



FREE

Rising Cost of Healthcare

A review on various reasons why healthcare will continue to cost more

Benefits of Meal Prepping

How can we make our lives easier when it comes to eating healthy?

Weight Loss Medication

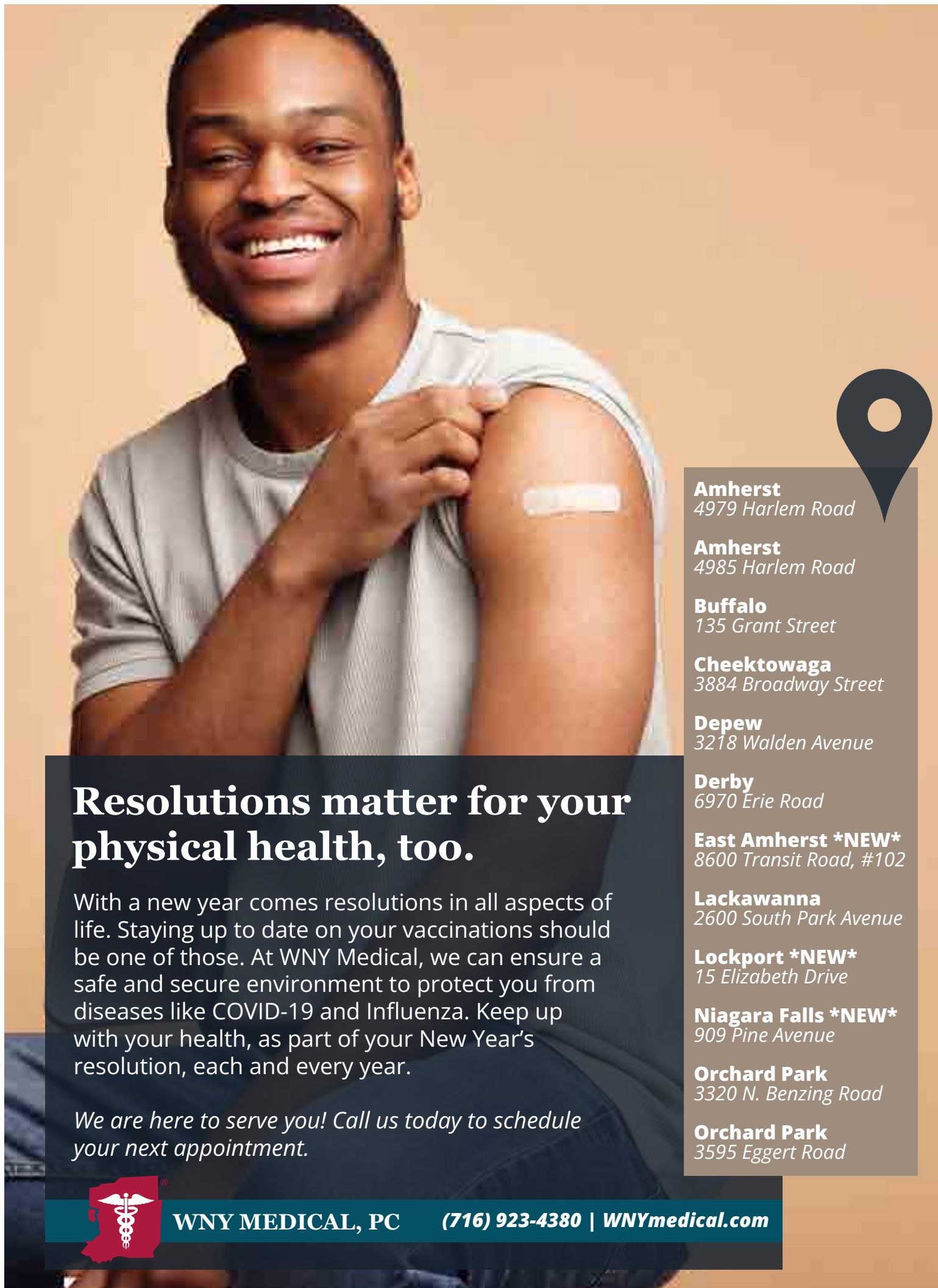
A professional perspective on the latest ways to lose weight

Healthy Relationships

How do we set boundaries in our everyday relationships?



