



LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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!

Encouraging Bible Verses

We all need encouragement from time to time, don't we?

The best Author of all encourages us in both the Old and New Testaments, and here are some of our favorites to share:

Quotes of the Month:

"The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:31

"Be strong and take heart, all you who hope in the Lord."

Psalms 31:24

"Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me."

Psalms 23:4

Beware of Phonies and Fakes!

As you probably know, Dr. Anglis has placed dental implants for thousands of his patients in Northwest Indiana, Illinois, Florida, New York, New Jersey, South Carolina, and Southwestern Michigan over the years.

Dr. Anglis continues to place single implants and to provide our magnificent All-On-Four dental implant treatment for full arch replacement on a weekly basis, and has studied at length with the originators of all of the best systems in Portugal and Spain to solve every type of problem or challenge facing his patients.

As you can imagine, it's particularly frustrating to him when he meets new patients each week who have been deceived into thinking that they were actually receiving the All-On-Four treatment when that was not the case. There are dentists who use the term loosely and illegally, but do not deliver the complete system as we do here.

Patients have also been fooled into thinking that the "low price" implant treatment actually includes everything associated with the complete implant service that they were promised. Frequently, it does not.

If you or someone you love has questions about proposed treatment elsewhere, we are available to answer all questions. We want you to be fully informed and armed with the facts before making a final decision.

As we have all heard: If it sounds too good to be true, it probably is!

Please remember that cheap dentistry is the most expensive. It usually has to be re-done, and that costs you more in time, discomfort, and inconvenience.

We encourage all of our patients to do it right the first time, and not to put themselves through multiple visits unnecessarily.

We believe that our dental implant treatments are life-changing, and, many times, they are life-saving as well! We take our mission to serve you and to improve and enhance your overall health seriously and conscientiously.

It is our honor to serve you, and we are grateful for the opportunity!



The Spotlight Is On Our Wonderful Patient Family Members!

In over forty years of practice, we have been Blessed many times over with the presence and influence of the most amazing people! We always tell people that our patients are the best in the world, and we mean it! Recently, we have had an opportunity to visit with some of our superstars who are legendary in their life experiences and we wanted to share our thoughts with all of you!

Mrs. Lillian McLellan – The one-and-only Lillian! We were so honored and Blessed to have Lillian serve as our front office receptionist for many years! A retired nurse and brilliant communicator, she kept all of us organized which was no small task!! An authority figure to all, we enjoyed her quick retorts! When patients would arrive in the Lowell location with no appointments and insist on being seen, she would always ask whose lap they wanted to sit on that day! Whenever she visits us now, it's the bright spot in our day!

Mrs. Dorothy Gunning – There are a handful of exceptional patients who have been with Dr. Anglis throughout his entire dental career. Some were patients of his late father, Dr. Leonard J. Anglis, as well, and Mrs. Gunning is one of those people! She is so kind, so thoughtful, and so knowledgeable! She is the only person who comments on nearly every single one of our weekly patient e-mail blasts and we are so grateful to her!

Mrs. Marjorie Phillips – A retired teacher, there are very few people as attentive to details as Mrs. Phillips! We always say that if one of us ever ran for public office, she would be our campaign manager! She laminates every single item we provide to patients in the newspaper and in the office, and brings them all into the office for us to preserve, and we so appreciate her! She is also a fabulous photographer!

Dr. Bob Gallagher – So many of you compliment us on this newsletter, but you may not know that Bob sits as an "editor-in-chief" as he has suggested and critiqued articles for us on a regular basis. Both a perpetual educator and curious student, he carries six degrees himself, and can speak on many topics!

He is one person that we would love to bankroll on the Jeopardy! Show some day!

Mrs. Beverly Gallagher – Wise, witty, and wonderful, Beverly brings the sunshine (and chocolates!) into our practice each time she arrives! She has shared the best quotes: "Moms-even when they're wrong, they're right!" and "If at first you don't succeed, do it the way your Mom told you to do it!" If there was an opening for a new Dear Abby columnist, she would get our vote immediately!

Mrs. Violette Stroumbakis and Mr. Tom Stroumbakis – A fabulous couple with beautiful smiles who always make our day better! Violette has even created a celebration for the anniversary for her new smile each year called her "Smileversary"—we love that word! On top of that, Violette always brings us luscious treats that frequently include Nutella.....

