



Dedicated To Your Beautiful Smile & Building Your Immunity!!!

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The finest dentistry prevents problems, increases overall health, and boosts immunity from diseases! Our treatments and therapies for you will always reduce the inflammation inside your body and increase your immunities!

Quotes From One Of Our Favorite Game Show Hosts: Pat Sajak

After 41 seasons of **Wheel Of Fortune**, Pat Sajak will be retiring. We have certainly all loved the show, and will miss seeing him next year.

Here are some of his quotes to share with you:



Quotes of the Month:

“Sometimes you just stumble into something that works, and here I am a quarter of a century later.”

“Anyone who has seen me spin that heavy, giant wheel on television knows that I am not a steroid user.”

“I don’t like talking to horses because they are naysayers.”

“Once you buy a prize, it’s yours to keep.”

“If I went in to pitch this show to a network, I would be laughed out of the room.”

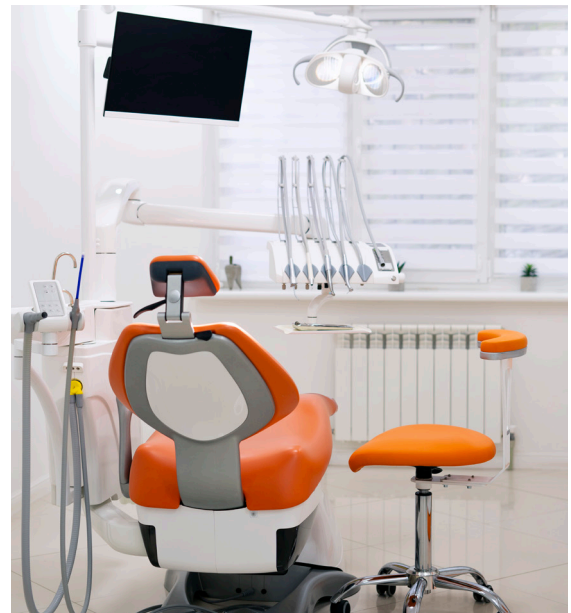
Cheap Dentistry Is Way Too Expensive!!!

If it seems too good to be true, it usually is! From misleading billboards to truly incorrect online information to the misrepresentation of the facts, our new patients arrive at our tropical dental resorts with lots of questions and concerns about their necessary dental treatments. So often, they might wonder why there is such a difference between dental fees and treatment plans offered elsewhere versus our practice and it is our pleasure and honor to explain the discrepancies.

First and foremost, Dr. Anglis is an **expert** in implant dentistry possessing over 30 years of experience in the successful placement of thousands of dental implants. There is nothing he has not seen and no dental problem that he has not solved. When you are scheduled with him, you continue to see him alone and our team. Within other clinics, you will see multiple doctors or you may need to go to different offices for phases of your treatment. Our patients **love** that we do everything here under one tropical roof!

Within the scope of dentistry, any dentist can take one course on dental implants on the weekend, and begin placing implants on Monday morning. Dr. Anglis studied for an entire year before he began placing dental implants for our patients. As you may know, Dr. Anglis has accumulated over 3000 hours of continuing education both here and abroad, so he believes in the most updated and researched treatment as our standard of care here.

Second, our fees are all-inclusive which means that it will be one fee with no further charges afterwards for follow-up checks on your dental implants. Our fee also includes all parts of the dental implant or dental implant prosthetic. So many fees are not all-inclusive and do not include all parts, and those fees can be deceiving and erroneous.



continues on page 2

Third, Dr. Anglis re-treats patients who have elected to go with the “cheapest route” on a regular basis since the dental work usually fails quickly for them. When patients decide to go elsewhere, we usually see them back in our practice within two years to re-treat everything for them. We would prefer to do it right the first time so that our patients can enjoy their beautiful smiles and functioning implants for a longer period of time. Cheap dentistry is way too expensive in that it robs you of your time, energy, and finances only to be completely repeated soon once the disappointments have stacked up for you.

Finally, Dr. Anglis stands behind his work and has partnered himself with Nobel BioCare which is a company warranting its products for our patients. Our magnificent All-On-Four Dental Implant Treatments are legitimate in their delivery of supported care. There are individuals in our area who call their treatments “all-on-four”, but they are illegally using this copyrighted term to confuse prospective patients. There is always a reason that fees are surprisingly low, and it is usually due to the lack of experience of the practitioner, inferior products, or some other service that is not provided to patients or a combination of these things.

When Dr. Anglis provides your dental implant and restorative care, you can rest in the confidence that you have selected the right doctor and the right practice to serve you with integrity and dedication to your Masterpiece Smile!