January 2025



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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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New Year's Goals: Post-Partum Depression

By: Victoria H



The new year has begun and everyone is setting goals for personal wellness. New Year's Resolutions are a wonderful tradition that can benefit anyone, especially new mothers. Setting personal goals is important because it helps us to not get lost in the chaos of adjusting to the new role of motherhood. Oftentimes, we focus so much on our family, jobs, and friends, that we forget to focus on ourselves. Motherhood can be hectic! With the risk of postpartum depression, it is important to prioritize our wellbeing

There are so many ways that we can improve ourselves and make healthier changes in our daily routine. With the multitude of options for gym memberships, meal prep services, and gratitude journals, we have plenty of opportunities to invest in ourselves. A free and easy option that has been scientifically proven to be beneficial for your health is to get fresh air every day. This simple goal can help prevent post-partum depression while improving mental and physical health.

According to Mental Health America, fresh air is essential to our health and wellbeing. Researchers reported that stepping out into nature allowed "improved focus, lower stress, better mood, and reduced risk of developing a mental health condition." Whether you are taking advantage of the sunlight on a brisk walk or basking in the moonlight from an open window, taking the time to breathe deeply and ground yourself will make a huge improvement in your overall health.

The hustle and bustle of the day or the mundaneness of staying home can lead to a disassociated mindset, increasing the

likelihood of depression. For the majority of new mothers, depression can manifest at any time during the postpartum period. According to the NIH, postpartum depression can last as long as 3 years for some mothers. It is also recommended that healthcare providers screen for postpartum depression for up to 6 months after giving birth. Even if you are not experiencing symptoms, it is important to keep your mental health in the forefront of your mind! You deserve to be at your best and a small change like taking some deep breaths of fresh air can make a big difference.

The Mayo Clinic describes the differences in symptoms of baby blues, postpartum depression, and postpartum psychosis very well. Apart from the typical mood swings, and tears that happen within the few weeks after giving birth called "baby blues," the symptoms of depression are more intense and last for much longer. The Mayo Clinic also states that feeling lost, hopeless, or intrusive thoughts of harming yourself or your family can be severe symptoms of postpartum psychosis. If you are worried that you or a loved one is experiencing symptoms of postpartum depression, reach out to your physician for an assessment.

There are a lot of things beyond our control, but your mental health is within your grasp with this routine addition. Taking care of yourself is one of the best things you can do for your baby. Whatever expectations you may have, remember to be kind to yourself! It's ok to make goals and adapt them throughout the year. Life is full of the unexpected and we must do our best to roll with the punches. You are not alone and there are multiple resources available to you within your community.

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Taking care of yourself is one of the best things you can do for your baby.
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Setting Healthy Boundaries in Relationships

By: Muqadas Jabeen



Setting healthy boundaries in any relationship helps you to maintain your peace and identity. Otherwise, you will have to be in distress in your relationships. These relations will ultimately drain out your energy. Therefore, boundaries are essential to protect your physical, emotional, and mental well-being. If you outline the individual's rights and limit certain behaviors, you can foster a healthy and long-lasting relationship.

Boundaries may vary from person to person and culture to culture. What is casual in one culture could be inappropriate in another. Social context also plays a big role in this. For example, boundaries that are suitable for a business setting would be considered absurd in friends' gatherings. Boundaries will keep us safe from unwanted expectations in general relations. These are not limited to general relationships only. Boundaries are also crucial in friendships.

Friends are a beautiful aspect of life. They are not a part of our family, but we share a mutually trusting bond with them. They are the ones with whom we can share our deepest emotions. They are the ones who provide us with love and support and keep us nurtured in our lives.

To set a healthy boundary, you have to be vocal about yourself. Feel free to say what you want; what is your choice? What are the things you want to keep in your life, and what are the other things you want others to stay out of? It's solely up to you how much of your personal life anyone can share with others. It would help if you always had to keep your mental peace as the priority. If you are not feeling comfortable, if you are overwhelmed, say no to other affairs. It is okay to say no to your friends.

Sometimes, things become out of control. They lose their balance. If they always come to you for moral support and you are not feeling well enough to meet their demands, it is a sign that you must have certain limitations in your relationship. In other words, if you feel resentful, it may be a time to draw a line between you and your friend. If someone, it could be your friend or colleague, constantly inquiries about something you don't want to discuss don't compromise on discussing it. It is okay to say "no" to them.

