



Dedicated To Your Beautiful Smile

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Facts to Share — Did You Know?

Did you know that our practice mission is dedicated to breaking the link between your dental problems and their detrimental effects over the rest of your body? **All chronic disease--whether it's decay or infection---is inflammatory and that inflammation spreads to the rest of your system!**

We do not want you connected to heart disease, type 2 diabetes, cancer, or Alzheimer's Disease, so we work to eradicate all infections from your mouth. We want you to live a long, happy, healthy life!

Did you know that Dr. Anglis has attended over 3000 hours of continuing education courses? It's no wonder that he received the Lifelong Learning and Service Award twice now!

Did you know that over 50 dentists and their families have come to Dr. Anglis for their dental implant treatment? Dr. Anglis is honored to serve his colleagues and is delighted to be selected by them!

Quote of the Month

“Look in the mirror. That’s your competition.”

John Assaraf

Choking to Death???

Recently, we have been made aware of two patients within one month who were choking to death on their food because of their missing, broken, decayed, and diseased teeth! How awful for them!

In one case, our patient's adult son had to perform the Heimlich Maneuver twice during Christmas Dinner to save his life when he was choking on his meal!

When your teeth are missing and broken, you are unable to chew your food properly and thoroughly. In these cases, only partially chewed food is dangling in your throat causing you to choke and grasp for air!

We now know that these situations exist for many people... If this happens to you, it is time to pick up the phone and call 1-877-526-4547 today so that we can solve all of these problems, and help you to live a long, healthy, and happy life!

Please do not live like this — you deserve better, and your family deserves better!

It's time to take control of your life, and that starts with control of your health!

Your family needs you to get well, and to get well quickly!

Remember the man who was choking at Christmastime? Prior to his Magnificent All-on-Four Implant Treatment, he had also been diagnosed in recent years as a diabetic...his type 2 diabetes was directly connected to the inflammation inside his mouth.

Small Calorie Economics

Try these tips for a not-so-bad diet cheat:

- **Hamburger taco:** You find yourself at a fast food place and everyone is having burgers. You could get the low-carb, no bun version. But if you can't resist a little bread, buy the whole burger, throw away the top of the bun, then bend your burger into a taco, using the bottom as a shell. You save



One week after surgery, his sugar levels decreased significantly...
Two weeks after surgery, he started eating healthy again...
Two months after surgery, he no longer needs to take any diabetic medications!!!

What would it mean to you to get healthy again?

It's essential for us to emphasize the importance of not waiting to have your treatment done. If you have visited our office and participated in our **Complimentary Masterpiece Smile Consultation**, then you have received thorough, careful, expert diagnosis and screening and evaluation of your teeth, gum tissues, and entire mouth, and Dr. Anglis informed you of what you need most to save the teeth you can, replace the teeth that cannot be saved, and to get you much healthier by removing the inflammation that exists inside your body. It's time to get healthy again!

Don't wait, don't delay, and don't put off getting well one more day! Let's get started!

more than half the bread calories and carbs.

- **Make it a cooler:** If everyone is having a drink of wine, order wine with a club soda on the side. Cut your wine with the club soda. That way one glass of wine easily stretches to two. Half the calories saved. Add a diet lemon-lime drink instead to add sweetness.

Summer Fruit Galettes



Looking for a way to bring a beautiful and delicious summer fruit dessert to the table? Try Summer Fruit Galettes, a 30-minute dessert that looks like you spent hours preparing! Pairs great with fresh whipped cream or a scoop of vanilla ice cream!

