



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

1549 S. Court St., Suite C, Crown Point, IN 46307

1-877-526-4547

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

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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!**

## Thomas Sowell Quotes

We always appreciate thought-provoking comments that cause us to do better!

At 92 years young, Thomas Sowell is an American author, economist, and social theorist with some quotes to share for all of us:

### Quotes of the Month:

"There are only two ways of telling the complete truth -- anonymously and posthumously."

"Talkers are usually more articulate than doers, since talk is their specialty."

"There are few things more dishonorable than misleading the young."

"People who have time on their hands will inevitably waste the time of people who have work to do."

"All of us should be on guard against beliefs that flatter ourselves. At the very least, we should check such beliefs against facts."

"People who enjoy meetings should not be in charge of anything."

## Grandchildren Say The Darnedest Things!

Our family of patients have the most beautiful grandchildren!

Whether we see photos, hear stories, or meet them in person, our days are always brightened by finding out about your grandchildren! They are so adorable, sweet, kind, and HONEST!

You can have anything from a broken, discolored, or missing tooth, and they will always notice it! They truly have no filters when it comes to sharing their comments with you!

So many of you have taken quick action to correct your smiles for their approval! Not only do you look younger, but you have become healthier and stronger in the process! What a gift!

Someone who loves you so sincerely and wants to enjoy her time with you is a wonderful Blessing!

Honestly, we have never had one person regret restoring or replacing his or her teeth. No one regrets making the choice to look younger, feel better, and live longer through ideal dental treatments!

If you, like many, have heard a "commentary" from your grandchildren, we can take care of everything you need to recreate your smile to their satisfaction and your delight!

You don't need to feel self-conscious any longer! It's time to show off a beautiful Masterpiece Smile in every photo with your grandkids! We are ready to help you create the smile you want, need, and deserve! We are enthusiastically recommended by grandchildren everywhere!



## Our Amazing Family of Patients!

We always say that we would like to read about the fabulous people we know and their accomplishments since those are the real celebrities to us! Who are these fabulous people? We are happy you asked! They include our continuous list of our very own patients who have supported our practice while leading inspiring lives of their own—hard-working, sincere, kind and compassionate people that we are truly Blessed to know!

In this practice, we celebrate successful marriages which have lasted many years through the Grace of God, and we are thrilled to share with you that our patient, **Mr. Don Broderick and his wife, Pat**, have been **married over sixty years!** Don has been a patient here for many years and is always so thoughtful to ask about everyone here during his visits because he wants to be sure we are doing well! We especially love hearing about his great-grandchildren including a set of twin boys!

“Newlyweds” **Robert and Susan Baker** have also been **married for over sixty years**, and they have been patients here for many years! They are so health-conscious and take great care of themselves that it seems to us they get younger each year!

Our longtime patients, **Dr. William and Mrs. Mary Pat Buckley** have been **married for over fifty years now**, and enjoy traveling to California to visit family! They are both avid readers, and we love to hear about their favorite books!

Patients here for many years, **Mr. Gene and Mrs. Marilyn Souther** have also been **married for over fifty years**, and enjoy their vacations and cruises!

We have been so Blessed to have patients with us for Dr. Anglis' entire career and some have even been patients of his late Father, Dr. Leonard J. Anglis, and we would like to feature **Mrs. Kathryn Wiltfang** as one of those loyal patients! She is always smiling and happy to be with us, and enjoys spending time with her daughter! We are always happy to be with her as well!

**Mrs. Dorothy Gerner** has also been with us for career-spanning years, and we look forward to every one of her visits! She is always someone who focuses on her family and loves watching her grandchildren play tennis!

We continue to be so grateful for the amazing generosity of our patients who bring us cards, notes, and gifts!

**Mr. Chuck and Mrs. Lori Greis** are two of the most generous people we know! Not only are they kind and thoughtful, they always bring us treats, desserts, and personalized gifts! If you have ever seen our personalized Christmas elves, they were a gift from Lori and Chuck! Lori has made us blankets and they have brought bags of gifts that look like Santa stopped here!

We are so honored and grateful to serve all of you, and we sincerely thank you! If anyone else has been married over 50 years or 60 years, please call us at **1.877.526.4547** so we can spotlight all of you, too!



## Grilled Peaches with Fresh Michigan Cherry Sauce

### Sauce:

- 1 pound Michigan cherries, pitted (about 1 cup)
- 1 tablespoon sugar
- 1/2 cup red wine
- 1 teaspoon balsamic vinegar
- 1 teaspoon cherry liqueur

### Peaches:

- 4 medium peaches
- 2 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 1 cup vanilla ice cream, optional
- 4 benne wafers

### Directions:

1. Heat grill to medium-high.
2. In a cast iron skillet over the grill, combine the pitted cherries, sugar, red wine, and balsamic vinegar.
3. Bring to a simmer and cook, stirring occasionally, until the fruit is soft, 6 to 8 minutes. Transfer the mixture to a food processor and puree until completely smooth.
4. Return the mixture to the skillet over medium-high heat. Add the cherry liqueur and simmer until reduced to about 1/4 cup, 1 to 2 minutes.



5. Cut the peaches in half and remove and discard the pits. Place the halves in a medium bowl.
6. In a small saucepan set over low heat, melt the butter and brown sugar together. Coat the peaches with the butter mixture.
7. Grill the peaches over direct medium heat until grill marks are clearly visible and the peaches are soft, 10 to 12 minutes, turning once halfway through grilling time.
8. While the peaches are still warm, layer each serving glass with 2 peach halves, 1 scoop of ice cream, and 1 tablespoon of cherry sauce. Tuck a couple of benne wafers into each glass and serve immediately.

Recipe retrieved from Food Network. Find out more about this recipe and see the original at: <https://www.foodnetwork.com/recipes/grilled-sc-peaches-with-fresh-michigan-cherry-sauce-recipe-1948868>

## Common Medications Cause Dental Problems:

### Please Check Your Medication List

Every single medication taken causes side effects, complications, or other conditions inside our mouths and inside our bodies.

If you have hypothyroidism (low thyroid issues), and take **levothyroxine**, please note that this condition is nine times more likely to occur in women. TMJ issues which are aggravated hormonally (pre-and post-menstrual and pre-and post-menopausal) are three times more likely to occur in women.

If you are taking **amlodipine** for high blood pressure issues, you can experience a large swelling of the gum tissues called gingival hyperplasia. The same condition exists in patients taking medications for epilepsy.

If you are taking **omezprazole** for GERD or reflux issues, your normal bacteria inside your colon will be disrupted and you must take daily probiotics to balance your needed bacteria. Further, this medication depletes your Vitamin B 12 levels so you will need to increase your Vitamin B supplements. All Vitamin B and C supplements are water-soluble which means that they flow easily through your body.

If you are taking **Zoloft** as an anti-depressant, it can cause bruxing, clenching, and enhanced bleeding. If you are experiencing new instances of grinding or clenching, you may need to use a mouthguard daily.





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Hello Friends,

Like many of you, I have a vegetable garden, and I will begin my planting in May. My late Mother was an amazing gardener, and I believe that my garden honors her!

There is no better feeling than growing my own produce! My family enjoys the salads, asparagus, and onions now, and we all look forward to the tomatoes that will arrive in late summer!

If you have any special tips to share with me about gardening, I would love to hear them! I am always looking for ways to expand my produce selection!

My Best To You!

Dr. Leonard Anglis



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