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

Dear Friends,

After a delayed start to my summer, I was finally able to get out on my boat with my son, Andrew. We are so Blessed to live near Lake Michigan! For so many of us, our "happy place" is in the sand or on the water!

If you have not made it out to Lake Michigan yet, I encourage you to go for a beach walk, explore the dunes, or enjoy the water!

People travel from all across the United States to see our beautiful lake, and most of them cannot believe how large it is!

Please stay safe and enjoy!

Dr. Leonard F. Anglis

P.S.....and yes, there are a few people who think my son looks like me!

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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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[www.dranglis.com](http://www.dranglis.com)

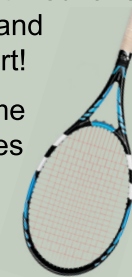
September/October 2025

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!

## Roger Federer

A world class athlete and Dr. Anglis' favorite tennis player, Roger Federer, electrified fans for years on and off of the court!

Here are some favorite quotes to share:



"Seemingly, the harder I work, the luckier I get."

"My childhood dream was to be like Michael Jordan."

"I don't believe in limits. I just believe in the passion and the drive to do better."

"I'm happy to be in the moment; I'm happy to be present."

"I hate to lose more than I like to win."

"You have to believe in yourself when you're a little bit different."

"I'd like to be remembered as a guy who never gave up."

## We Utilize Only Real Intelligence Here--- Not Artificial Intelligence!

You deserve the most updated and recent information, the best in customer care, and the finest dental treatment delivered by human beings who are experts in their field! These experts know you well, and care about your comfort and satisfaction! This is our profound truth and we stand by it!

While other dental offices have relinquished care to AI and robotic assistance, we have drawn our "line in the sand" on this issue!

Within Dr. Leonard F. Anglis' tropical dental resorts, you will only deal with living, breathing human beings who reside locally and who are here to help and guide you through your journey to a wonderful new smile!

Our mission is a serious one: We are here to provide life-changing dental services which are often life-saving as well! When toxins and poisons inside the mouth spread to other areas of the body, they become life-threatening, and we are working each day to eliminate these enemies of your body.

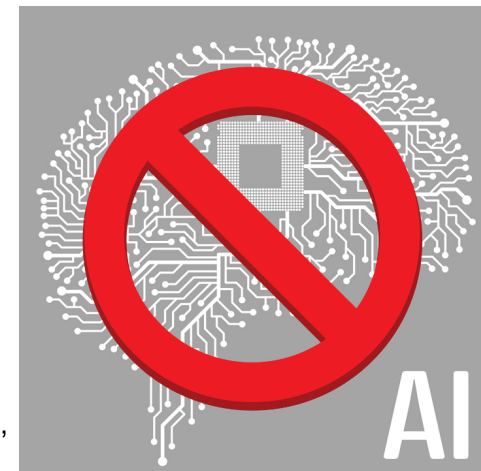
We do not take our mission lightly.

It is not only irritating, but extremely difficult and insulting to you to have to deal with robots programmed with limited, generic information when you are struggling with real problems!

That does not happen here---we respect you and will always spend the necessary time and exert our powerful energy to actually solve your dental problems--once and for all!

There is no reason to settle for "artificial" anything, when you have genuinely compassionate individuals who are here and ready to change your life for the better!

When you have serious problems, and you need an expert dentist, there is only Dr. Anglis who is serious about helping you!





## An Instagram Post To Share!

We recently viewed a post on instagram from Dr. Kyle Stanley on his patients’ expectations of how long medical procedures should last:

- |                             |                   |
|-----------------------------|-------------------|
| • <b>Breast Implants</b>    | 10 Years          |
| • <b>Cochlear Implants</b>  | 10 Years          |
| • <b>Pacemaker</b>          | 5 Years           |
| • <b>Hip Replacement</b>    | 15 Years          |
| • <b>Knee Replacement</b>   | 15 Years          |
| • <b>ACL Reconstruction</b> | 5-10 Years        |
| • <b>Angioplasty</b>        | Less than 5 Years |
| • <b>Dental Filling</b>     | Forever           |
| • <b>Dental Crown</b>       | Forever           |
| • <b>Dental Implant</b>     | Forever           |
| • <b>Dentures</b>           | Forever           |
| • <b>Veneers</b>            | Forever           |
| • <b>Mouthguard</b>         | Forever           |
| • <b>Retainer</b>           | Forever           |

This was quite an eye-opener for us since nothing lasts forever--especially inside our mouths! It was funny that patients knew the exact time frame of other procedures, but not their dental treatments.

