



FREE

Breast Cancer Awareness

The importance of women performing routine self-exams every month

Coffee and Caffeine Levels

Understand that there are limits to the amount of caffeine you consume

Stimulate Brain Health

How brain activities can protect against cognitive decline

Superfoods with Dr. Sadiq

Realize that certain superfoods contain high levels of protein



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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Down's Syndrome Questions and Answers

By: Rick Schmitt

1) How did you find out that your child has Down's Syndrome?

It was a surprise. We had no prior testing to check for abnormalities. 27 years ago, it wasn't a big thing like it is now, to be honest. So, we found out at birth.

2) Did having a child with Down's Syndrome change your perspective on parenting?

This is a great question, and I guess you could definitely say yes. There is no book on parenting, but you use natural instinct and how you were raised as starting points. But, with Down's Syndrome, that all has to be altered, as need be. Their needs and reactions are different, so you take your core values and tweak them to their needs.

3) What local or national resources do you recommend for other parents who have a child with Down's Syndrome?



There are many resources locally for help with development. Bornhava would be my first recommendation during the early years. These people move mountains, and they are a local blessing. People Inc. is another great establishment. Special Olympics when they reach the age to join is so great for a Down's Syndrome or any special needs child. They need to do the same activities as other children, but in the created environment it has.

4) What advice would you give to a parent who has a child with Down's Syndrome?

Learn that patience will be your best friend. Learn the old saying, "kill them with kindness." They won't like yelling nor will they respond to it. They will respond to knowing your feelings are hurt by your facial response and not your words. Know that you can and will live a normal everyday family life but it has a slight twist. It's the best curve ball life could throw at you so grab your bat and swing for the fences!

Book Review: Blood of Hercules by Jasmine Mas

By: Samuel Defazio

Ever since the platform TikTok gained popularity, it has spawned many types of sub-hashtags that point you into either a new obsession or helps you continue to eat away at your current vice. One of these hashtags is called Book Tok. As you can guess, Book Tok is for people obsessed and addicted to reading with other people giving reviews or making content related to the book or subject. The last few years one genre has been talked about the most on this app, and that is Romantasy. This genre combines the Romance and Fantasy genre into its own little web.

Now, this genre is not a new fascination by any means but in modern years it has grown and grown giving way to millions of different stories coming into the limelight. Some big examples of this are *Four Wing*, *A Court Of Thorns And Roses*, and *Throne Of Glass*. However, these Book Tok Influencers can sometimes push a certain book that just never really meets expectations. *Blood Of Hercules* by Jasmine Mas is one of these instances.

An "epic" story about a nineteen-year-old girl named Alexis Hero who is an orphan and has been taking



care of her non-related brother Charlie. They scavenge for food and live out of cardboard boxes. They also attend high school (like most kids that live in boxes, right?) and Alexis finds out she is a Spartan, a dangerous powerful being that fights Titans among gods. She is sent to an academy to help learn her powers and to become a warrior. Will she survive? Or will dark mysteries unfold?

Tell me where you heard this one before. It feels like Harry Potter just had a baby with Percy Jackson and just couldn't raise it right. The story is, by the numbers, predictable. The main character is incredibly hard to cheer for, and the setting feels too liminal. This book goes to show that not every book you see on Book Tok is worth the hype. I got halfway through before I started to yell in my head, "Is This Going Anywhere?" I'm not even sure the author knows where this is going. Also, for those spicy Romance readers looking at this; Yes, there is spice, but not until the last three chapters. Might as well call it mild. Cause that's all this book is. When a story gives you nothing to sink into, sometimes it's best to put it down. I rate this book 2 out of 5 stars.

Image Source: [HarperCollins.com](https://www.harpercollins.com)

Financial Planning for Long-Term Well-Being

By: Tayyab Shah

Feeling Overwhelmed by Financial Planning? You're Not Alone

Thinking about your financial future can hit like a caffeine crash after a late-night scroll, overwhelming, right? That mental fog from juggling sky-high rent, endless transportation costs, and student loan payments is super common, especially for anyone trying to balance side hustles and city life. But take a breath; we're in this together, and starting small can lift that weight.

What is Financial Planning for Long-Term Well-Being?

Simply put, it's mapping out your money moves to build stability and joy over time. It involves assessing income, expenses, and goals, then choosing smart strategies like weighing subscriptions against one-time investments.

