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Nelson Mandela
*Reasons to Celebrate
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*Tips to Ensure a Safe
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July 2022





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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 the aspects of mental health, financial health, and health of the spirit. 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 technology, knowledge, and evolution of the health 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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Celebrating Nelson Mandela

By: Emily Wu



In 2009, the UN General Assembly declared July 18th as Nelson Mandela International Day, in recognition of the former President of South Africa's birthday and his fight against apartheid and for the civil rights of South Africans, inspiring his country and the whole world.

Mandela led many protests and resistance efforts as part of the African National Congress (ANC) against the oppressive regime of South Africa and its racial segregation against African Americans. He co-founded Umkhonto we Sizwe ("Spear of the Nation") as an armed wing of the ANC. Though originally only pursuing peaceful and nonviolent measures, it became an unrealistic method since their peaceful demands were met by force from the government. However, in 1963, Mandela and other leaders of the resistance stood trial for planning to overthrow the government and were sentenced to life imprisonment. During his time in prison, Nelson Mandela became the face of the anti-apartheid movement and as a symbol of resistance for never wavering in his beliefs despite being inhumanely treated in prison for being a black political prisoner. From prison, Mandela earned a bachelor of law from the University of London and mentored fellow prisoners, as well as smuggling out his political statements and his autobiography, *Long Walk to Freedom*.

“
Nelson Mandela devoted his life to promoting global peace and fighting for the rights of humanity, to ensure that no voice is exploited or oppressed.
”

Pressure from an international campaign led to his release in 1990 and Mandela immediately continued to work with the ANC for reform and peace, while negotiating with the South African government. In 1994, South Africa held its first democratic election where Mandela was inaugurated as their first black president. He worked to transition from apartheid to black majority rules and to promote reconciliations between whites and blacks. He protected South Africa's economy from collapsing, funding the creation of new jobs, housing, and health care. In 1996, Nelson Mandela signed a new constitution into law, which established a strong central government based on majority rule, while protecting the rights of the minorities, no matter their race, and freedom of expression. Nelson Mandela devoted his life to promoting global peace and fighting for the rights of humanity, to ensure that no voice is exploited or oppressed. After declining a second term, Mandela continued to address global problems, such as hunger, education, and homelessness and his legacy lives on to bring about a world of peace and equality. On July 18th, we remember Mandela's achievements in human rights and peace. It has become tradition that many around the world take 67 minutes of that day to volunteer or participate in some way that brings good to their community and the people around them; a small gesture to the 67 years Mandela fought for social justice.

Firework Safety Month

By: *Samantha Barron*

Summertime is here, and it's time to take firework safety into consideration. It is important to check your town's rules on fireworks before proceeding further. Setting off your fireworks in the right place can make a huge difference in your display, making preparation essential. What steps should you take to ensure proper firework safety?

Before planning your firework display, ensure that you are aware of the laws and regulations for fireworks in your town. Upon verification, ensure that a responsible, sober adult is present to supervise all firework activities. You should never handle fireworks if you are under the influence of drugs or alcohol. Secondly, make sure any pets you have are safe and secure indoors. Ensure that your pet has an identification tag under the circumstances that they get loose outside from the loud noises. It is important to remember that fireworks are to be used outdoors only, and should be lit one at a time. Don't be afraid to take extra

precautions when using fireworks. Wear safety goggles when shooting off fireworks, and keep a bucket of water close by in case anything goes wrong. Light one firework at a time, and quickly move away from it.

“
It is important to ensure the safe usage of fireworks for the protection of yourself, and those around you.
”

If your fireworks malfunction, it is important that you do not use them again. Wait 20 minutes upon malfunctioning, and soak the firework in a bucket of water. Read all directions before using your fireworks. If you notice someone using illegal explosives, such as M-80s or quarter sticks, report them to the police or fire department immediately.

It is important to ensure the safe usage of fireworks for the protection of yourself, and those around you. Follow the suggestions above, and you'll be able to enjoy splendid firework displays this summer, while being safe at the same time. Do not expose yourself to fireworks if they are illegal in your town. Remember, always be safe.

Health Tips with Dr. Sadiq

Summertime Heat Stroke & Skin Cancer Awareness

According to the CDC, a heat stroke occurs when the body can no longer control its temperature. Your body temperature will rise rapidly, sweating mechanisms fail, and the body is unable to cool down. The body temperature can rise to 106°F or higher within 10-15 minutes of the occurrence.