Flossing Is #3 On This List!

According to Harvard Men's Health Watch, there are Ten Habits For Good Health, but as far as we are concerned, these suggestions are important for all of us to utilize!

First, the newsletter suggests a morning stretch even before we get out of bed to improve circulation and to promote relaxation.

Second, we are encouraged to stay hydrated throughout the day. Starting with a big glass of water at the start of each day and drinking water with every meal will help us to achieve this important goal.

Third, we need to floss daily! Hooray, here it is! We know that good oral health will assist us in achieving whole body health, and keeping our mouths clean is essential to our health!

Fourth, applying sunscreen is the best defense against damaging rays. We should be applying sunscreen daily in the warmer months or when we are away on vacation in warm climates.

Fifth, the newsletter recommends selecting unsalted nuts and seeds as a great snack due to their beneficial nutrients.

Sixth, readers were encouraged to take 30 minute naps in the afternoon when possible for cognitive benefits.

Seventh, we have all heard that sitting too long is the new “smoking” and that we need to break up bouts of sitting with small bursts of movement. It's great to make it a habit to stand up “twice” each time you

stand up--that is, get up, sit back down, and then get back up.

Eighth, it is suggested that we all “take a breather” and alternate our nostril breathing by using a finger or thumb to close off one nostril at a time and breathe 5 - 10 times through each nostril in an alternating pattern for a few minutes.

Ninth, we are encouraged to take up hobbies since they improve our overall health and mood as well.

Finally, as we all know, it's important to be social! Our social interactions protect against depression and cognitive decline.

Please consider implementing these helpful tips into your life-- especially #3!



Nothing Beats Our Indiana Sweet Corn!

We have all heard the song, "There's more than corn in Indiana!" But, we know that our corn is unbeatable!

Whether simply boiled or in an elaborate recipe, our corn is always the star!

Please enjoy this corn salad recipe with all of us!

Ingredients

- 2 tablespoons good olive oil
- ½ cup chopped red onion
- 1 small orange bell pepper, 1/2-inch diced
- 2 tablespoons unsalted butter
- Kernels cut from 5 ears yellow or white corn (4 cups)
- 1½ teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons julienned fresh basil, minced fresh chives, and/or minced fresh parsley

Ingredients

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft.



Stir in the bell pepper and sauté for 2 more minutes.

2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

Recipe retrieved from the Barefoot Contessa website and is created by Ina Garten Find out more about this recipe at: <https://barefootcontessa.com/recipes/confetti-corn>

A.B.I.D.---Dr. Anglis' Credentials Explained

With over 3000 hours of continuing education, Dr. Anglis has accumulated a number of diplomate status awards, fellowships, and advanced certificates of study. As a matter of fact, there are only about five other dentists in the United States who have earned same number and type of these certifications.

A.B.I.D. stands for the American Board of Implant Dentistry and Dr. Anglis is board-certified in dental implants. To qualify for this examination he completed a General Practice Residency at University of Chicago, and studied an additional 670 hours of continuing education on dental implants. The examination consisted of a day-long written portion and a day-long oral examination which covered eight different types of dental implants.

Upon his successful completion of these requirements, he was awarded Diplomate Status from the Board.

We Want To Spotlight Celebrities In Our Practice Family! Will You Help Us, Please?

As you may know, we have worked to spotlight our couples who have been Blessed to be married for 50 years or longer through last years' newsletters. If you have celebrated this anniversary since that time, please let us know so that we can spotlight you!

If you have someone who recently graduated from high school, trade school, college, graduate school, or who has entered the military, please obtain permission and let us know so that we can spotlight your superstar as well!

Please call the office at **1.877.526.4547** or e-mail us at **lfanglis@sbcglobal.net** with the information.

Thank you!

.....and speaking of celebrities, we would like to celebrate

57 years of Wedded Bliss for our patients Ray and Desaree Elwood!

56 years of Wedded Bliss for our patients Robert and Sigrid Roderick!

Congratulations to both honeymooning couples!!!





 **LEONARD F. ANGLIS, D.D.S.**
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Hello Friends,

During the summer months, we are truly Blessed to enjoy the produce from our area, and the tastes and textures of sweet fruit and luscious vegetables is top of mind as we plan out our meals.

You all know that I have a garden and work to grow vegetables for my family in the warmer months. Working on this small plot of land makes me appreciate all of our farming families more than ever!

My family has been involved in farming since my Mother and Uncle were young children, and the work that my family members and so many of our patients continues to produce all types of crops and food is staggering to me, and I remain so grateful to God and to all of them!

Truly,
Dr. Leonard F. Anglis



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