Key Features: It's flexible, forward-thinking, and focuses on sustainability, ensuring your cash works for you, not the other way around.

The Real Impact of Planning

Long-term planning ensures financial freedom, avoiding debt, and building confidence. Smart choices, like one-time e-book purchases over audio book subscriptions, free up funds. It bolsters savings for travel, emergency funds for layoffs, and retirement investments for future passions, enhancing mental peace.

Steps for Financial Planning

Take control of your future with these simple, actionable steps to build financial freedom without the stress:

1. Set Realistic Goals: Aim for achievable targets, like saving \$500 for a new phone or an upgrade in six months by cutting small expenses.

2. Build a Budget Roadmap: Use a simple budgeting tool or even a spreadsheet to track income vs. expenses, prioritizing needs over wants and cutting unnecessary subscriptions.



3. Start Small Investments: Begin with small amounts, like \$10/month, in low-cost options such as index funds or exchange-traded funds (ETFs) to build wealth gradually.

4. Prep Emergency and Retirement Funds: Save \$500-\$1,000 first for emergencies in a secure savings account; also start contributing a small fixed amount each month into a retirement account for future growth.

5. Review and Adjust Quarterly: Check your financial goals every three months, tweaking budgets or investments to stay on track.

Avoid Common Pitfalls

What sneaky habits are quietly draining your wallet or derailing your dreams? Sidestep these traps to keep your financial plan on track:

1. Consider Inflation: Ignoring inflation can erode the value of savings; invest to outpace it.

2. Balance Saving and Investing: Focusing solely on saving without investing misses the benefits of compound interest.

3. Diversify Investments: Avoid putting all money into a single stock or cryptocurrency to reduce risk and stress.

4. Address Small Leaks: Avoid small, recurring expenses like subscriptions or impulse purchases, which can add up to hundreds of dollars annually.

5. Avoid Chasing Trends: Don't invest in hyped-up items like trendy sneakers; instead, focus on stable, long-term investments like index funds.

6. Plan for Life Changes: Overlooking future events like moving or starting a family can disrupt financial plans.

Smart financial planning: starting small, balancing saving with investing, and dodging sneaky traps builds a stress-free, vibrant future.

Caffeine and Balance: What Coffee Day Teaches Us

By: Muqadas Jabeen

Every year, coffee lovers from all around the world celebrate International Coffee Day in October. This day reminds the amazing journey of hardworking farmers, roasters, and baristas who worked zealously in making coffee what it is now. On this day, we appreciate their great efforts for giving us a cool coffee culture. Everywhere in the world, people share this common drink by sipping a comforting cup of it to create a sense of trust and enthusiasm. However, before we raise our mugs for the celebration, let's discuss "How much caffeine is too much?"

The Buzz behind Coffee

Caffeine is the core ingredient of all the types of coffee we have known so far: Espresso, Americano, Cappuccino, Latte, Flat White, Macchiato, Mocha, and many more. It's the natural stimulant that gives coffee its famous kick. It gives a sense of alertness by blocking the compound adenosine. Adenosine is a neurotransmitter that relaxes the mind and body and makes it sleepy. That is why students and researchers who work on their projects drink a lot of coffee to keep themselves awake at night. It also raises the levels of adrenaline in the blood, which plays a vital role in promoting arousal. But like other good things, too much can have side effects.

How much Caffeine is safe?

The amount of Caffeine intake depends on various factors, including age, genetics, and health conditions. For healthy adults, it is safe to have 400 mg per



day, which is approximately 3 to 4 cups of coffee. If you exceed this level, you can face severe negative impacts on your health, like heart palpitations, high blood pressure, upset stomach, nausea, and insomnia. For sensitive people like seniors, pregnant women, or children, the limit is much lower.