Symptoms of heat stroke include a confused mental status, loss of consciousness, hot skin, profuse sweating, seizures, and a very high body temperature. Call 911 if someone has these symptoms.

During summer months, it is important more than ever to stay hydrated and avoid prolonged sun exposure. If you know you will be out in the sun for a long period of time, be sure to drink plenty of water and wear sunscreen to avoid both heat stroke and skin cancer.

Skin cancer due to prolonged sun exposure is called basal cell carcinoma. It usually occurs in sun-exposed areas of your body, such as your neck or face. Basal cell carcinoma may appear as a pearly or waxy bump, a flat, flesh-colored or brown scar-like lesion, or bleeding or scabbing sore that heals and returns.

If someone you know has experienced either of these issues, call our office at (716) 923-4380 for proper instruction from one of our medical professionals in your area for proper treatment.





Hep A is a short term infection that doesn't become chronic. There are vaccines for prevention which is why the rate of hep A infections has declined 95% over the years.

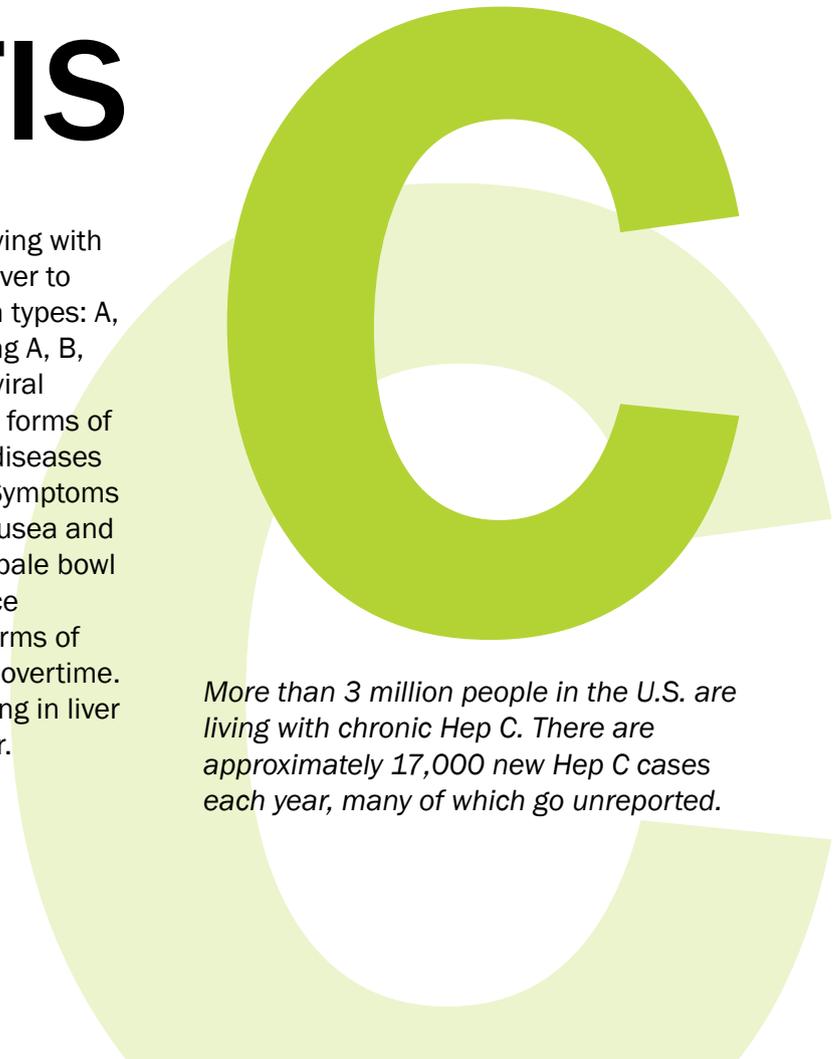


1 in 20 Americans have been infected with the Hep B virus. Up to 40,000 Americans will become newly infected each year. Hep B however can be prevented with a vaccine.

HEPATITIS

More than five million Americans are living with hepatitis, a disease which causes the liver to become inflamed. There are five known types: A, B, C, D, E; the most common types being A, B, and C. Known causes of hepatitis are viral infections, overconsumption of alcohol, forms of toxins entering the body, autoimmune diseases and fat accumulated around the liver. Symptoms of hepatitis include loss of appetite, nausea and vomiting, diarrhea, dark colored urine, pale bowel movements, stomach pain, and jaundice (yellowing of the skin and eyes). Mild forms of hepatitis can be vaccinated or go away overtime. Sometimes it can last a lifetime, resulting in liver cancer or cirrhosis (scarring) of the liver.

