



# 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!

## Favorite Quotes From Our Patients:

"I always feel better physically, mentally, and psychologically when I come here."

---Sharon K.

"I hate the dentist, but I love this place!" "You guys are great!"

---Matt B.

"This has been the best experience ever!"

---Dorinda S.

"This was a piece of cake!"

---Cecelia B.

"It's like no other place in the world!"

---Connie B.

"If I knew it was going to be this easy, I would have done it myself!"

---Jerry B.

"I am thrilled!" "Every night, I tell my husband that I love my teeth!" "Yesterday, I ate two apples because I felt so good!"

---Rhonda W.

## Modern Dentistry Has Come A Long Way, Baby!

It's so true! We have met so many wonderful patients over the years who have shared negative stories of past dental experiences....maybe the same things have happened to you.....

When you have had dental care elsewhere in the past, you may have experienced uncomfortable treatment, cookie-cutter care in which everyone was treated exactly the same way with the same time frames for anesthetic (numbing), or even removing teeth with no follow-up plan.

But, not here!

At Dr. Leonard F. Anglis' tropical dental resorts, we are so grateful to practice dentistry at a time when we are able to offer the latest state-of-the-art care to you and those you love! While many dentists only go as far as Chicago, our Dr. Anglis has traveled to Spain and Portugal many times to study and hone his skills with the originators of the dental implant surgeries themselves within their clinics.

Dr. Anglis has persevered and studied over 3000 additional hours of continuing education in his career as well. (As a point of reference, the requirement for continuing education is 19 hours every two years for dental re-licensure.)

Instead of having to travel to multiple office locations, Dr. Anglis provides all levels of dental implant treatment under one tropical roof, and people love that they always see the same doctor and the same team members each time!

His professional expertise surrounds the strategy of saving natural teeth whenever possible and preventing their loss with prescribed treatments, therapies, and medicaments. When teeth are missing or can no longer be saved, Dr. Anglis provides an expert treatment plan to replace them beautifully and successfully. His goal is to restore your function and to renew your youthful appearance each time!



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Your comfort, safety, and well-being are the top priorities here, and we offer levels of sedation dentistry so that you can “wake up” with a new smile!

If you have not experienced our amazing care and wonderful customer service yet, it's time for you to visit us and to see how far modern, fabulous dentistry has come for yourself!

## Ree Drummond's Cobb Chicken Salad

### Ingredients

- 4 large eggs
- 8 slices bacon
- 1/2 cup mayonnaise
- 1/4 cup buttermilk
- 1/4 cup sour cream
- 2 dashes Worcestershire sauce
- 1 cup crumbled blue cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- Kosher salt and freshly ground black pepper
- 2 cups shredded rotisserie chicken
- 1/2 cup grape tomatoes, halved
- 3 scallions, chopped
- 1 avocado, diced
- 1 small bunch fresh parsley, plus more for garnish
- Salad greens, for serving

### Directions

1. Fill a large saucepan with water and bring to the boil. Using a slotted spoon, gently lower the eggs into the water. Cover and simmer for 10 minutes. Drain the eggs and run under cold water until completely cooled. Peel the eggs and chop them.
2. Cook the bacon in a large skillet over medium heat, turning occasionally, until crisp, 10 to 12 minutes. Remove to a paper towel-lined plate to drain, then roughly chop.
3. Whisk the mayonnaise, buttermilk, sour cream and Worcestershire sauce in a large bowl. Stir in the blue cheese and chives, reserving some of the chives for garnish, then season with salt and pepper. Add the chicken, tomatoes, scallions, avocado, bacon, hard-boiled eggs and parsley, reserving some bacon, egg and parsley for the salad platter garnish, and toss to coat completely. Taste and add more salt and pepper, if needed. Refrigerate for at least 30 minutes and up to overnight.
4. Lay the chicken salad on a bed of greens. Garnish with some of the egg, bacon, chives and parsley.



## The Benefits of Walking

According to Healthline.com, walking inside or outside benefits all of us in many ways!

Here are the Top Ten Benefits of Walking:

1. **Walking burns calories.** Of course, it depends on distance walked and the speed of walking on how many calories will be burned.
2. **Walking strengthens the heart.** By walking 30 minutes a day for five days each week, we can lower our risk for coronary heart disease by 19%.
3. **Walking can help lower blood sugar.** Walking after meals has been shown to lower blood sugar levels.
4. **Walking eases joint pain.** If we are able to walk 5 to 6 miles each week, it may help to prevent arthritis.



5. **Walking boosts immune function.** Those who walk daily have experienced 43% fewer sick days and fewer respiratory tract infections as well.

6. **Walking boosts energy.** Since walking increases oxygen flow in the body, it can also increase levels of cortisol, epinephrine, and norepinephrine to help increase energy levels.

7. **Walking improves our mood.** Studies have shown that walking can help to reduce anxiety, depression, and a negative mood.
8. **Walking can extend our lives.** When we walk at a brisk pace, we can reduce our chances for a cardiovascular accident by 24%.
9. **Walking tones our legs.** Walking strengthens the muscles in our legs.
10. **Walking promotes creative thinking.** Researchers concluded that walking opens up a free flow of ideas and is a simple way to increase creativity.



## How to Build A New Year's Resolution

The best way to build a New Year's Resolution (and to keep it) is to follow the SMART acronym! SMART stands for:

**Specific:** Make sure your resolution is clear! Instead of stating vague ideas like "I want to run more", make a resolution that states when, where, and how often you plan to work on it.

**Measurable:** You should have a method to quantify your resolution's progress. This could be as easy as keeping track of how much weight you've lost to something more creative like making a photo album to show the progress of a new skill.

**Achievable:** Create a resolution that is possible in the time you've given yourself. Large stretch goals are fine, but make sure they aren't completely pie in the sky ideas.

**Relevant:** Ask yourself, "Are you making this goal for the right reasons or at the right time?" You should make a resolution that is important to your life, instead of something created in the spur of the moment or from a strong emotional outburst.

**Time-bound:** Creating a timeline to complete certain steps of your resolution by can majorly impact your ability to fulfill it. It's much easier to focus on the small wins that build to your major goal in the end, than to only measure in absolutes.

SMART goals are designed to help you make more complete and thought out goals, a perfect way to guarantee that you start your resolution off right!





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Hello Friends,

As we begin 2023 together, I am always reminded of your kindness and generosity and support of me and my team, and I am so grateful!

Thank you for your holiday wishes, cards, and treats! It's always an honor when you think about us as part of your extended family! That is certainly how we view you, too!

We look forward to the exciting adventures and wonderful experiences that the New Year will bring to all of us, and we wish you and your loved ones a Happy, Prosperous, Healthy New Year!

Truly,  
Dr. Leonard Anglis



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

IMPLANT AND RESTORATIVE DENTISTRY

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