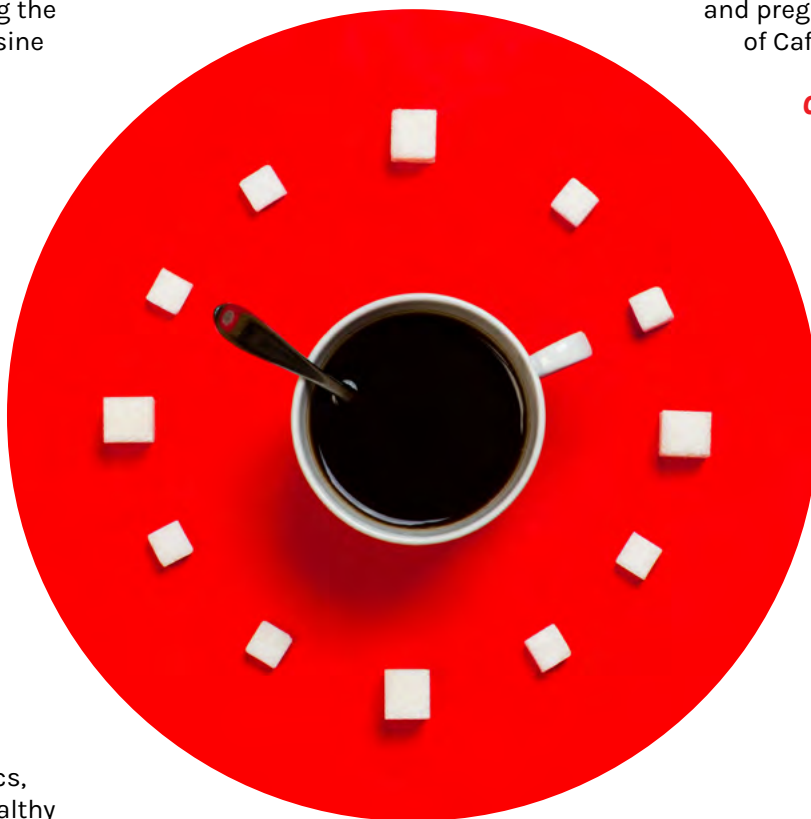
The Half-Life of Caffeine: Why Timing Matters

Half-life means the time a particular substance takes for half of its quantity to be eliminated from the body. Well, the half-life of caffeine is usually 3 to 5 hours. For example, if you drink coffee (with 200 mg caffeine) at 4 PM, then after 7 PM, you have eliminated half of it, while you still have the remaining half in your system. This is the reason doctors advise to not take coffee at night. It can disturb your sleep and stomach. By keeping an eye on how caffeine works in your body, you can enjoy your daily brew without sacrificing your health.

Factors like health condition, genetics, and pregnancy can extend the half-life of Caffeine.

Celebrate Coffee, Responsibly

International Coffee Day is not just about enjoying a great coffee time with friends and family; it is also a perfect opportunity to monitor your coffee intake and manage it by keeping track of your health. Think of it like a fuel; if you have little, you may run out of energy. If you have too much, you may put yourself at risk of various health issues. Let's make this timeless drink by drinking smarter, not just more.



Activities to Promote Brain Health

By: Aroosham Kashif

The brain is known as the body's control center, but it is simple to forget how supporting its health is crucial. As exercise makes muscles stronger and a healthy diet keeps the body well, brain and body activities are crucial for the health of the brain. Apart from improving the performance on a day-to-day basis, these activities protect from severe diseases like dementia and Alzheimer's disease in the future.

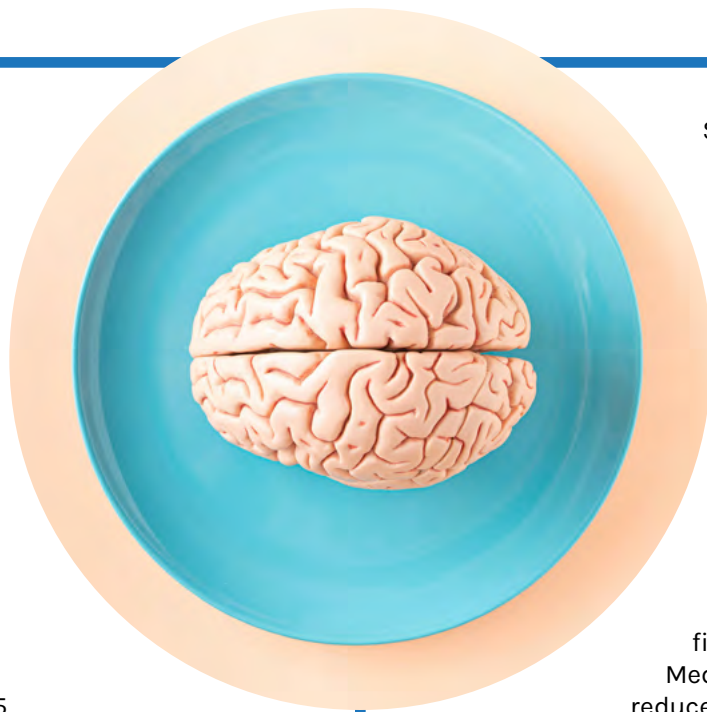
Why Brain Health Matters

Today, dementia has more than 55 million people afflicted with it globally, with Alzheimer's being the highlighted part of it. As populations continue to age, it is projected to skyrocket in subsequent decades. Although Alzheimer's has no cure, all studies confirm that lifestyle can prevent or postpone cognitive impairments. As such, prevention and early brain health are a sound investment for the future.