Sources:
U.S Department of Health and Human Services
www.medlineplus.gov
www.hepmag.com



More than 3 million people in the U.S. are living with chronic Hep C. There are approximately 17,000 new Hep C cases each year, many of which go unreported.

The Spiritual Significance of The Full Moon

By: Marley Coppola, Tarot Reader, Rising Goddess

A Full Moon is when a whole side of the moon is facing us here on Earth. The Moon shows itself in different shapes throughout its cycle; these are called phases. A lunar cycle lasts for about 29.5 days. Therefore, we see a Full Moon every month!

The Full Moon raises awareness to the shadows of ourselves, it glows to show us what was once hidden. This is a time for us to become more receptive. With awareness rising, the Full Moon is a time for release. As it illuminates our shadows it is important to let go of habits, thoughts, feelings, and emotions that weigh us down.

The Buck Moon, July 13

This Full Moon gets its name from male deer. During this time of the year their antlers are at full growth, thus attributing the name to this month's full moon. The Buck Moon will be in Capricorn. This invites change to our homes, families, and possibly careers! We are encouraged to hear our hearts and



be inspired by them. This moon is about being guided through needed change and following our hearts to these changes.

The Sturgeon Moon, August 11

This Moon inherits its name from the popularity of sturgeon that were caught in the Great Lakes this time of year. The Sturgeon Moon will be in Aquarius. This full moon embodies gratefulness. It is time to see and be in awe of the abundance in our lives, and the world around us. Take a moment to see the splendor and beauty in nature and all around us.

The Harvest Moon, September 10

The Harvest Moon was given its name because it occurs in the earlier parts of the evening granting farmers more time to harvest their crops. The Harvest Moon will be in Pisces. It brings on opportunities and new beginnings. It is time to see what life will bring to you, and to go with it as it comes. Remember not to overwhelm yourself during this Full Moon.

Gardening on a Budget: Growing Your Own Crops

By: Rachael Bannen

This summer you may be debating whether or not to dig your hands into some soil and start gardening, plus possibly growing your own crops. Gardening can appear as a daunting or expensive investment to begin, but there are alternatives to the expensive options to get you gardening in a budget friendly manner.

On modernfarmer.com, it is mentioned to plant seed rather than starts. You can typically get significantly more plants for what you pay when buying seeds, versus what you would get paying the same for starts. Also, consider growing organically. It is very budget friendly, through this you avoid spending money on chemicals such as pesticides.

Another great option for getting plants and adding some variety to your garden is doing seed swapping. As suggested at getbusygardening.com doing this with other gardeners allows for you to get some other plants or crops added into your garden for free. Another idea this source suggests, is utilizing your kitchen scraps and



planting them in your garden as another way of getting some free plants. Along with this, they suggest using the leaves from your plants as mulch or for enriching your soil.

Another great tip is using a barrel to collect rainwater which can help keep your garden more budget friendly. Another option to take into consideration when building your garden is using containers instead of buying expensive plant beds or paying for the materials, which can be pricey to build. You could use anything from a box, to a storage bin out of your basement, or even palettes to create a garden. This method also cuts back on other supply costs, as it requires less of them, for example they mention it requires less fertilizer.

For more information about starting your garden, you can visit getbusygardening.com or seek advice from your local plant nursery.

How To Boost Your Immune Health

By: Yen Ngo MS, RDN, CDN, Registered Dietitian Nutritionist



Immune health seems to be a huge topic of discussion, especially in the past few years, but how do we actually “boost” immune health? With all the conflicting health and nutrition information out there, how can we possibly know what to eat and drink without spending loads of money on “immune boosting” products.

Speaking from a functional perspective on medicine and nutrition (meaning a root cause approach), we must first ask ourselves What is the immune system and what makes it “weak”?

Approximately 70% of the immune system lies within the intestines. So what does that mean? The gut regulates the innate and adaptive immunity, two lines of defense that work together to destroy any invading pathogens. For them to work together harmoniously, the balance of bacteria in our gut microbiome plays a large role. The more “bad” bacteria in relation to “good” bacteria in the gut can cause more opportunistic pathogens to enter, therefore contributing to an over-stimulated immune system, thus making us more susceptible to illness.