The great majority of our patients have had very long-lasting dentistry since it has been expertly created and delivered, and because they have maintained all of it as professionally prescribed by Dr. Anglis and our dental hygiene team. We remain focused on realistic expectations. Maintenance is always the key to longevity!

## Back-to-School Backpack Tips

Our children and grandchildren have begun wearing their new backpacks and it’s important that what they carry does not harm their growth and development in the long run. According to the American Chiropractic Association, the weight of their backpacks should not be more than 10-15% of their body weight. So, if the child weights 100 pounds, their back pack should weigh 10 to 15 pounds at the maximum weight. If their backpacks are too heavy, they can adversely affect their posture and cause issues later.

The size and fit of the backpack should be no longer than the child’s torso and should sit two inches above the waist and no more than four inches below the waist. It should feature wide, padded, and adjustable shoulder straps. If there is a padded back panel, it will protect the child’s back from the contents of the backpack as well.

When the child lifts the backpack, there should be bending of the knees and twisting should be avoided. It’s important that both shoulder straps are used to distribute the weight of the backpack evenly.



## PUMPKINS: Decorative and Delicious!

Fall pumpkins are one of our most versatile types of produce. From decorating our homes to utilizing their seeds and fruit for sweet and savory recipes, we enjoy them on so many levels!

Here are two recipes that we hope you enjoy!

### Dump Pumpkin Pie

#### Ingredients

- Nonstick cooking spray, for the baking dish
- 3 large eggs
- One 12-ounce can evaporated milk
- 1 tablespoon pumpkin pie spice
- 1 teaspoon vanilla bean paste or pure vanilla extract
- Kosher salt
- One 15-ounce can pumpkin puree
- 1/2 cup packed light-brown sugar
- One 15.25-ounce box spice cake mix
- 3 graham crackers (each 2 1/2-by-5 1/4 inches)
- 1/2 cup pecans, chopped
- 2 sticks (1 cup) unsalted butter, diced
- Ice cream or whipped cream, for serving

#### Directions

Preheat the oven to 350 degrees F. Spray a 9-by-13-inch baking dish with cooking spray.

Combine the eggs, evaporated milk, pumpkin pie spice, vanilla and 1 teaspoon salt in the prepared dish and whisk to combine. Whisk in the pumpkin puree and brown sugar. Sprinkle evenly with the cake mix. Crush the graham crackers by hand and sprinkle them over the cake mix. Top with the pecans and then dot with the butter. Bake the pie until the edges are set and the top is golden brown, about 1 hour (the middle will still jiggle slightly). Let cool 20 minutes.

### Sausage, Pumpkin and Arborio Soup

#### Ingredients

- 2 tablespoons EVOO, plus more for drizzling
- 1 pound bulk Italian sweet sausage with fennel
- 3 to 4 cloves garlic, chopped
- 1 onion, chopped
- 1 large bay leaf
- 1 butternut squash or small pumpkin (2 pounds), peeled and cut into 3/4-inch dice
- Kosher salt and freshly ground pepper
- Freshly grated nutmeg
- 6 cups chicken stock
- 2 cups half-and-half
- 1 small bunch Tuscan kale, stemmed and chopped
- 3/4 cup Arborio rice
- A few fresh sage leaves, torn
- Shaved Parmigiano-Reggiano, for serving

#### Directions

Heat the EVOO in a soup pot or large Dutch oven over medium-high heat. Add the sausage and cook, crumbling it with a wooden spoon, until browned. Add the garlic and onions and cook until soft, about 5 minutes. Add the bay leaf and squash and season with salt, pepper and a little nutmeg. Stir in the stock and half-and-half and bring to a boil. Reduce the heat to medium and add the kale. Simmer until the squash is tender, about 20 minutes.

Add the rice and simmer until just tender, 18 to 20 minutes, stirring every 2 to 3 minutes. Stir in the sage.

Ladle the soup into shallow bowls. Top with Parmigiano-Reggiano and a drizzle of EVOO.

Recipes retrieved 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>

## Is It Contagious? Absolutely!

Our family of patients is abundantly generous and kind, and you all do everything to take care of those you love! So many times, you put your own needs “on hold” and wait to take care of yourselves. Please stop doing that and be good to yourself today!

We encourage you to quickly move forward and proceed with the dental care you need now. Even though you may not have pain, if you have periodontal (gum) disease or other infections inside your mouth, their toxic bacteria and poisons are highly contagious to the rest of your loved ones. This transmission does not require intimate contact. Even the most casual contact like the sharing of a tasting spoon can spread disease throughout your home.

You want the best for those you love and you would not want to make them sick through bacterial infection, so please call us today so that we can quickly, smoothly, and easily resolve your dental problems--for your sake and for the sake of others.