Activities That Stimulate the Brain

Mental stimulation is one of the best methods. Reading books, doing puzzles, playing strategy games, or learning a new skill puts the brain to work creating new pathways. Even a simple activity like memorizing a list of groceries or learning a new language can improve memory and reasoning skills.

Physical exercise is also essential. Exercise regularly done on a daily basis strengthens blood flow to the brain, aids in creating new brain cells, and boosts mood as endorphins are released. Walking, swimming, or doing yoga has been associated with improved memory as well as slower age-related decline.

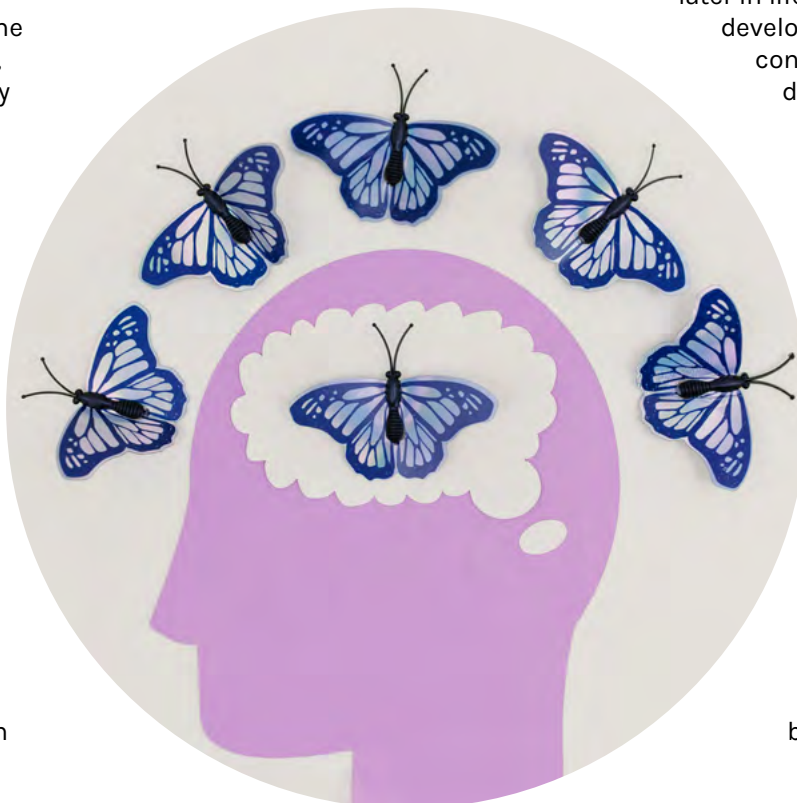


Social contact also has an important part to play. Having conversations, being with group hobbies, or community volunteering combats loneliness, which is a recognized risk factor for dementia. Human interaction keeps the mind sharp and emotionally well.

Lastly, good habits like consuming nutrient-dense food, sleeping well, and stress management are the basics. Diets full of vegetables, fruits, fish, and whole grains—such as the Mediterranean diet—are related to reduce risks of Alzheimer's. A good rest enables the brain to flush out toxins, while stress-reducing activities such as meditation or controlled breathing enhance general mental resilience.

How These Activities Help Prevent Decline

The brain has the unique capacity to change, referred to as “neuroplasticity.” Engaging activities create a “cognitive reserve,” providing the brain with more ability to respond to injury that may happen later in life. This lessens the risk of developing memory impairment, confusion, or other symptoms of dementia.



Brain health is a lifelong investment, and its rewards pay off many years down the road. Merging mental stimulation, exercise, social interaction, and healthy habits can create more robust, more resilient brains. These easy yet effective decisions not only enhance quality of life now but also serve as a defense against declining cognitive function in the future. The time to take control of your brain is today.