So yes, you heard that correctly, that means good gut health equals healthy immunity! So what causes poor gut health? Unfortunately, life. Overuse of over the counter and prescription drugs such as antibiotics, heartburn medication, NSAIDS, and birth control pills. Physiological factors such as high stress, anxiety, depression, and unresolved emotional trauma. The “Standard American Diet” – Over consumption of processed foods and alcohol. Environmental factors such as heavy metals in air, food and water, BPA in plastics, pollution, everyday household items with

heavy chemicals. And of course, infections, whether they are bacterial, viral, or fungal.

So how do we eat for immunity?

First, we must identify any “problem foods” such as any food intolerances, sensitivities, or allergies which would be identified by a trained health professional such as a Registered Dietitian. Each time these “problem foods” are consumed, they can cause damage not only to the gut but to the entire body.

Next, remove foods that irritate the gut lining such as pro-inflammatory foods. That includes foods that contain hydrogenated or refined oils, gluten (for some), dairy (for some), refined grains (e.g. flour-based products), sugar, and artificial colors, flavors, and sugars.

Lastly, replace those foods with anti-inflammatory foods such as fruits, vegetables, whole grains, beans, lentils, nuts, seeds (chia, flax, hemp, etc.), healthy mono and polyunsaturated fats (fresh olives, hummus, olive oil, coconut oil), sustainable fatty cold water fish (salmon), whole organic soy products (tofu, tempeh, edamame, soy milk, miso paste), organic chicken, pasture raised eggs, grass fed beef, bison, cultured dairy products (Greek yogurt, kefir), any fermented vegetable (sauerkraut, kimchi), anti-inflammatory spices (turmeric, garlic, ginger, cinnamon), and anti-inflammatory beverages (green/matcha tea and kombucha).

For some, these steps may sound easy- Remove some foods then add back in some foods, however, the key is to keep it consistent. When it comes to good health

and nutrition, it does us no good to follow a plan for a few days, weeks, or months just to stop. That is why good health does not come quick and truthfully, it is not easy. Changing your behaviors and modifying your lifestyle is nowhere near simple. That is why it's recommended to make small changes when following these three steps. For example, start by looking at the list of foods to reduce. Which one of those foods do you eat most often? It's best to eat less of that one food for one week while replacing it with a healthier alternative. For example, if you are the person who enjoys eating multiple servings of peanut butter each week, it is important to choose the best quality of that particular food. Classic brands of peanut butter tend to contain hydrogenated oils and added sugar, swap that product out for one with an ingredient list that only contains "peanuts and salt". That way, your "everyday food" is not adding to your toxic load. After making that one small change and mastering it, continue down that list. This way we tighten up our diet without feeling deprived or restricted.

Major takeaways: Good immune health starts in the gut, work towards a healthy lifestyle by making small behavioral changes versus big ones, and be mindful of what foods, beverages, medications, etc.. that you allow in your body.

Eat Your Colors

Eating a wide range of colorful fruits and veggies is important to keep your body happy and healthy. Each color provides different benefits for your overall health!

Red	Yellow & Orange	Green	Blue & Purple	White
Contain antioxidants, decreases blood pressure, strengthens joint tissue, heart healthy, lowers risk of some cancers.	Contains beta-carotene, improves vision, clears skin, bone health, combats free radicals.	Contain powerful antioxidants, contains lutein, clear vision, skin health, protects against certain cancers, increases immune system.	Contain rich antioxidants, improves memory, heart health, lower risk of certain cancers, healthy digestion, reduces inflammation.	May help lower cholesterol, helps lower blood pressure, reduces risk of heart disease and cancer, kicks up B and T cells.
Eat these!	Eat these!	Eat these!	Eat these!	Eat these!
Watermelon Red Onion Beets Red Peppers Tomato Grapefruit Cherries Cranberries Raspberries	Apricots Cantaloupe Lemons Mangoes Pumpkin Yams Squash Peaches Oranges	Lettuce Cabbage Kale Green Apples Kiwi Brussle Sprouts Broccoli Spinach Zucchini	Eggplant Blackberry Blueberry Plums Pomegranate Red Cabbage Purple Grapes Figs	Cauliflower Onions Mushrooms Garlic Potatoes Pears Fennel Ginger Bananas

Small Investor Tips During Uncertain Times

By: JMH Advisement, LLC

Inflation is directly affecting all American families, as well as, all major U.S. stock indexes which have “flirted” with or succumbed to the bear markets. A bear market is generally considered to occur when an index or an asset’s price has declined more than 20% from a recent high. With all this bad news, it justifies the strong speculation that, in fact, the dreaded recession is already in play, particularly, as the Federal Reserve is ramping up interest rates in recent weeks and may continue to do so during 2022.

