



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 Jacques Cousteau

As we all know, Dr. Anglis loves the sea and all its inhabitants. Our tropical dental resorts focus on highlighting them for all of you!

One of his favorite shows of all time is "The Undersea World of Jacques Cousteau" featuring the famous diver himself as he travels the oceans to observe and study their residents.



Cousteau was a French naval officer, an oceanographer, a filmmaker, and an author who co-invented the Aqua-Lung which has allowed many to explore the oceans.

To quote the one-and-only Cousteau:

"In the ocean, we find the essence of life."

"The sea, once it casts its spell, holds one in its net of wonder forever."



"People protect what they love."

"When one man, for whatever reason, has the opportunity to lead an extraordinary life, he has no right to keep it to himself."

"From birth, man carries the weight of gravity on his shoulders. He is bolted to earth. But man has only to sink beneath the surface and he is free."

"What is a scientist after all? It is a curious man looking through a keyhole, the keyhole of nature, trying to know what's going on."

"If we were logical, the future would be bleak, indeed. But we are more than logical. We are human beings, and we have faith, and we have hope, and we can work."

Exactly WHO is placing your dental implants, please?

Our Jen, who has been Dr. Anglis' amazing dental assistant for many years now always quotes the Farmer's Insurance commercial stating: "We know a lot because we've seen a lot!"

That's true since Dr. Anglis has been placing dental implants for over 33 years and has solved every single type of dental problem imaginable! We have seen a lot!

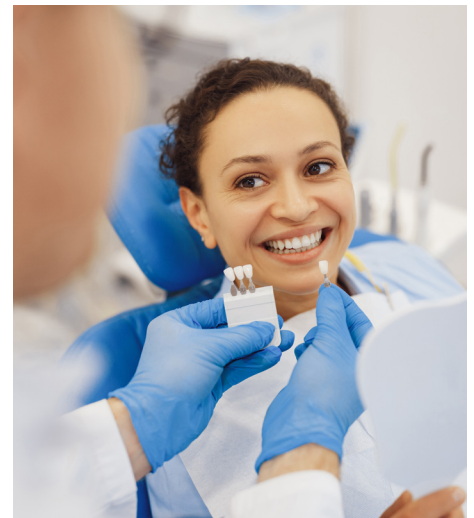
Right now, there are many dentists placing dental implants, and serious questions arise as to their experience and expertise..

Any dentist can take a weekend course and start placing dental implants on Monday morning.

We would not want to be the first patients---would you? Do you really want someone "learning" how to place implants inside your mouth? Of course not!

Dr. Anglis has successfully placed thousands of dental implants for our patients and dealt well with every type of complication. This is the reason that over 50 dentists have sent him their patients over the years. His colleagues want the best for them, and they know how great the outcome will be!

Dr. Anglis has studied extensively and is highly credentialed in the field of dental implants. His expertise is second to none since he has completed all programs with the Misch Institute, the Malo



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Clinic in Portugal (originators of the All-On-Four system), and the ZAGA Center in Barcelona (the originators of the zygomatic implants--the longer implants for patients with significant bone loss on their upper arches), and the Zest Centers. Combining for over 3500 hours of continuing education, Dr. Anglis is board-certified in Implant Dentistry as well!

For successful dental implant treatment, you need an expert dentist, expert placement of the implants, and the best implants available. All three are here waiting for you in our tropical dental resorts! Their combination will result in your restored, renewed, and resurrected smile!

Please do not settle for anything less than the best! You deserve it!

For Your Fall Getaway: Consider Crowd-Free National Parks

We are blessed to have so many beautiful national parks in our country, and September and October are great months to visit them! If you are planning to drive, be sure to pack layers of clothing since the weather can change dramatically during these fall months.

According to 2026TravelPlanning.com, these three parks are less crowded during September and October, so your visit should be quite enjoyable!

Zion National Park, Utah

This park is located three hours from Las Vegas and four hours from Salt Lake City, and is a prime location for a road trip. A rental car is encouraged so that you can make the most of your visit! The weather will be great for exploring and hiking, and the higher elevations feature fall foliage for a spectacular view. The most famous trails here are Angel's Landing and The Narrows.

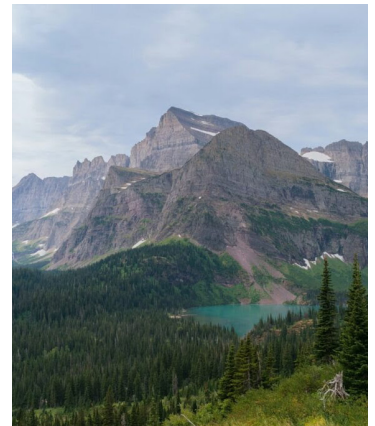


Acadia National Park, Maine

In Maine, not only are the coastal views stunningly beautiful, but the fresh seafood abounds! Most people either hike or bike this park, and utilize a rental car to see it all! Acadia is three hours from Boston or a one-hour drive from Bangor, Maine.