Breast Cancer Awareness Month

By: Victoria H

During October, everything becomes clad in pink for Breast Cancer Awareness Month. Companies are releasing special-edition versions of products and people are adorning the prominent pink ribbon. Communities worldwide are coming together to honor those affected by the disease, provide support, and further educate themselves about this disease. It is important to know the basics about breast cancer, how to identify it, and how to prevent breast cancer to the best of our ability!

What exactly is breast cancer? Breast cancer occurs when an abnormal group of cells grows uncontrollably in breast tissue. When left unchecked, it can spread to other parts of the body and be life threatening. According to the World Health Organization (WHO), 2.3 million women were diagnosed with breast cancer worldwide in 2022. The severity of breast cancer depends on 4 stages. Stage 1 typically means the tumor is small and localized, while Stage 4 indicates the cancer has spread to other organs. Each stage shapes treatment decisions and survival outcomes. The earlier you detect the cancer; the sooner you can start treatment and have the best possible outcome!



Who is most at risk? It's common to assume that only older women face breast cancer.

In reality anyone who has breasts and who has experienced puberty is susceptible to developing breast cancer. Men and women of all ages are candidates. While very uncommon, the WHO documents about .5-1% of diagnoses are of men. It is true that risk increases with age, but other factors may contribute. Genetic factors play a big role in developing breast cancer. Specific mutations of the BRCA1 or BRCA2 gene, a family history of breast or ovarian cancer, and reproductive history of early menstruation or late menopause increase your risk. Your personal health habits regarding obesity, alcohol use, and smoking also increase your risk of developing breast cancer. Environmental factors beyond your control like radiation exposure also affect your susceptibility.

What can you do? While there is no guarantee of prevention, there are certain lifestyle habits to reduce your risk. Staying active, healthy, and even breastfeeding can lower the odds. The Breast Cancer Research Foundation states that women who breastfeed have a significantly lower chance of developing breast cancer. The longer you breastfeed, the better!

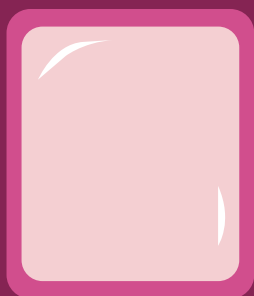


Breast Cancer Awareness

Self-examinations can help in prevention .
when performed monthly post-puberty.
It can be performed in
3 different ways:

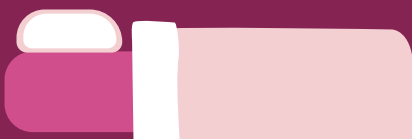


In the Shower



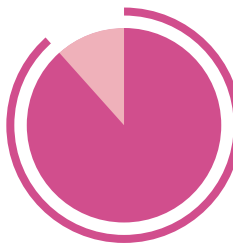
In Front of
a Mirror

Lying Down



1/8

Women in the U.S.
are diagnosed with
Breast Cancer in
their lifetime



About 85% of breast
cancer occurs in women
who have no history of
breast cancer.



Breast cancer is
the second
leading cause
of cancer death
among women



A woman's risk of breast
cancer nearly doubles
if she has a first-degree
relative who has
been diagnosed with
breast cancer.

breastcancer.org & nationalbreastcancer.org

The most important way to prevent breast cancer is to know your own body. The WHO recommends performing a self-breast exam at least once a month to help you notice any changes in the breast. Keep a look out for unusual lumps, dimpling of the skin, redness, nipple discharge, or any changes to breast shape. Not all lumps and abnormalities of the breast are cancerous, but it is well worth it to get it checked out as soon as possible!

It's important to trust yourself! If something doesn't seem right, schedule a visit with your doctor immediately. You can log onto your insurance company's website and search for doctors closest to you that accept your insurance. Routine screenings, like mammograms, are offered after 40 by many hospitals and community health centers. Some nonprofits provide free or low-cost mammograms for those without coverage. The Center for Disease Control's website allows you to search for free

screening facilities in your state. It's so helpful to be prepared and know what resources are available to you and your community.

This month provides a beautiful reminder to educate yourself and others about breast cancer. Don't hesitate to engage in the cause! Visit your local library, join support groups on social media, and look up local events that you and your family can enjoy. We are strongest when we come together and create a culture of support and vigilance.

Awareness is very powerful, but prompt action can save lives. Remember not to hesitate if you have any health suspicions. Safeguarding your own health ensures that you are here to live and love for years to come. As you carry on your day-to-day responsibilities, don't forget to prioritize your own health. You deserve it!