“Market volatility is likely to continue throughout much of this year because of the high level of uncertainty,”

says Sameer Samana, a senior global market strategist at Wells Fargo Investment Institute.

What should small investors do in such uncertain times?

1. Do not “Panic” or be “Blindsided”

As a small investor, when the stock market is down and entering a bear market, the first thing investors need to remember is that bear markets have shown to be an inevitable occurrence in the stock market. This can be an opportunity to make this the “best-time” to not only protect your portfolio but potentially position it for exponential growth. Buy low and sell high, not vice versa. Not every stock that drops in price eventually rises again, however, history has shown us

that the major indexes -- such as the S&P 500, Dow Jones, and Nasdaq Composite, and the market as a whole tend to bounce back eventually.

2. Focus on “Diversification”

“Don’t put all your eggs in one basket” is a relevant saying in many aspects of life, and investing is no different. Diversification is one of the main investment pillars, and any solid portfolio should have a fair mix of assets. This is critical to reducing some of the risks that come during bear markets. You may not experience the hypergrowth that can happen with single companies, but you’re also not totally exposed to sudden drops that can occur.

3. Use “Dollar-Cost” Averaging:

It can be hard not to let your emotions get involved when dealing with money under normal circumstances, but this is especially true during bear markets when you’re seemingly losing money. To help with this, investors can begin “Dollar-Cost” Averaging, which involves making regular investments at set times, regardless of how stocks are performing at the time.

Most importantly speak with a financial advisor you trust who can help you manage your assets during this difficult time.



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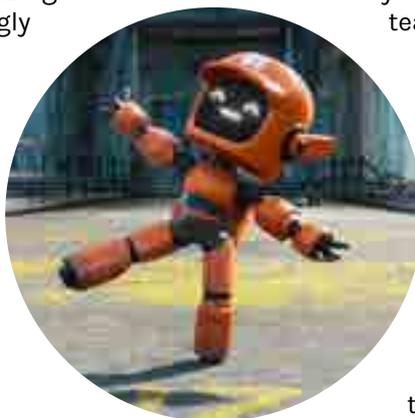
Netflix Review: Love, Death and Robots (Season 3)

By: Alex Tilton

Love, Death and Robots (LDR) is a sci-fi, fantasy and horror anthology series that releases a new season about every eighteen months. The first season in 2019 was a mind-blowing rookie performance for a new series. Not only did it have a whopping eighteen fully animated shorts, almost all of them were amazing. The second season, in 2021, was disappointingly mediocre. It was much shorter (although the individual shorts were somewhat longer) and only a few of them were memorable.

Season 3 has the quality of season one and the length of season 2. Out of 9 shorts one is bad, one is decent but way too cute for its own good, and one is kind of 'meh'. The other six are awesome. Two in particular are masterpieces of short-form horror, and they are the clear standouts from this season.

'Bad Travelling' tells the story of the crew of a steampunk shark fishing ship and their terrifying encounter with a thing-from-the-depths that attacks and infests their ship. It's as dark as horror gets, and I will be going back to watch it many times because



of how utterly, perfectly executed it is. I won't spoil anything here, other than to say this episode simply will not stop pouring it on until the very end.

'In Vaulted Halls Entombed' then proceeds to find a way of (just barely) topping this. A special forces team tasked with rescuing a hostage from insurgents finds something so much worse than anything they could have imagined that literal madness ensues. Again, I will not spoil anything.

Finally, although not my favorite, the last entry of the series is also very worthy of praise. 'Jibaro' is a zero-dialogue story of a siren-like creature wiping out a small army, leaving behind only a deaf soldier named Jibaro, and what follows between the two of them. Fast paced, entirely non-verbal, and highly graphic in its brutality (not that the other stories aren't), Jibaro will burn itself into your memory for its sheer colorfulness and fever dream style. My verdict is: Watch LDR Season 3, but be aware that there are some crappy parts, and the best parts are deeply disturbing. (Image source: collider.com)

Hulu Review: Shoresy (Season 1)

