



Hello Friends,

As you know, I have been dedicated to continuing education for the entirety of my career in dentistry. During these past months, I have participated in multiple courses on all updates in dentistry from products, techniques, and strategies to better serve you and your loved ones.

I am shown here with one of my mentors, Dr. Gordon Christensen, who has provided outstanding dental seminars for fifty years now!

I remain grateful to all of you for supporting my continued education!

Truly,

Dr. Leonard F. Anglis

P.S. As we enter November and December, I want to wish you and yours a Happy Thanksgiving, a Blessed Christmas and a Joyous Hanukkah! Enjoy every moment!

2146 Karwick Road • Michigan City, IN 46360
1549 S. Court Street, Suite C • Crown Point, IN 46307



LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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

2146 Karwick Road • Michigan City, IN 46360

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1-877-526-4547

www.dranglis.com

November/December 2025

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!

Our Favorite Quotes To Share From Reader's Digest!

"The older you get, the more you realize that kindness is synonymous with happiness."

Lionel Barrymore

"If you can give your child only one gift, let it be enthusiasm."

Robert Frost

"Behind every great man is a woman rolling her eyes."

Jim Carrey

"The simplest toy, one which even the youngest child can operate, is called a grandparent."

Sam Levenson

"Happiness makes up in height for what it lacks in length."

Robert Frost

"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children."

Alex Haley

"You can't help getting older, but you don't have to get old."

George Burns

Give Yourself The Gift Of A New Smile!

Investing in ourselves and our personal health and confidence gives us the greatest returns since we do not depreciate!

With a healthy, beautiful, new smile, we will look younger, feel better, and live longer! It is a gift that is truly transformative and energizing!

What would a new smile mean for you at the next family gathering or social event? It would allow you to select, eat, and chew comfortably all of your favorite foods without hesitation!

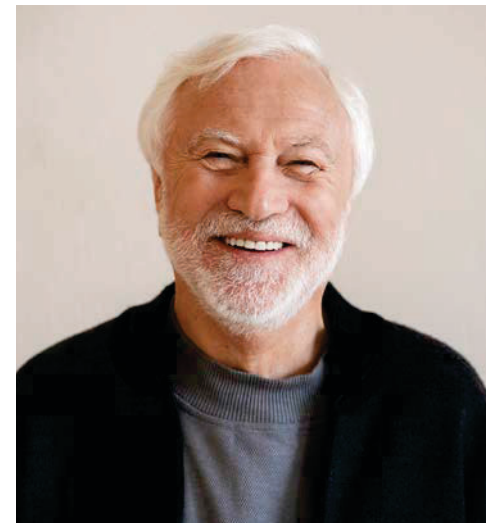
Did you know that we have patients who are choking on large pieces of food on a daily basis since they are unable to chew properly? There is no reason to live like that!

What would a new smile mean for your health and longevity? Once broken, decayed, and diseased teeth are restored or removed, the inflammation inside your mouth would be resolved and your entire body would be healthier! Did you know that we have patients who formerly had type 2 diabetes who have reduced their use of medications since their dental health has been renewed? We even have a patient who is no longer in a diabetic state since his diet improved as well!

What would the choice of a new smile mean for the other health choices you make? For some of our patients, they have chosen to quit smoking to preserve their new dental implants and beautiful crowns and bridgework! We are so proud of them! There is no greater enemy to your teeth and your dental implants than smoking. Period. When one great choice impacts other great choices, all lives change for the better!

What would the choice of a new smile mean for your appearance and self-confidence? Once you make the decision for a new smile, you make the decision to "own the room", to be confident in your interactions with others, and to look more youthful than ever! It's time to stop hiding out when pictures are taken at holiday events--it's time for you to stand front and center with your amazing smile!

Make the choice today to live a healthier, younger, stronger life with your new smile!



Please check www.dranglis.com for updates! Thank you!

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Our Important Update For You: Gum Disease and Its Connection To Heart Disease

For years now, we have been cautioning our family of patients regarding this connection which often correlates to dangerous and even fatal results.

According to health.harvard.edu, when you experience periodontal (gum) disease and tooth loss, the bacteria that are present travel to blood vessels elsewhere in your body causing inflammation and damage to you including blood clot formation which can cause heart attacks and strokes.

It is actually the body's immune response to these infections which is inflammation that sets off "a cascade of vascular damage throughout the body including the heart and brain."

If you have been putting off your essential, professionally prescribed dental visits here, please make the call to our friendly team today at 1.877.526.4547 so that we may provide you with life-changing, and many times, life-saving therapies so that the inflammation can be removed from your mouth before it wreaks havoc inside your body, too.

There is no better gift to your loved ones than your health and well-being!