Assertiveness is the best way to set your boundaries. Be clear in your ways. But you have to take good care of your language. Setting boundaries doesn't mean you attack someone by your words. Your words should be clear but respectful. If you are not comfortable with something, let the other person know. You can opt for a role-play in this regard. It would be a thoughtful approach.

Our lives revolve around people's interactions. We meet many people daily. Some are friends, some are colleagues, and some are strangers. Interactions impact our personality and life. To live a positive life, it is crucial to set healthy boundaries. They help us prevent resentment.

It is another form of self-care. For example, your friends always demand to have a weekend party, but if you want to spend some time alone with other engaging activities like reading or meditating, you can decline such invitations. You don't have to overcommit yourself. Keep one thing in mind: boundaries are not static. They can be modified as per requirement. You don't have to be so rigid that you might lose a precious relationship. You must bring flexibility to your personality for a peaceful and prosperous life.

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Assertiveness is the best way to set your boundaries.
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Rising Cost of Healthcare: Challenges and Solutions

By: Ralph Hernandez

Healthcare costs have been a growing concern for individuals, families, and policymakers worldwide. As medical advancements evolve, so do the expenses of accessing these services. This article explores the factors contributing to rising healthcare costs, the impact on society, and potential solutions to mitigate these challenges.

Factors Contributing to Rising Healthcare Costs

Technological Advancements:

One major factor driving healthcare costs is the continuous development of new medical technologies and treatments. While these innovations often lead to better patient outcomes, they come with high research, development, and implementation costs, frequently passed on to consumers.

Aging Population:

An aging global population requires more medical care, increasing demand for healthcare services. Older individuals are more likely to suffer from chronic conditions, necessitating ongoing treatment and management, which contributes to higher overall healthcare costs.

Chronic Diseases:

The prevalence of chronic diseases such as diabetes, heart disease, and obesity has risen sharply, leading to increased healthcare spending. Managing these conditions often requires long-term treatment plans, medication, and monitoring, adding to the financial burden on healthcare systems.



Administrative Costs:

Complex healthcare systems incur significant administrative costs, particularly in countries like the United States. These include billing, insurance processing, and regulatory compliance, which can account for a substantial portion of overall healthcare expenses.

Prescription Drug Prices:

The cost of prescription medications has been contentious, with prices rising. Factors such as lengthy patent protections, lack of generic competition, and regulatory challenges can keep drug prices high, impacting healthcare costs.

Impact on Society

The rising cost of healthcare has far-reaching implications for individuals and society. Many people face financial strain due to high medical bills, leading to increased personal debt and, in some cases, bankruptcy. Additionally, the high cost of healthcare can result in people delaying or forgoing necessary medical treatment, which can exacerbate health issues and lead to more severe and costly interventions later. Employers also face challenges as they strive to provide affordable health insurance options for employees. Rising premiums can impact business operations and competitiveness, potentially affecting wages and job growth.



Potential Solutions

Addressing the rising cost of healthcare requires a multi-faceted approach:

Policy Reforms:

Governments can play a crucial role by implementing policies that promote price transparency, encourage competition in the pharmaceutical industry, and streamline administrative processes to reduce overhead costs.

Preventive Care:

Emphasizing preventive care can help reduce the incidence of chronic diseases and lower healthcare costs over time. Health education, regular screenings, and early intervention can significantly impact long-term health outcomes and expenses.

Value-Based Healthcare Management:

Transitioning from a fee-for-service model to a value-based care system can incentivize healthcare providers to focus on patient outcomes rather than the service volume. This shift can improve efficiency and reduce unnecessary costs.

Telemedicine and Digital Health:

Embracing telemedicine and digital health solutions can reduce costs by providing patients with more convenient and cost-effective access to healthcare services. These technologies can also help improve chronic disease management and reduce hospital readmissions.