By: Alex Tilton

I was a latecomer to the Hulu exclusive series 'Letterkenny', of which Shoresy is a spinoff. Centered around a group of self-described hicks in a rural Canadian farming town, Letterkenny itself was an outgrowth of a YouTube series called 'Letterkenny Problems'. Each season is only 6 episodes long, but what it lacks in length it more than makes up for in quality. The writing is relentlessly good. At no point in any of the 60+ episodes that make up the first ten seasons of Letterkenny does the quality ever crash. The dialogue is rapid, adult, clever, and eye poppingly funny. And one of the highlights of Letterkenny is a hockey player character called 'Shoresy'. Shoresy is the most foul-mouthed individual you've ever met. A master artist of vicious mockery, he became an immediate fan favorite in spite of his relatively infrequent appearances. Played by Letterkenny series creator Jared Kesso (who also plays main character Wayne in Letterkenny), Shoresy never showed his face at any point in the original series. He was always either viewed from behind, or wearing a tinted hockey mask, or (most often) hurling verbal abuse at his teammates from within a toilet stall.



At first I suspected that Shoresy's face would never be shown even in his own series. But, to the fans delight, the first trailer that dropped simply did away with this gimmick. A suitably different looking Jared Kesso emerged from a toilet stall after eviscerating his coach and team for losing a hockey game and we finally got a look at the guy. In that same moment we learned what Shoresy was going to be about. It was not a show about a man who just happened to be a hockey player. Shoresy is a show about Hockey.

Hockey culture, hockey players, a hockey town, hockey games....everything in this show is Hockey. And in this way it immediately claims its own identity apart from Letterkenny. The writing is different too. It retains the same signature lightning-fast exchanges of artful verbal abuse, but in smaller doses, choosing instead to focus more on who the characters are and what they want to be. I'm hard pressed to find anything wrong. There aren't any flaws that stick out well enough for me to remember them. It might not be perfect but it's awfully close. (Image source: IMDb.com)

The Healing Power of Energy Cleaning Rituals

By: Lana Shapiro, Holistic Life Coach



We are energetic beings and our energy system speaks to us all the time, we just need to learn how to tune in and listen to it. Some of us may still be in shock and disbelief over everything that has happened since the start of the pandemic and all the after effects.

If you have been feeling like a dark cloud has been following you around or that you can't get yourself out of a rut, then energetic clearing may be in order. Creating a daily energy cleansing ritual may not only help with clearing negative and stagnant energy, but it also has health benefits which will give your immune system a boost.

Smudging Rituals

Smudging is an ancient purification practice, originally initiated by Native Americans. It involves using a variety of dried herbs tied in a bundle, igniting them to create a "smoke bath" and waving them around. This cleansing practice purifies the physical and spiritual body and brings a sense of peace and harmony to your environment.

Before smudging, open all internal doors, cabinets, and drawers and begin with the intention of ridding your space of unwanted energy and making room for new spirits. You can wave smoke onto yourself to cleanse yourself of negative energy as well.

You may recite a smudge prayer while you are waving the smoke around, important thing is to have the intention of clearing negative energy and inviting positive energy to remain. Take in deep and conscious breaths when cleansing your environment. Begin at the front door and move in a clockwise rotation, waving smoke up into all corners and less-used spaces, focusing special attention on areas that seem "dark."

Herbs and Plants to Use for Smudging

Most common herb used for smudging today is probably sage – it drives out bad spirits, feelings and

influences and it can also be used to repel mosquitos and other bugs when left smoldering. Cedar has very similar properties to sage, with added benefits of helping people with upset stomach, flu, or vitamin deficiency. Bay leaf also has the health benefits of protection against colds and flus.

Some lesser-known herbs that may also be used for smudging are fennel, sweet grass and mugwort – all with their unique properties and benefits. Palo santo is a type of wood with high resin content, it is believed to have purifying properties when it is burned. It's scent is very relaxing and it helps ease stress and pain.

Other Ways to Cleanse

Smudging is just one of the ways to clear out energy in your space, but there are other things you can do that serve the same purpose. Think of negative energy as little gremlins that attach themselves on everyone and everything around them.

Every physical object in your environment has the ability to hold on to and store energy within itself. Simple cleaning rituals like sweeping and mopping the floor and dusting can also clear out stagnant energy from your home. You can even add cleansing oils to your mopping water. As you are cleaning and purging, visualize negative energy clearing out of your house – again, it's all about setting the intention.

Don't Forget To Cleanse Yourself

Make cleansing yourself a daily or even weekly ritual as well. You may do this by taking a bath with cleansing and detoxifying salts. You can give yourself a massage using a mix of purifying essential oils such as cinnamon, clove, ginger, orange, peppermint, sandalwood. Pick whatever scent helps you feel grounded and calm. You can incorporate ritual sprays, crystals, incense, and bath bombs into your cleansing self-care routines as well.