Scary Things in Business

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



During Halloween, many people pay to go to made-up haunted houses to experience fear and get scared. The Halloween industry experts are always working to find new ways to startle their customers. In business, scary things are always lurking around you and if you do not have a good grip on your business operations, they raise their ugly head at the most critical time. In a business setup, experts are hired to do a SWOT analysis, (Strengths, Weaknesses, Opportunities, and Threats) to identify those scary things, whether they are part of internal weaknesses or external threats.

Running a successful organization requires periodic operational review and at times, imagined business transactional scenarios to test the organizational tenacity. This is the only way to reduce the scary moments in one's business. A lax approach towards the happening of such possibilities can make a business experience "Halloween" every other day. So how do you know if your business is suffering from Halloween days and nights?

If you find yourself spending most of the time in your business operations or workplace putting out fires and in putting out those fires, you are constantly engaged in nonproductive activities that don't generate direct revenue, you are living through Halloween. This is probably because of one of the following three reasons:

1. Capacity deficit
2. Procedural flaws
3. Communication breakdown

The best strategy to counter such scares is to sit down with the stakeholders and come up with a plan in writing, that is subjected to review but hold all stakeholders accountable.





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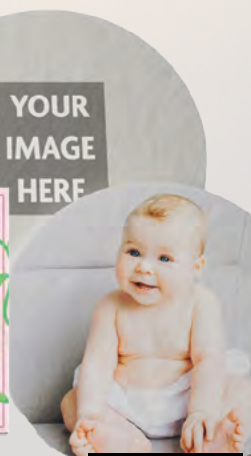
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Media Corner: Review of Wednesday, Season 2, Part 2

By: Alex Tilton

Spoilers ahead.

Some complaints are cheap shots that I shouldn't bother with. The most important aspects of a good show or movie are (in no particular order): Sincere storytelling, tight continuity / character motivation, tonal consistency, good writing and performances, a well-organized and concise plot, and production value.

Wednesday season 2 does the most frustrating thing imaginable by doing a great job with most of these things most of the time, only to nosedive to the bottom of Lake Stupid at the last second. Whenever the heroes find a way out of a bad situation, I often found myself asking "why didn't they just do that before?" Because the solution was obvious, and very accessible to people with superpowers. The answer, of course, is because the plot won't work if the characters are always smart. But there are bigger problems. Many plot points in the show depend on an incidental event or accident that might just as easily have never happened. The main villain for this season (Isaac) only exists because Pugsley accidentally revives him. And he only does that because someone told him a legend about a former student of the school who went missing. And without this guy, there would've been no second act of the season. So...I guess we lucked out?

The first draft of this review contained a lengthy rant about the legion of plot holes, nonsensical motivations and convenient stupidity the characters exhibit to set up the big ending action scene. I was 600 words into that rant when I realized it would take me another 2,000 words to adequately chart all of it. And that's just one part of one episode. So, I'll just say that I was hoping for something a little smarter but it turns out this is a 'switch your brain off and don't ask too many questions' show. Case in point, the main sub-plot revolves around the principal blackmailing a student with mind control powers to fleece money out of wealthy donors. Since she has mind control powers, she tries the obvious thing and uses them on him, only to find out he has a magic talisman that blocks her abilities. And in the end the solution to this is... have an invisible girl pickpocket him. This could've happened at any time of course, but then we wouldn't have a show. Characters are smart when they need to be, stupid when they need to be, strong when they need

to be, weak when they need to be and above all they're very, very twee.

But there's a much bigger problem. In this show people with superpowers are called Outcasts, and this season takes away the main character's powers early on so she can learn an important lesson, basically: you don't need superpowers to belong to a community. Throughout the series thus far, Wednesday's father Gomez is the only 'Outcast' without any powers. He's just creepy and weird (and a lawyer). At one point his mother-in-law Hester makes some ables comments about not letting anyone without powers into the school anymore. His existence demonstrates the point the show is trying to make. Community is (or at least should be) something you earn and build, not something you're given by being born special. But then it turns out that he was born special. He had the same electrical powers as Pugsley (and Uncle Fester), but the main villain Isaac stole them. So the point is... what exactly? As long as you were born with superpowers you're an Outcast, even if someone takes them away. But you do need to be born with them?