Collaboration and Innovation:

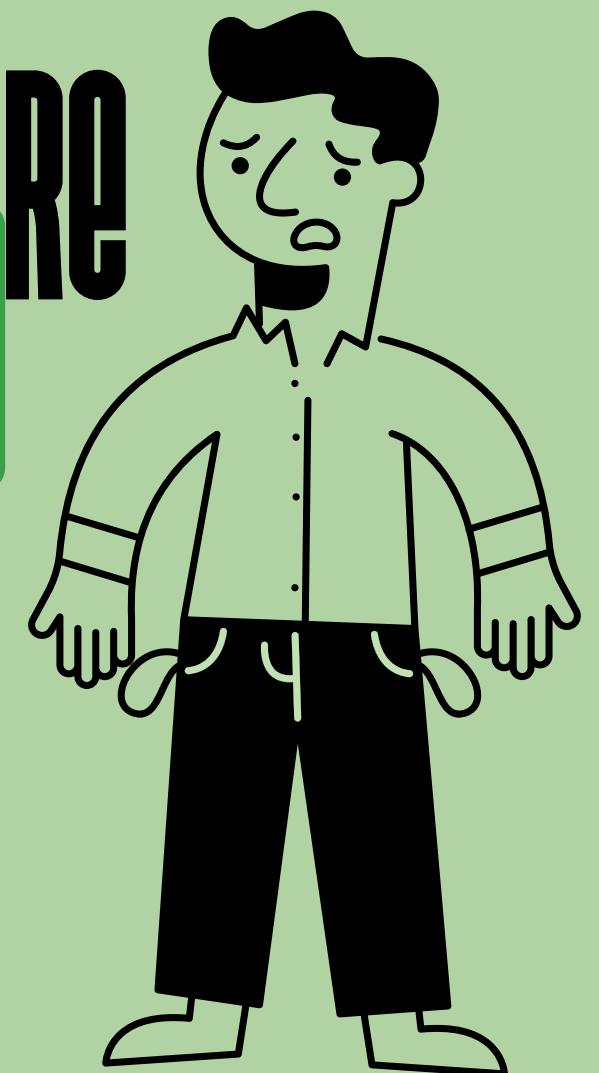
Encouraging collaboration between healthcare providers, insurers, and technology companies can foster innovation and lead to more efficient and cost-effective healthcare delivery models.

The rising cost of healthcare presents significant challenges but also offers opportunities for innovation and reform. By understanding the factors driving these costs and implementing strategic solutions, a more sustainable healthcare system that provides high-quality care without imposing financial hardship on individuals and families can be created. As stakeholders work together to address these issues, the goal of affordable and accessible healthcare for all can become a reality.

WHY IS HEALTHCARE SO EXPENSIVE?

REASONS FOR INCREASED EXPENSES:

- TECHNOLOGICAL ADVANCEMENTS
- AGING POPULATION
- CHRONIC DISEASES
- ADMINISTRATION COSTS
- PRESCRIPTION DRUG PRICES



Weight Loss Drugs: A Professional Perspective

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



Patients on the stage of morbid obesity on the BMI scale are at risk of having complications due to various health concerns. Some of these risks include diabetes, cardiovascular disease, high cholesterol, and joint pain. These issues can occur because the body had additional weight on it, causing the body to become more worn out much faster than usual. This can be considered an urgent medical emergency, and it is something that should be treated as such.

Weight loss pills are better than having many surgeries, due to these various complications. Various surgeries include heart surgery, stomach reduction surgery, and other extensive procedures that can have

more complications, as a result. Talk to your doctor about what the best solution for you and your body is.

Unfortunately, some people use weight reduction medication for the wrong reasons. They are already slim but want to be slimmer. They want to look good and feel better about themselves. Weight loss medications have a variety of side effects that should be taken seriously, and under these circumstances, I will not recommend taking these medications. The side effects need to be taken seriously just like the weight loss itself. Weight loss medication is life-changing for those in serious need. Significantly though, we must treat obesity as a major disease.

Obesity is like filling up a glass of water; you don't realize until you cannot put one more drop into the glass, that it is spilling. We don't realize how serious these conditions can become. We must plan for our



Dr. Riffat Sadiq: Restoring Self

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



bodies for the now and for the future. If I don't gain control of my eating habits, I can get diabetes, high cholesterol, or high blood pressure. If I get high blood pressure, I am at risk of a stroke or heart attack. Another risk factor for obesity is stopping ourselves from doing the activities we love to do, which are normally easier to do under different situations. Prevention is better than a cure.