.....and speaking of treats, we have so many patients who bring sweets, treats, and special goodies for us almost every time they come in for visits! We promise that we are brushing and flossing after we enjoy the goodies!

Mrs. Mary Cusic – The delectable desserts are amazing—each one is made with love and a special family story!

Mrs. Jacci Rench – So many yummy treats have been shared with her generous spirit, but the "special pretzels" rule all – we truly can't stop eating them!

Mr. Jeff Rice and Mrs. Connie Hughes-Rice – Thank you for satisfying our sweet teeth each time with energy-building treats—you are so thoughtful!

Ms. Barb Rolek – From savory to sweet, is there anything she can't make? It's all wonderful! We appreciate her "personalized" special deliveries!

Mr. David Bradley – Not only does he put smiles on all of our faces, he has actually made recipes found in the newsletter, re-named them, and delivered them to us! One time, he even brought ice cream to us! How about that?



We are so spoiled and so grateful! Thank you all so very much!

Our patient spotlight stories will continue next month --- please stay tuned!

The Health Benefits of Asparagus

Asparagus is a nutritious and tasty addition to any diet. It's low in calories and a great source of nutrients, including fiber, folate and vitamins A, C and K.

Additionally, eating asparagus has a number of potential health benefits, including weight loss, improved digestion, healthy pregnancy outcomes and lower blood pressure.

Just half a cup of asparagus contains 1.8 grams of fiber, which satisfies 7% of your daily needs.



Studies suggest that a diet high in fiber-rich fruits and vegetables may help reduce the risk of high blood pressure, heart disease and diabetes.

Asparagus is particularly high in insoluble fiber, which adds bulk to stool and supports regular bowel movements.

It also contains a small amount of soluble fiber, which dissolves in water and forms a gel-like substance in the digestive tract.

Soluble fiber feeds the friendly bacteria in the gut, such as Bifidobacteria and Lactobacillus.

Increasing the number of these beneficial bacteria plays a role in strengthening the immune system and producing essential nutrients like vitamins B12 and K2.

Eating asparagus as part of a fiber-rich diet is an excellent way to help meet your fiber needs and keep your digestive system healthy.

More information about the health benefits of Asparagus can be found in **7 Reasons Why You Should Eat More Asparagus** at www.healthline.com/nutrition/asparagus-benefits

Asparagus, Artichoke, and Mushroom Saute with Tarragon Vinaigrette

Vegetable Saute:

- 2 tablespoons olive oil
- 1 large shallot, sliced
- 1 clove garlic, minced
- 8 ounces mushrooms, sliced
- 1 bunch asparagus (1 pound), sliced into 3-inch pieces
- 1 (8-ounce) package frozen artichoke hearts, thawed
- 1/2 pint teardrop tomatoes, halved
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Tarragon Vinaigrette:

- 6 tablespoons extra-virgin olive oil
- 3 tablespoons white wine vinegar
- 2 tablespoons chopped fresh tarragon leaves
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Directions:

For the Vegetable Saute: Warm the oil in a large skillet over medium-high heat. Add the shallot and the garlic and cook until tender, about 2 minutes. Add the mushrooms and asparagus to the pan and cook until tender. Add the artichoke hearts and season with salt and pepper, then cook until the artichoke hearts are heated through. Remove the skillet from the heat, then add in the tomatoes and stir to warm them up.

For the Tarragon Vinaigrette: Combine the oil, vinegar, tarragon, salt and pepper in a glass screw-top jar. Seal the jar and shake vigorously to mix the vinaigrette.

Toss the vegetables with the vinaigrette and serve.

Find out more about this recipe and see an instructional video at: www.foodnetwork.com/recipes/asparagus-artichoke-and-mushroom-saute-with-tarragon-vinaigrette-recipe-1953065



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Dear Friends,

As we eagerly enter into the Spring season, we all look forward to warmer weather and more opportunities for activities and interactions with those we love!

When you visit my tropical dental resorts, we are all so happy to greet you and to serve your dental needs!

I am especially happy to introduce our "Spotlight on Patients" section beginning with this newsletter since our service to you is what is most important to us!

Happy Spring!
Dr. Leonard F. Anglis



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