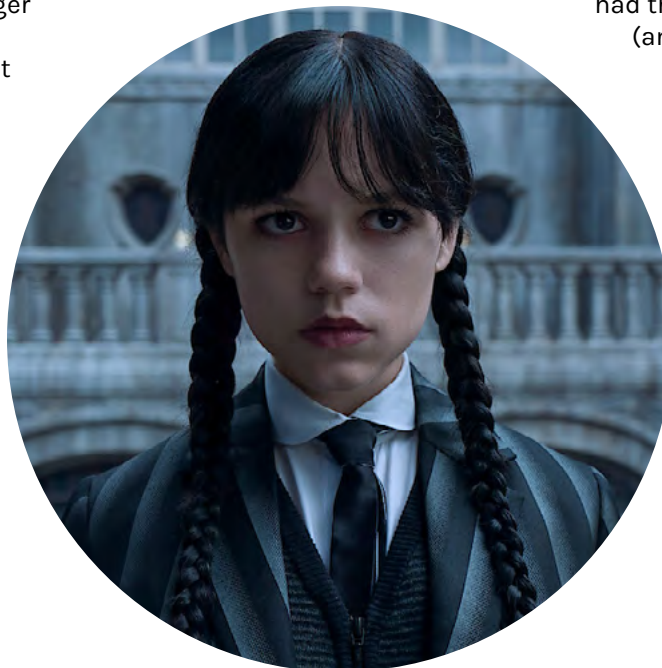
Moving on...the show has too many subplots and too many holdover characters from the first season that don't have very much to do. Everyone gets a moment or two of relevance to justify their existence but only the major characters have anything going on. They could've spent more time on fewer people with a better result.

But that doesn't mean it wasn't fun.

Wednesday has some clever jokes and some genuinely heartfelt moments, and it was nice to spend some time in that world instead of the real one. But if they're going to keep doing this they need to streamline the plot and hire a continuity checker. It would also be nice if the message, whatever it was, stayed consistent and didn't undermine itself at the last moment. Where this show really shines is its sincerity. The people in charge wanted to make something fun that people could escape into for a while, and in that they succeeded.

The fans will no doubt love it and it will make Netflix a pile of cash. And in spite of my complaints, this show deserves that kind of result more than a lot of things I've seen.

Image Source: [Netflix.com](https://www.netflix.com)



Superfoods with High Protein Levels

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator



In the past, I have discussed a variety of superfoods that can benefit us in many ways. As a reminder, superfoods are specific consumables that are rich in nutrients, low in calories, and beneficial for our overall health. There isn't a scientific definition for these foods, but these are their general characteristics. Today, we will learn about superfoods that are higher in protein, for those who are looking for an easy way to consume more protein.

For those looking to consume more animal meat, the best superfoods that are high in protein include eggs, milk, cheese, yogurt, and lean meats such as chicken, turkey, and fish. How can I incorporate these

superfoods into my daily life? You may add lean meat to a salad or sandwich. You may also enjoy eggs for breakfast or as a quick snack. The possibilities are truly endless and beneficial.

For those wishing to consume more plant-based products, the best superfoods are beans, lentils, chickpeas, nuts, seeds, whole grains, and tofu or tempeh. What are the easiest ways to incorporate these into my lifestyle? Enjoy hummus made with chickpeas and some whole grain chips or crackers. Substitute meat with tofu or tempeh in a stir-fry or a wrap. You may also add nuts or seeds into your yogurt or cereal. There are a variety of ways to enjoy protein, while consuming a plant-based diet.

As always, it is crucial to eat a well-balanced diet that includes fruit and vegetables, alongside these beneficial protein resources. If you have specific dietary needs, it is best to speak with your doctor to figure out the best solution for your lifestyle.



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch videos on YouTube, DrRSMD.



Cozy Autumn Wild Rice Soup

Recipe Source: *gimmesomeoven*

Ingredients

6 cups vegetable stock
(or chicken stock)

1 cup uncooked wild rice

8 ounces baby bella
mushrooms, sliced

4 cloves garlic, minced

2 medium carrots, diced

2 ribs celery, diced

1 large (about 1 pound) sweet potato,
peeled and diced

1 small white onion, peeled and diced

1 bay leaf

1 1/2 tablespoon Old Bay seasoning

1 (14-ounce) can unsweetened
coconut milk

2 large handfuls of kale, roughly
chopped with thick stems removed
fine sea salt and freshly-cracked
black pepper

Directions

Step 1: Sauté the veggies

- Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat.
- Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent.
- Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

Step 2: Add base ingredients

- Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning.
- Stir to combine.