Imagine carrying an extra weight on your shoulders every day. It makes you tired. It makes you dislike the regular activities you once loved. Upon gaining weight, there are emotional and psychological problems. If a person is obese and they don't feel good about themselves, their self-esteem will not improve. Now,

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**Prevention
is better
than a cure.**
”

we are depressed and require mental health medications. It really is a snowball effect, going from treating one problem to the next. Once we lose weight, self-esteem and energy levels can improve. Your work-life balance will be more stable and happier. Your relationships will improve, too. Not only with yourself, but others too. For these reasons, I recommend weight loss medication. Target the problem at hand, before more of them develop. We are preventing additional problems from occurring. If we treat obesity, we don't have to treat the additional problems that come with it. We are preventing these issues from occurring. Don't forget, prevention is better than a cure.



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First Things First: How to Escape the Daily Grind

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



To start the New Year off right, we are going to re-visit the *First Things First* series to re-occupy knowledge for 2025.

Our lives are no longer simple. Our priorities are complex. Our relationships are complicated. Our communications are multi-faceted. Our future is unpredictable. In this perplexing world, how do we manage our personal and work life? How do we create a healthy balance between the two? Before we can answer that question, we have to ask; have we created a separation between the two? Was there ever a separation between the two? Will there ever be a separation between the two? Is family more important, or providing for the family? Is health more important, or paying for the healthcare?

These questions may not pop up in our minds exactly in that sequence, or exactly in those words. However, they keep resurrecting like annoying, crawling bugs in our minds. The increasing prescriptions to anti-anxiety medications, mood-stabilizing and anti-depressant drugs and feel-good chemicals are strong indicators that the people in advanced societies are on the verge of mental and emotional collapse. There are messages that cannot be turned off. There are images that cannot be unseen. There is a constant, relentless war of looking esthetic that is promoting ugliness in people. Can one escape from them all?

After being subjected to this myself and the year before, recovering from COVID-19, experiencing an unprecedented health event in my life, I took some time to reorganize my life. This is when I learned what our elders meant when they said, "first things first." The first thing in our life is life itself. Life exists, as long as our soul remains in our body. The preservation of the soul shall always be the number one priority. All emotional, mental and physical health issues are directly related to the preservation of the soul. The most nourishing food for the soul is love for your fellow beings, from bees to human beings. This love shall encompass all humanity, including but not limited to friends, relatives, neighbors, community members, and even your competitors and adversaries. We will continue this discussion in the next blogs of "first things first." Stay tuned for Your Bliss Magazine and visit faizanhaq.com for more.



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Media Corner: A Review of Dune: Prophecy

By: Alex Tilton

Way back in 2010 a studio called Visceral Games released a video game called "Dante's Inferno". It was a shameless rip-off of God of War. I recall watching a demo of 'Inferno' at this time and talking to a friend of mine about what a blatant GoW clone this was. He shrugged and said, "At least they ripped off a good game." 'Inferno' got decent reviews (a lot of 7/10), but sold poorly and consequently there was no sequel. *Dune: Prophecy* is the same situation. Every review I've seen calls it "Game of Thrones in space", and it has a Rotten Tomatoes score of 70%.

I think 70% is a little generous. Some spoilers ahead.

This show was always going to suffer by comparison to the recent films, but it didn't need to also suffer from imposter syndrome. *Dune: Prophecy* tries so hard to be *Game of Thrones* that it's hard to notice anything else. Four episodes in this show have no trace of its own identity. This is compounded by the fact that the acting is only 'good but not great', and at least half of any given episode is expository dialogue. A good alternative title for the show could be "People standing around explaining things". This breaks the most basic rule of good TV, 'show, don't tell'. I realize you've got a complex plot and you don't want the audience to get lost but if the only way you can manage this is by including 25 to 30 minutes of info-dumps in every episode then you need a better director. There's also a lot of worldbuilding going on in flashbacks. This would be fine, except that the flashbacks are also infodumps.

And an unfortunate side effect of all this info-dumping is that nothing is surprising. There's a scene where an assassin uses psychic powers to burn a child to death from the inside. Sounds horrifying, right? Well, it should be. But by the time it happened the show had already established that 1) life is incredibly cheap, and 2) there's nothing they won't do to be like GoT. Consequently, a scene that should be shocking just feels predictable and awkward.



