





LEONARD F. ANGLIS, D.D.S.
IMPLANT AND RESTORATIVE DENTISTRY
2146 Karwick Road • Michigan City, IN 46360
1549 S. Court Street, Suite C • Crown Point, IN 46307

Hello Friends,

As we begin 2026, we pray for A Healthy and Happy New Year for all of you! We are so grateful for the opportunity to help you enjoy a healthier life!

Here is a photo of my precious and amazing Mother, Monica Anglis who passed from this earth ten years ago. She suffered from Alzheimer's dementia for 13 1/2 years, and we suffered with her.

For these past ten years, we have been Champion Award Sponsors for the Alzheimer's Association to support their important work.

If someone you love has suffered or is suffering with this terrible disease, please know that we are praying for you and supporting you as well!

Truly,
Dr. Leonard F. Anglis

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LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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

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1-877-526-4547

www.dranglis.com

January/February 2026

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 Henry Ford To Inspire Us In 2026!

"Whether you think you can or you can't, you're right."

"Failure is simply an opportunity to begin again, this time more intelligently."

"Quality means doing it right when no one is looking."

"The only real mistake is the one from which we learn nothing."

"Thinking is the hardest thing a man can do, probably the reason so few of them do it."

"Chop your own wood and it will warm you twice."

"You can't build a reputation on what you are going to do."

"There is no man living who isn't capable of doing more than he thinks he can do."

"Genius is seldom recognized for what it is: a great capacity for hard work."

"Vision without execution is just hallucination."

New Year—New Smile—New Life!!!

A Happy, Blessed, and Healthy New Year To You And Your Loved Ones!

In 2026, there is nothing as exhilarating and exciting as a healthy new smile!!! We have seen new Masterpiece Smiles thrust our family of patients into their younger, stronger selves in dramatic fashion!

Aren't those the goals we all share? Of course they are! We all want to look younger, feel better, and live longer! Living our lives disease- and infection-free are the keys to a healthy and successful future for all of us!

With the experience and expertise offered exclusively by Dr. Anglis, this is the only tropical dental resort you need to accomplish your dental goals!

Keep this resolution and keep the promise to yourself that 2026 will be your best year yet!

Your loved ones are counting on you!

There truly is no time like the present, so call us today at **1.877.526.4547** and let's get started!



A Brain Abscess From An Infected Tooth???

Yes, it can happen, and it did happen to a gentleman named Graham Bell from England, and it nearly ended his life.

According to People magazine, Bell, 61 years of age got an infection in his cracked tooth and began to exhibit symptoms of bad headaches. His face had changed shape on one side, according to his wife.

As a result of this infection, Mr. Bell underwent surgery to remove a mass inside his brain caused by the infection.

After his surgery, he contracted sepsis since his “immune system had a dangerous reaction to his infection”, and the brain abscess had to be drained.

Mr. Bell spent six weeks in the hospital and has been working on a complete recovery for most of this year.

It sounds to us like his medical team was amazing and thorough and definitely saved his life! We are so grateful to share a happy ending to this very scary story.

When you read this article, please remember the value of continuing care dental hygiene visits and frequent examinations here. If you have noticed any change in your teeth or your bite or the appearance of your face or neck, please call us right away!



The Six Best Ways to Avoid Dishwasher Repairs

After the holiday season, our dishwashers have been worked and overworked with all of the extra friends in our homes for special meals!

According to Consumer Reports magazine’s January/February 2026 issue, there are simple strategies to utilize in avoiding repair bills.

First, scrape your plates. The dishes won’t need to be rinsed, but pieces of food may clog the dishwasher.

Second, clean the filter about every two to three months so that it works properly.

Third, check the spray arms to be sure that they are not clogged. They can be disconnected and have water run on them to dislodge particles of food.

Fourth, rustproof the racks by using vinyl paint to repair worn areas to ensure that small pieces of rusty metal does not enter its pump.

Fifth, clean the dishwasher by wiping the door seal and its interior.

Sixth, do not overload items since they will not get clean and the machine’s mechanics will get unnecessary wear.

2026 Winter Olympic Games

This year, the Winter Olympics will take place in Milan and Cortina d’Ampezzo, Italy and will feature sixteen exciting events!

The events will include alpine skiing, biathlon, bobsleigh, cross-country skiing, curling, figure skating, freestyle skiing, ice hockey, luge, nordic combined, short track speed skating, skeleton, ski jumping, ski mountaineering, snowboard, and speed skating.

It’s always amazing and humbling to watch these athletes compete, and we look so forward to February!

The chants have begun already---USA USA USA!

Our Powerful Nutrient-Packed Fruit: The Kiwi!

According to goodhousekeeping.com, the kiwi fruit is filled with Vitamin C, and we all know what a wonderful antioxidant that is as it stimulates collagen synthesis, and can help keep our skin looking youthful!

Kiwi can support immunity and enhance digestive function since it is a good source of fiber. Kiwi fruits are composed of over 90% of water, and can keep us hydrated as well.

Good Housekeeping also states that the plentiful vitamin C in kiwis can help to “fight free radicals in the body which not only supports healthy aging, but can also prevent or even delay the development of chronic diseases like cancer and heart disease.”

Please enjoy our healthy kiwi-filled recipe to start the New Year well!

Winter Fruit Salad

Ingredients

- 1/2 cup sugar
- 1 1-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangos, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 kumquats, very thinly sliced crosswise, seeds removed
- 1 cup pomegranate seeds (from 1 pomegranate)

Directions

Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.



Meanwhile, peel the remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free the segments, letting them fall into the bowl. Squeeze each empty membrane to release the juices. Repeat with the remaining oranges. Add the mangos, bananas, kiwis, kumquats and pomegranate seeds and gently toss. Pour the syrup over the fruit and chill overnight.

Before serving, remove the citrus zest, ginger and vanilla pod. Spoon the fruit and syrup into bowls.

To remove pomegranate seeds, cut the fruit into quarters, then break apart in a bowl of water. Skim off the pith that floats to the top and drain the seeds.

Recipe obtained from Food Network. To see helpful videos or find out more, visit: <https://www.foodnetwork.com/recipes/food-network-kitchen/winter-fruit-salad-recipe-1973035>