Independence and Business

By: Faizan Haq, Editor-in-Chief & Publisher, Your Bliss Magazine



We celebrate the 4th of July as the Independence Day for the United States. If we review the history of the struggle for independence it is very obvious that there were many dependencies that our forefathers opted for while struggling to acquire independence from the British. The disagreement with the British was about making independent choices and not being dictated to by the British government. Basically, it meant choosing our own path and dependencies, our own choices of adversaries and friends. It also constituted deciding in the interests of the people residing in the 13 colonies, who agreed to be united under one banner.

Establishing a business is no different than forming a new state. It is never about just independence itself, but it is about choosing your own dependencies. Being in business for yourself forces you to increase the number of those who are dependent on you (clients/customers) and rely on those whose interests are aligned with yours (employees, partners, suppliers, etc.). It does not matter whether you are an emerging market nation or a new start-up on the internet, this rule will apply universally.

The decisions required to strategize dependencies will need in-depth market research; products and services, demand and supply, the competition, etc. The claims that exist out there by people and businesses that they are self-made or are independent are completely false. This is why, when people start a business or influence groups or organizations, they seek like-minded people with the same set of values. They are in fact trying to secure their dependencies. A strong business is like a strong family where reliability of the family members strengthens the family, and the lack of reliability deteriorates a family into lasting resentments.

The most useful asset in business is the people involved. All technologies, resources, and strategies will be useless if the involved parties cannot be depended on. Unfortunately, all planning and promises, all disclaimers that people sign don't guarantee reliability. It remains, to this date, a matter of qualified decisions based on experience, history, references, and good old gut feeling.



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"MYB has a wide variety of helpful business management services. Very reliable people!"



We at Manage Your Business, LLC are interested in the success and growth of small businesses. We provide a wide array of services along with a strong platform to support and expand your business and your potential.

Consult with our highly-trained organizational specialists with over 25 years of direct industry experience.

We provide efficient services for accounting, human resources, general business administration, nonprofit administration, communication specialist and business mentorships, information technology, media, branding, marketing, and web development.

Summer Zucchini Salad

Ingredients

- 1 Lemon zested and juiced
- 2 Tablespoon olive oil
- 2-3 medium zucchini
- 1 cup fresh corn kernals
- 2 cups arugula
- ¼ cup chopped walnuts
- ¼ cup crumbled feta



Instructions

1. In a large mixing bowl, whisk together the lemon juice, lemon zest, and oil. Season to taste with salt and pepper. Set aside.
2. Use a mandolin or vegetable peeler to cut the zucchini into long, thin strips. Add the zucchini and corn to the vinaigrette and stir to coat. Let sit for 10 minutes so the vegetables soak up the flavor.
3. Stir in the arugula, feta, and walnuts. Season to taste with salt and freshly cracked black pepper.