What is Atrial Fibrillation (AFib)?

As we work to protect our heart health, we must be aware of conditions that can cause serious health problems for us.

AFib occurs when the upper chambers of our heart beat rapidly and in an uncontrolled manner. This "fluttering" feeling occurs when our blood flow is affected during AFib.

While AFib is the most common arrhythmia, it can seriously impact your quality of life with symptoms including heart palpitations, fatigue, anxiety, dizziness, shortness of breath, and chest pain.

If you or someone you love is experiencing these symptoms, please contact your physician immediately.

This information has been provided through GetSmartAboutAFib.com which is a very informative site to use as well!

Gift-Giving Made Easier For You!

Wouldn't we all like to reduce the stress of the holidays, and still give meaningful gifts to those we love?

According to hsamuel.co.uk, there are alternative gifts for us to consider this year!

The first suggestion is tickets to a museum exhibit, amusement park, live theater or concert.

Next, a dinner out either in person or in the form of a gift certificate.

Specialty foods are always enjoyed -- whether in a gift basket or as a monthly subscription.

Finally, the gift of time working together on a project. We love this idea since time is the most valuable gift of all!



Shopping For Children Or Grandchildren?

Here are some strategies offered by reddit.com to consider as the 4-Gift Rule has been suggested to us!

Something They Want: a gift selected based on their interests or a specific item they have asked for this year.

Something They Need: A practical item for a general need they may have.

Something To Wear: clothing or accessory item to fit their style or need.

Something To Read: a book, novel, or cookbook, or book related to a hobby they enjoy.

We hope these guidelines are helpful, and reduce shopping stress for you!

Salads Add Something Special To Holiday Meals!

As we all begin to plan our holiday menus, we certainly check off the favorite items including turkey, sweet potatoes, and stuffing, but it might be fun to add a winter salad this year!

These salads not only add crunch and color, but may become favorite items themselves!

Winter Layered Salad with Beets and Brussels Sprouts

Ingredients

- 1 cup walnut halves
- 1 cup pearled barley
- 2 large pink grapefruits
- 3 tablespoons red wine vinegar
- 1 small shallot, finely chopped
- 2 teaspoons Dijon mustard
- 1/2 teaspoon honey
- Kosher salt and freshly ground black pepper
- 1/3 cup extra-virgin olive oil
- 8 cups mesclun greens (about 5 ounces)
- 1/2 pound Brussels sprouts, thinly sliced
- 4 large cooked and peeled beets, cut into wedges (about 10 ounces)
- 1/2 cup pomegranate seeds

Directions

Preheat the oven to 350 degrees F. Spread the walnuts out on a rimmed baking sheet, and bake until golden and toasted, 8 to 10 minutes. Let cool, and roughly chop.

Meanwhile, bring a small saucepan of water to a boil. Add the barley, and simmer until plumped and tender, 20 to 25 minutes. Strain and rinse under cold water. (The barley can

be made and refrigerated up to 2 days ahead.)

Use a sharp knife to remove peel and pith from the grapefruits. Cut the grapefruits into pieces, and remove the seeds.

Whisk the vinegar, shallots, mustard, honey, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl. Slowly drizzle in the oil, whisking constantly, until blended into a vinaigrette.

Using a 3-quart straight-sided tall glass bowl for 1 large salad or four 16-ounce wide-mouth glass jars for 4 individual salads, make a first layer with half the mesclun, then add the following in separate layers: the grapefruit, the Brussels sprouts, the barley, the beets, and the remaining mesclun. Sprinkle the walnuts and pomegranate seeds on top.

If making 1 salad, just before serving, transfer it to a large bowl, toss with the vinaigrette and season with salt and pepper. If making 4 salads, add vinaigrette to each jar, season with salt and pepper, cover with the lid and shake to coat.



Winter Bread Salad

Directions

Toss **5 cups torn stale bread** with **2 tablespoons olive oil** on a baking sheet. Bake at 450 degrees F, 5 minutes. Toss **2 cups cherry tomatoes**, **3 garlic cloves**, **2 halved, seeded Italian frying peppers** and **2 tablespoons olive oil** on another baking sheet. Bake 7 minutes; chop. Toss with the bread, **1/2 cup each chopped basil and grated parmesan**, **1/4 cup chopped olives**, **2 tablespoons balsamic vinegar**, and **salt and pepper** to taste.



Recipes gotten from Food Network. To see helpful videos or find out more, visit <https://www.foodnetwork.com/recipes/food-network-kitchen/dump-pumpkin-pie-8317367> or <https://www.foodnetwork.com/recipes/rachael-ray/sausage-pumpkin-and-arborio-soup-recipe-2201058>