Step 3: Simmer

- Continue cooking until the soup reaches a simmer.
- Reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

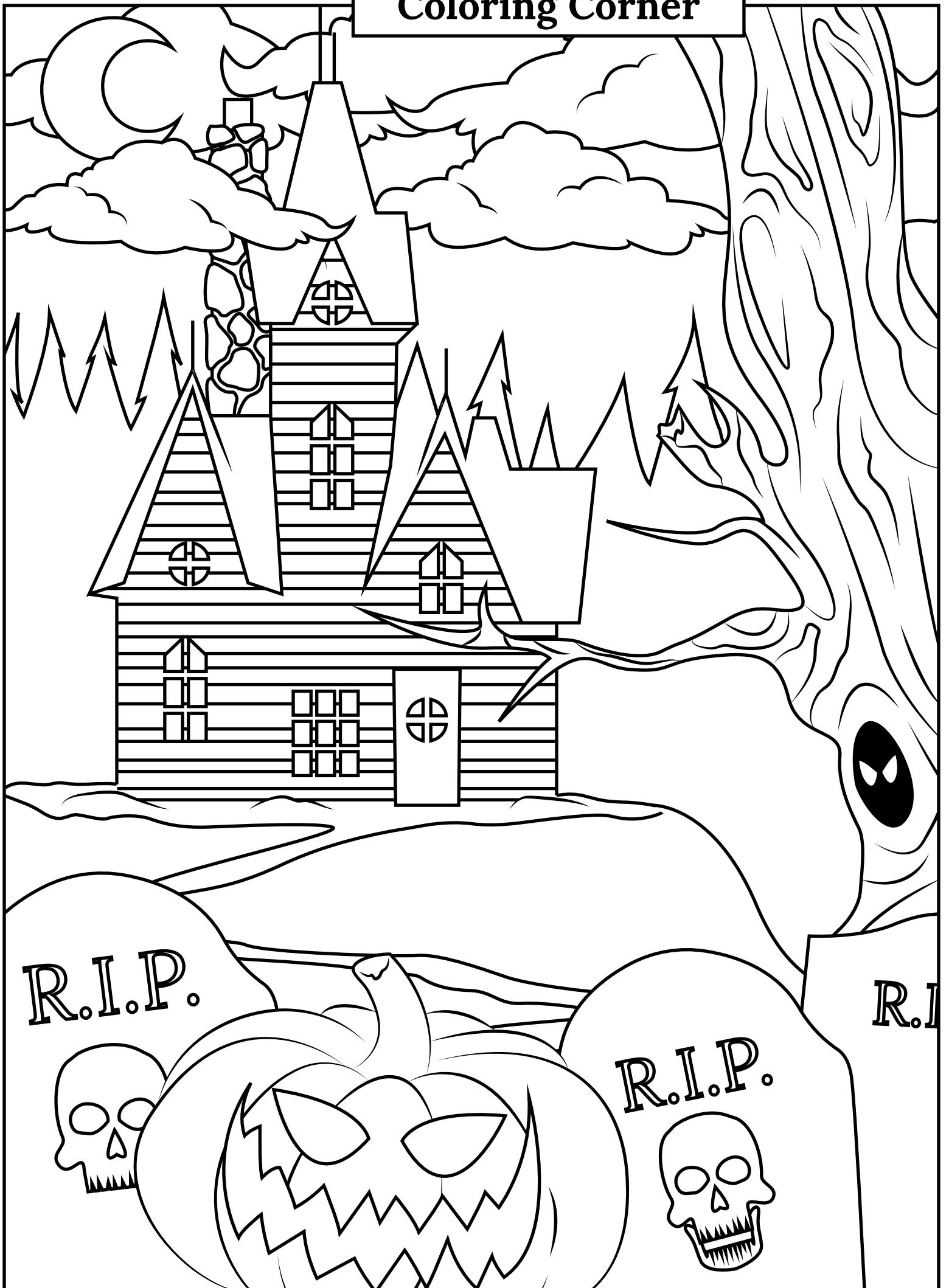
Step 4: Add final ingredients

- Add the coconut milk and kale to the soup, and stir gently until combined.
- Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

Step 5: Serve

- Serve warm and enjoy!

Coloring Corner





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