Recipe Source: Healthy-Delicious.com

Turmeric Iced Tea

Instructions

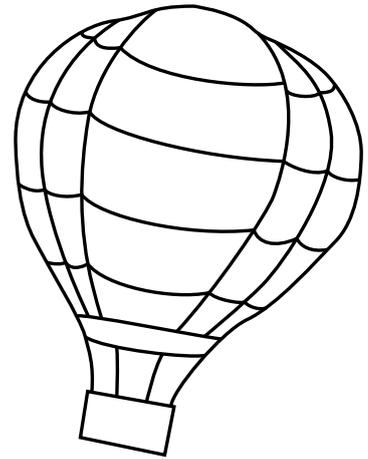
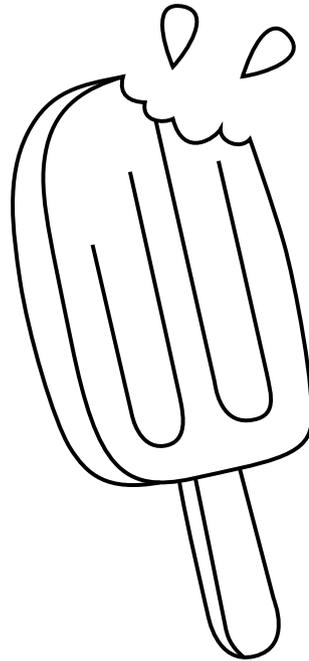
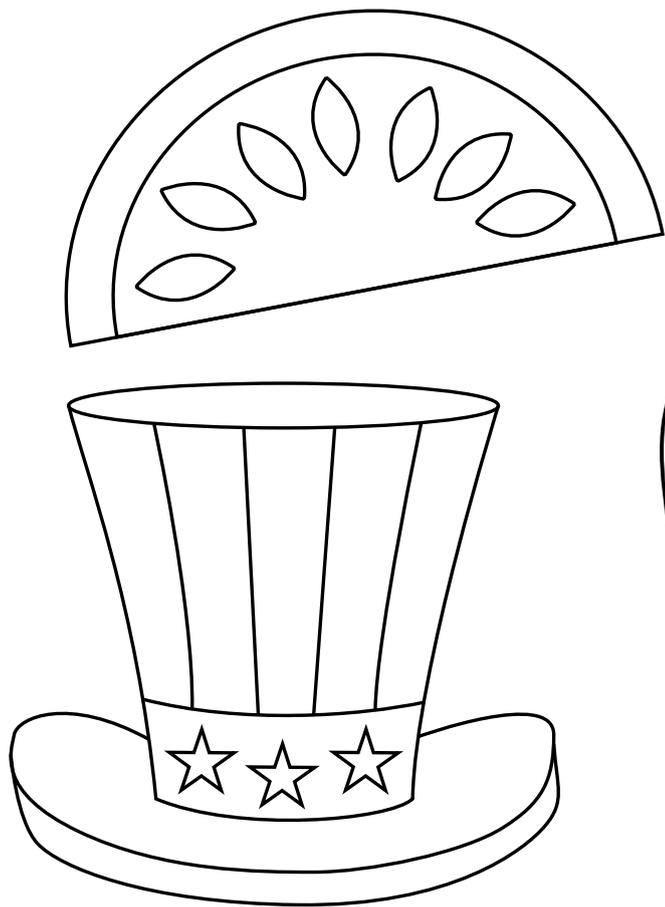
1. Add the ground turmeric, ginger and water to a saucepan.
2. Bring to a simmer over medium high heat and then remove from the heat.
3. Add the green tea and let it sit for 3 minutes.
4. Strain out the tea.
5. Sweeten with raw honey or pure maple syrup to taste.
6. Fill two jars with ice cubes and pour the tea over the ice.
7. Garnish with slices of lime and serve.



Ingredients

- 1 tsp ground turmeric
- 1 inch ginger root, washed thoroughly or peeled and sliced
- 2 tsp loose green tea or 2 bags of green tea
- raw honey or pure maple syrup to taste
- ice and lime slices
- 2 cups water

Recipe Source: healthysubstitute.com



Dera Is The Best Food!

**MISTER
DEE'S**



In Pakistan, a Dera is a place to gather and enjoy food, talk, tell stories, and hold debates among the community members. And that is what we wanted our restaurant to be as well, a place for people to enjoy a snippet of Old Lahore with a modern twist, to relax and enjoy a hot cup of Chai or a cool glass of freshly made Lassi from our Lassi Bar. We want people to relive memories of Punjab or come make new ones with us if you've never been to Pakistan!

Formerly known as Mister Dee's Restaurant, we decided to choose the name Apna Dera, meaning "Our Place" in Urdu, because we want Apna Dera not to be just another restaurant out there, but to be a home away from home. We wanted to bring the essence of Punjab to Buffalo, serving home-cooked style food while also bringing a café-like atmosphere. So whether you are a family looking to have a night out or a homesick student looking for a taste of home, we have a seat for everyone.

Watch for our grand opening at 450 Beach Rd in Cheektowaga!

Feel Good about the Skin You're In.

It is summertime in Western New York and we have all waited during the winter to get outside and enjoy the sunshine and warm weather. One of the most important things you can do to have healthy skin is to protect it from dangerous UV radiation which can damage your skin and have long-term effects like premature aging and skin cancer. Apply and use a broad-spectrum sunscreen of no less SPF 30 and apply it every two hours when outdoors for prolonged periods of time or more frequently if water activities are involved. Protect your skin by not smoking, eating healthy, limiting stress and gentle cleansing.

When to see your dermatologist? According to our team of specialists in skin care led by Animesh Sinha, MD, PHD, it is important to schedule a yearly visit for a skin examination and if you have issues such as acne, rashes, nail disorders, hair loss, unusual growths or changes to moles you should see your doctor immediately. If you would like more information on how to maintain healthy skin or have a concern about a skin condition, please schedule an appointment at one of our WNY Medical offices in Orchard Park or Amherst, NY.



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