INGREDIENTS

2 (9 inch) refrigerated pie crusts
 3 fresh peaches – peeled, pitted and sliced
 1 pint of fresh strawberries, sliced
 ½ pint fresh blueberries
 4 tablespoons white sugar, divided
 4 tablespoons all-purpose flour, divided
 6 tablespoons turbinado sugar, divided

DIRECTIONS

1. Preheat oven to 450 degrees F (230 degrees C).
2. Lay out one pie crust on a baking sheet lined with parchment or on a baking stone, leave room for the second pie crust next to it.
3. Mix together the sliced peaches with half the blueberries, 2 tablespoons of the flour and 2 tablespoons of the sugar in a bowl. Pour over one pie crust

leaving a 1-in boarder, fold up the uncovered border over the edge of the fruit and pinch into pleats. Sprinkle the crust and fruit filling with 3 tablespoons of turbinado (or raw) sugar.

4. Lay out the second pie crust on the baking sheet. Mix together the sliced strawberries, the rest of the blueberries, 2 tablespoons flour and 2 tablespoons of sugar in the bowl. Pour over the second pie crust and form the galette the same as the first. Sprinkle with 3 tablespoons of turbinado sugar.
5. Bake in preheated oven until crust is lightly browned, 12 to 14 minutes. Sprinkle with more sugar if desired. Serve warm or at room temperature.

<https://www.allrecipes.com/recipe/143097/summer-fruit-galettes/>

Tenderize that Bee Sting

There's nothing you can do for the zing of a bee sting, but you can minimize the pain and possible swelling.

One remedy many people swear by: treat the area with meat tenderizer. Make a paste of unseasoned meat tenderizer and water, and coat the area. Tenderizer contains papain, an enzyme found in papayas. It supposedly breaks down proteins that cause pain and itching. Mix one part tenderizer with four parts water for the paste and give it a go.

The tenderizer remedy is not mentioned in medical literature, but it can't hurt. If nothing else, a cool paste can help with the hot spot left behind by a sting.

And maybe don't go barefoot or wear sandals to walk in grass.

Severe allergic symptoms to bee stings require immediate medical help.



Benefits of Activated Charcoal

Activated Charcoal has been in the news lately and we wanted to take a moment to review some of the benefits that have currently been discussed:



If you are experiencing excess gas or bloating, you may want to try taking activated charcoal powder as 1981 research found that it reduces the amount of gas produced by adsorbing gas along with the bacteria which create it.

Water purification? Charcoal filters help remove lead, chlorine, and other toxins and impurities from your drinking water.

Have an insect sting, a brown recluse or black widow spider bite, or snake bite? Apply a poultice and seek medical attention if needed for the spider bite or if the snake was poisonous.

Using a charcoal-filled cloth can help eliminate bad odors over a plastic cast. As a poultice and/or pack it can effectively absorb wound secretion, bacteria and toxins. This can be used to treat infections of the face, eyelid or skin.

These are just the tip of the iceberg when it comes to the benefits and uses of activated charcoal.

However; if you are taking any drugs for constipation (such as sorbitol or magnesium citrate) don't take activated charcoal as, per WebMD, it can cause an electrolyte imbalance or other problems.

Also, it can reduce or prevent the absorption of Acetaminophen, digoxin, theophylline, and tricyclic antidepressants.

<https://www.natural-holistic-health.com/the-benefits-of-activated-charcoal/>

Visiting Atlanta, Georgia?

Come experience everything from Civil War locations to Civil rights, movie tours, the World of Coca-Cola, the aquarium and great southern food.



Visit pivotal locations in Atlanta history from Civil War battlefields to the center of the Civil Rights movement as you visit sights including the Margaret Mitchell House, Oakland Cemetery, and Martin Luther King Jr. National Historical Park. Stop by The Center for Civil and Human Rights to explore the connection between the American Civil Rights Movement and the modern Global Human Rights Movement. The APEX Museum presents history from an African-American viewpoint and allows both Americans and international travelers to better understand the contributions made by African-Americans.



If history isn't your thing, you can check out one of the numerous film and TV locations in Atlanta. See locations from popular movies such as 'Fast & Furious,' 'Divergent,' and Marvel franchise blockbusters including 'Captain America' and 'Spider Man.'. Visit the Korean Church of Asgard, Pym Technologies from Ant-Man, and the African Market in Captain America: Civil War, among other locations.



