



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!

Zig Ziglar's Motivational Quotes!

Dr. Anglis has studied Zig Ziglar for many years and has been inspired by his books and lectures. Here are a few of his favorite quotes to share with all of you:

Quotes of the Month:

"Lack of direction, not lack of time, is the problem. We all have twenty-four hour days."

"There are no traffic jams on the extra mile."

"You can have everything in life that you want if you just give enough other people what they want."

"Attitude, not Aptitude, determines Altitude."

"Some people find fault like there is a reward for it."

"Failure is an event, not a person."

"Make failure your teacher, not your undertaker."

"Ability can take you to the top, but it takes character to keep you there."

"Among the things you can give and still keep are your word, a smile, and a grateful heart."

Do You Fear The FLACK?

We have heard from a number of our treasured patients that they were worried about getting FLACK from others for taking care of their teeth. The perceived or actual disapproval from other people delayed them from getting the treatment that they wanted, needed, and deserved.

Do you fear FLACK from others? Are you worried about what they will say or think?

The problem is that other people do not have to live with the consequences of doing no treatment, but you do.

While these individuals might like to judge or criticize you for doing the right thing, they don't have to live with teeth that embarrass them or limited food choices because they cannot chew properly, but you do.

WE ARE HERE TO ENCOURAGE YOU TO REJECT THE FLACK!

You deserve to look younger, to feel better, and to live longer, and we will do everything in our power to make that happen for you!

While the choice of "no decision" will leave you regretting it and living with consequences that force you to miss events and endanger your overall health over time, the choice of moving forward with treatment will not be regretful, but wonderful!

One of our patients decided early on not to tell anyone what she was doing, and to move forward with her treatment-- she wanted to avoid FLACK completely! Guess what? It worked! She became healthier

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and happier with her decision, and received so many compliments on her new smile!

That has turned out to be the best advice for us to share: Do not discuss your treatment with those who have no idea what you are going through or what you are living with everyday.

You have worked hard your entire life and you have the right to look and feel your best with customized expert dentistry!

Recently, one of our patients was having our magnificent All-On-Four dental implant surgery to replace her upper arch of teeth, and her daughter took the opportunity to discuss with us how pleased she was that her mother was finally getting this fabulous restorative care! Her daughter indicated that there were critics nearby saying that her mom was “too old” to get this treatment --- can you imagine?

She was so happy to encourage her mother forward into a happier, healthier life, and ignored every last one of them.

Our patient’s daughter shared with us that her mother was healthy, strong, and that she wanted the best for her mother. We couldn’t agree more!

If you fear the FLACK, or know of someone who fears the FLACK, please send her or him to us so that we can work to provide each person with their own Masterpiece Smile!



Summer Travels: The Mighty Mississippi River!



So often, we say that there are so many places to visit right here in the United States, don’t we? One of the Blessings bestowed upon our country is the mighty Mississippi River which stretches from Lake Itasca in Minnesota to the Gulf of Mexico in Louisiana. It is fed by water bodies in 31 states from the Eastern Rockies to the Western Appalachians, and borders so many wonderful cities!

The travel opportunities abound from exploring the water with canoes to paddleboats to steamboats to luxury cruise ships with every type of length of trip to every type of adventure you seek!

There are Lower Mississippi cruises from Memphis to New Orleans and Upper Mississippi cruises from St. Louis to St. Paul. There is even a Music Cities Cruise from Memphis to Nashville!

Since there are so many choices, we would like to recommend the site, [Travel Stride](#) which compares travel packages for 2024-2025 featuring 39 different trips from 21 tour companies. Happy Traveling!



Peach and Blueberry Crumble

Ingredients

- 2 pounds firm, ripe peaches (6 to 8 peaches)
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 cup fresh blueberries (1/2 pint)

For the crumble:

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/4 cup light brown sugar, lightly packed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 1/4 pound (1 stick) cold unsalted butter, diced

Directions

1. Preheat the oven to 350 degrees F.
2. Immerse the peaches in boiling water for 30 seconds to 1 minute, until their skins peel off easily. Place them immediately in cold water. Peel the peaches, slice them into thick wedges, and place them in a large bowl. Add the lemon zest, lemon juice, granulated sugar, and flour. Toss well. Gently mix in the blueberries. Allow the mixture to sit for 5 minutes. Spoon the mixture into ramekins or custard cups.



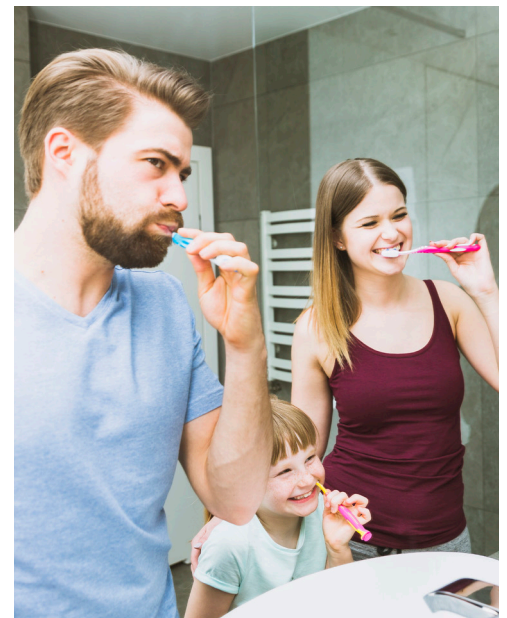
3. For the topping, combine the flour, granulated sugar, brown sugar, salt, cinnamon, and the butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until the butter is the size of peas. Rub the mixture with your fingertips until it's in big crumbles, then sprinkle evenly over the fruit. Place the ramekins on a sheet pan lined with parchment paper and bake for 40 to 45 minutes, until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.
4. If you want to make these early, store the unbaked crumbles in the refrigerator and bake before dinner.

Recipe retrieved from the Food Network website and is created by Ina Garten Find out more about this recipe at: <https://www.foodnetwork.com/recipes/ina-garten/peach-and-blueberry-crumbles-recipe-2014076>

Can Toothbrushing Save Your Life?

According to a recent article in the Harvard Men's Health Watch newsletter, "Regular toothbrushing can help save hospital patients' lives during their stays in intensive care units." During a clinical study, it was proven that those who had their teeth brushed twice daily had lower rates of death compared with those who did not have their teeth brushed. Those patients brushing their teeth daily also had shorter stays and spent less time on medical ventilators.

How is this possible, you might ask? Regular toothbrushing can prevent patients from getting pneumonia during their ICU stays. Since pneumonia is the most frequently acquired condition in the ICU, this was a significant finding!





Hello Friends,

I really believe that this time of year coaxes us with longer days and more sunshine to complete those "projects" we put off all winter!

Like you, we have things to finish around the house and I definitely need to start on some serious gardening.

If you are thinking about the tasks you have to do, it's the best time to get started and then enjoy that great feeling of accomplishment once you are done!

I wish you a wonderful Spring and a fabulous start to Summer!

Dr. Leonard Anglis



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