Glacier National Park, Montana

September is a great time of year to see the Rocky Mountains before the park's roads close for the winter months. You will be able to explore this park's glaciers, lakes, and hiking trails. From Kalispell, Montana, the park is about a two-hour drive. For the most scenic route, consider taking the Going-To-The-Sun road!



Beautiful National Park photos gotten from 2026YourTravelPlanning.com

The Top Three Professionals Most Likely To Become Millionaires

According to financial advisor, Dave Ramsey, there are three top professionals who are most likely to become millionaires and they include teachers, accountants, and engineers.

Engineers rank as the top group of professionals becoming millionaires since they earn a great salary and are usually disciplined about investing and wealth-building.

Accountants focus on numbers and are stricter about their long-term investment habits than others. Because of their consistency, they are able to build wealth logically and systematically.

Teachers work hard to live below their means and they focus on long-term investing and are able to transform their salaries into wealth.

Congratulations to these three groups for their successful habits!

The Fall Months Bring Harvests Of Fruits And Vegetables For Us!

September and October provide us with delicious fruits including apples and pears as well as late season corn and tomatoes.

We have included one fruit recipe and one vegetable recipe to try that spotlight our season's bounty!

Pear Crisp with Cranberries

Ingredients

Pear cranberry filling

- 4 large Bartlett pears (about 2 pounds), peeled, cored and sliced into small bite-sized pieces
- 1 cup fresh or frozen cranberries (optional)
- $\frac{1}{3}$ cup honey
- 3 tablespoons arrowroot starch or cornstarch
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon cinnamon

Gluten-free walnut, oat and almond meal topping

- 1 cup old-fashioned oats (certified gluten-free if necessary)
- $\frac{1}{2}$ cup packed almond flour
- $\frac{1}{2}$ cup chopped walnuts or pecans
- $\frac{1}{3}$ cup packed coconut sugar or brown sugar
- $\frac{1}{4}$ teaspoon fine salt
- 4 tablespoons butter
- 3 tablespoons plain yogurt (Greek or regular)

Recipe and photo retrieved from Cookie + Kate. Visit the site for helpful videos and more tips: <https://cookieandkate.com/pear-cranberry-crisp/>



Directions

1. Preheat the oven to 350 degrees Fahrenheit. In a 9-inch square baking dish, mix together the pears, cranberries (if using), honey, starch, lemon juice, ginger and cinnamon.
2. Optional: Brown the butter for a more complex flavor. Melt the butter in a small saucepan over medium heat. Swirl the pan by the handle often so the butter doesn't splatter. Continue to heat the butter, swirling frequently, until you see little brown flecks in the bottom of the pan (this will take about three minutes).
3. In a medium mixing bowl, stir together the oats, almond meal or flour, walnuts, brown sugar and salt. Mix in the Greek yogurt and browned butter (or melted butter). Stir until all of the flour is incorporated and the mixture is moistened throughout.
4. Dollop spoonfuls of the oat mixture over the filling and use your fingers to break up the mixture until it is evenly distributed (no need to pack it down).
5. Bake until the filling is bubbling around the edges, the top is turning lightly golden and most of the cranberries have burst, 40 to 45 minutes. Let the crisp rest for 5 to 10 minutes before serving.

Fresh Corn and Tomato Salad

Ingredients

- 3 tablespoons white wine vinegar
- Kosher salt and freshly ground black pepper
- $\frac{1}{4}$ cup extra-virgin olive oil
- 6 ears fresh corn, shucked
- 2 cups red or orange grape tomatoes, halved
- 8 ounces mozzarella pearls or fresh mozzarella, cut into small cubes
- 1 bunch scallions, thinly sliced
- 1 $\frac{1}{2}$ cups fresh basil leaves

Recipe retrieved from FoodNetwork.Com. Visit the site for helpful videos and more tips: <https://www.foodnetwork.com/recipes/ina-garten/greek-salad-recipe-1948517>

Directions

1. Whisk together the vinegar, 2 teaspoons salt and some pepper in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.
2. Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes, mozzarella and scallions. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear the basil over the salad and stir. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature.



Hello Friends,

As summer winds down, and we head into the fall months, I hope you are all doing well!

We look so forward to seeing you to help improve your smiles for upcoming holiday events. That may mean a necessary dental hygiene appointment or treatment with me to replace missing teeth or to restore natural teeth, and we remain honored to serve you!

As for me, I am back at work in my garden, and the zucchini season is finishing up while the tomato season is in full swing! We get so spoiled with these fresh tomatoes! So grateful for the harvest always!

Thank you!

Dr. Leonard F. Anglis



LEONARD F. ANGLIS, D.D.S.
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