Take a tour of The Walking Dead filming locations in Atlanta with a guide who has starred as an extra on AMC's hit television series. Along the way, get an insider's peek at the hospital where the whole storyline of the show began, as well as the Goat Farm from the "Vatos" episode. You can also test your TWD knowledge against other fans during a trivia game session. Be sure to stop at the Woodbury Shoppe – the official Walking Dead store containing hundreds of collectibles and The Walking Dead Museum to see such artifacts as Daryl's motorcycle and the 'Dead Inside' hospital door.



If you loved 'Gone with the Wind', you may want to look into the Margaret Mitchell's "Gone with the Wind" Tour. Experience a Broadway play on wheels and discover the world of "Gone with the Wind" author Margaret Mitchell on this guided, 3-hour tour around Atlanta. Visit the Margaret Mitchell House to see where the book was written. Stop at the Atlanta-Fulton Public Library to see her Pulitzer Prize. Then see the Georgian Terrace Hotel, where the movie cast celebrated the premiere of the film in 1939.



Explore the history of the world's most famous beverage brand at the World of Coca-Cola in Atlanta. Located next to the Georgia Aquarium at Pemberton Place in downtown Atlanta. The experience begins in the Lobby, featuring a Coca-Cola folk art bottle display and a "sneak peek" video of

some of the highlights of the World of Coca-Cola experience. The popular museum offers a variety of entertainment options and attractions. Spend the day interacting with over a dozen exhibits, two theaters, the Vault of the Secret Formula, where the legendary recipe is locked away; [Bottle Works](#), a behind-the-scenes look at the Coca-Cola bottling process; Milestones of Refreshment, the story of the Coca-Cola Company in an engaging walk through history and much more. Thirsty? Visit the 'Taste It' exhibit where there are over 100 different beverage choices in a single machine. Finally, don't forget to take home a complimentary glass bottle and visit the Coca-Cola Store for a wide selection of gifts and souvenirs, including decorative items, apparel, accessories, one-of-a-kind art pieces, and much more.



Experience the beauty of one of the world's largest aquariums with a general admission pass to the Georgia Aquarium. Explore the aquarium's 10 million gallons of water and one of the largest aquatic collections in the world. Get an up-close look at exotic marine life, learn about aquatic habitats, and check out one of the most diverse examples of oceanic life in the world. You can experience everything from tropical fish to beluga whales to an action-packed, state-of-the-art 4D theater. Don't miss the AT&T Dolphin Tales exhibit and the Pier 225 Sea Lion Gallery, two popular attractions for all ages. If you get hungry, head to the Café Aquaria Food Court with a number of food options for the whole family.

https://www.visitacity.com/en/atlanta/activities/all-activities?activitiesSearchByName=tour&sbn_sec=to&ur&campaginid=142095127&adgroupid=6435878292&targetid=kwd-142127461193:loc-190&utm_source=bing&utm_medium=cpc&utm_campaign=Georgia%20Auto%20Activities%20G3%20Exact&utm_term=atlanta%20tour&utm_content=Atlanta%20Tours%20-%20AI



Dear Friends,

I just completed my fifth annual all-day seminar for my colleagues with whom I am blessed to work.

Over fifty dentists in Lake, LaPorte, and Porter Counties in Indiana, and many counties in Southwestern Michigan send their patients to me for dental implant services, and I am so honored by their confidence.

Our All-on-Four Dental Implant Treatment is many times life-saving, as well as it is life-changing, and my team and I are continuously amazed by the results!

None of these treatments, this technology, or my continuing education would be possible without the support of my family of patients! I stand in gratitude for your many years of loyalty here, and I pledge to you that I will do my best to continue to serve you and your families for many years to come!

Dedicated To Your Beautiful Smile,
Dr. Len Anglis



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