, however.

Staining

"The color in beverages comes from chromogens," explains Dr. John Grbic, director of oral biology and clinical research in dentistry at Columbia's College of Dental Medicine. Chromogens attach to tooth enamel that's been compromised by the acid in alcohol, staining teeth. One way

to bypass this is to drink alcoholic drinks with a straw. "If you have a preference for mixing liquor with dark sodas or drinking red wine, say goodbye to a white smile," says Dr. Timothy Chase, DMD, of SmilesNY. "Aside from the sugar content, dark-colored soft drinks can stain or discolor the teeth. Remember to rinse your mouth with water between drinks." Beer is only marginally better, according to Dr. Joseph Banker, DMD, of Creative Dental. "Beer is acidic just like wine. That makes teeth more likely to be stained by the dark barley and malts found in darker beers."



Dryness

Banker also notes that drinks high in alcohol, like spirits, dry the mouth. Saliva keeps teeth moist and helps to remove plaque and bacteria from the tooth's surface. Try to stay hydrated by drinking water while you drink alcohol.

Other damage

Tooth damage related to alcohol is increased if you chew the ice in your drinks, which can break your teeth, or if you add citrus to your beverage. The American Dental Association notes that even a squeeze of lemon could erode tooth enamel.

One study did conclude, however, that red wine kills oral bacteria called streptococci, which are associated with tooth decay. That said, don't start drinking red wine just for this reason.

General Tso's Chicken

This recipe is battered crispy chicken pieces tossed in a sweet and spicy sauce. A take-out classic that's simple to make at home and even better than what you'd get in a restaurant!

For the sauce

- 2 teaspoons vegetable oil
- 2 teaspoons minced fresh garlic
- 1/2 teaspoon crushed red pepper flakes or more to taste
- 3/4 cup low sodium chicken broth
- 2 tablespoons hoisin sauce
- 2 tablespoons brown sugar
- 1/4 cup low sodium soy sauce
- 1 tablespoon corn starch

Directions

- Place the eggs in a bowl; add salt and pepper to taste.
- Mix together the flour and corn starch and place in a shallow bowl or on a plate.
- Heat 3 inches of oil in a deep pot to 350 degrees F.
- Dip each piece of chicken into the egg mixture, then coat in the flour mixture. Repeat the process for all of the chicken pieces.
- Fry 8-9 pieces of chicken at a time for 5 minutes or until browned. Repeat with all the remaining chicken.
- While the chicken is cooking, make the sauce.
- Heat the 2 teaspoons of vegetable oil in a saucepan over medium heat. Add the garlic and crushed red pepper flakes and cook for 30 seconds.
- Whisk together the chicken broth, hoisin sauce, brown sugar, soy sauce and corn starch.
- Add the liquid mixture to the pan and bring to a simmer. Cook for 2-3 minutes or until sauce has thickened.
- Add the chicken pieces to the pan and toss to coat with the sauce. Sprinkle with sesame seeds and green onions and serve.

For the chicken

- 1 1/2 lbs boneless skinless chicken thighs cut into 1 inch pieces
- 2 eggs lightly beaten
- salt and pepper to taste
- 1/2 cup all purpose flour
- 1/2 cup corn starch
- vegetable oil for frying
- 2 teaspoons sesame seeds
- 2 tablespoons green onions sliced

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

When Life Gives You Lemons, Find Some Useful Hacks!

Lemons can get rid of the most annoying stains, remove the smelliest odors, and even keep you looking your Sunday best. Let's see what lemons have to offer us. And you know what they say – when life gives you lemons, hack them up.

When life gives you lemons: Use them to whiten your white clothes and linens.

What you need to do: Mix half a cup of lemon juice with a gallon of hot water and let the fabric soak for a few hours. Have your whites stopped looking so white? It can be those pesky armpit stains on t-shirts or your kids' food stains on their clothes. Lemons are safer and better for the environment than bleach. You can also add three teaspoons of lemon juice to your next load of whites.

When life gives you lemons: Get rid of dandruff.

What you need to do: Massage 2 tablespoons of lemon juice into your scalp and then rinse with water. Then you can rinse your hair with 1 teaspoon lemon juice and 1 cup water. Repeat this daily until your dandruff goes away. What lemons do is help balance the pH of your scalp, which in turn keeps dandruff at bay. So don't be afraid to wear black anymore. This hack will save you!

When life gives you lemons: Use them to revive your wilting lettuce.

What you need to do: Make your wilting lettuce a little bit crispier by adding a little lemon juice. Once dry, the leaves will be crisp again. You can also use this tip for apples, avocado, potato, cauliflower, and pears to keep them from browning.

When life gives you lemons: Give a wonderful smell to your house.

What you need to do: Leave the lemon and/or the rinds hidden in plain sight throughout the house or throw them on top of the trash. Other than odors that can pop up in your home, odors can also stick to your skin. Like when you're done cooking, but your hands still smell of onion, garlic, or fish. It's almost impossible to get rid of the smell by just washing your hands with soap. However, rubbing lemon juice on your hands will neutralize odors from food. Ever been to a Chinese restaurant that gave you warm lemon water at the end of your meal? That's why.

When life gives you lemons: Make your nails whiter.

What you need to do: Cut half a lemon and squeeze it into a small bowl. Soak your fingers for ten minutes. Rinse with vinegar.



Fun, Silly & Inspiring Quotes

"Laugh and the world laughs with you, snore and you sleep alone."
- Anthony Burgess

"Life isn't finding shelter in the storm. It's about learning to dance in the rain."
- Sherrilyn Kenyon

"We don't stop playing because we grow old; we grow old because we stop playing."
- George Bernard Shaw

"Never go to a doctor whose office plants have died."
- Erma Bombeck

"Even if you're on the right track, you'll get run over if you just sit there."
- Will Rogers