If you want to use foreshadowing to build suspense you need an emotional connection between the audience and characters, and that takes time. You also need to leave some genuine doubt about their fate. But this all happens in the first episode and there's zero doubt how it's going to play out. Also, it's hard to feel horrified when the characters clearly don't. I get it that this is 'space feudalism' and murder is commonplace but even the people who are upset about this killing mostly feel that way because it disrupted their political plans. This is crappy storytelling. If the horrible things that happen on screen aren't considered horrible by the standards of the world they're happening in then how is the audience supposed to sympathize?

So, what's good in this show? Some of the cast are fun to watch, the music is pretty good, the visuals are (mostly) impressive and they do a 'good but not great' job of building the atmosphere. But in the end there just isn't enough here to get me to watch the rest of it. The pacing is too slow, the dialogue is on the nose, and the action feels like something from a YA novel. Every character has exactly one mood that they use all the time, and even the people who supposedly want to make things better are prepared to use extreme violence. So, what we're left with is a bunch of unlikable people doing unlikable things, constantly talking in a low, melodramatic monotone with every aspect of the aesthetic stolen from another (better) show. I can't make up my mind if they'll greenlight a second season of this thing. On the one hand, it isn't very good. On the other hand it's called DUNE, which means it might be able to coast on the goodwill of the books and the movies. It's also vaguely possible that the show will course correct and get better. But I'm not holding my breath.

Image Source:
[TVInsider.com](https://www.tvinsider.com)

Benefits of Meal Prepping

By: Amna Sheikh

In today's fast-paced world, maintaining a healthy balanced lifestyle can be a challenge. However, meal prepping is a straightforward, yet powerful tactic that not only helps to maintain a balanced diet, but also saves time and lowers stress. You can change your daily routine and lead a better, more balanced lifestyle by setting up a few hours each week to plan and prepare meals.

One of the major benefits of meal prep is the time it saves you during your daily routine. Instead of scrambling to figure out what to cook after a long busy day, pre-prepared meals eliminate the guesswork and hard work of daily preparation. Chopping vegetables, portioning proteins, and cooking grains in advance means you only need to reheat and serve. This reduces the temptation to resort to unhealthy fast food or takeout when you're short on time.

Meal prepping also makes grocery shopping more efficient. With a plan in place, you know what to shop for and how much to buy, avoiding waste and unnecessary purchases. Having pre-prepared meals in your fridge or freezer ensures that nutritious options are always within reach, reducing decision fatigue and

fostering a sense of control over your diet.

You can choose healthy foods and manage portion amounts when you prepare meals in advance. It assists you in avoiding processed foods that are high in unhealthy fats, sugar, and salt. Furthermore, you might focus on increasing your intake of lean meats, whole grains, fresh fruits, veggies, and healthy fats. Additionally, meal planning encourages regularity in a balanced diet. Consuming well-balanced meals on hand guarantees that you will stick to your goals, whether they be to maintain your health, gain muscle, or reduce weight.

You can save money by cooking at home instead of ordering takeaway or going out. Purchasing materials in bulk for meal preparation is credibly more cost-effective, and cutting down on food waste further increases the savings.

In conclusion, meal preparation saves time and money, encourages healthy eating and simplifies daily life. You may reap the long-term benefits of a more organized and healthy lifestyle by making a small initial effort.

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Coloring Corner



LOW-CARB TURKEY GYRO BOWL



DIRECTIONS

Step 1: In a medium bowl, toss cucumber, garlic, yogurt, mint, and salt until combined. Let sit at room temperature until ready to use.

Step 2: In a large bowl, toss cucumbers, onion, tomatoes, oil, and salt until combined. Let sit at room temperature until ready to use.

Step 3: In a large skillet over medium heat, heat oil. Add cauliflower rice (still frozen is fine), shake pan so rice is in an even layer, and cover. Leave undisturbed for 8 minutes.

Step 4: Uncover and stir in garlic and salt. Cook, stirring frequently, until cauliflower is until some pieces of cauliflower are beginning to brown and garlic is fragrant, about 2 minutes. Transfer cauliflower rice to a large bowl, stir in lemon zest, and cover to keep warm.

Step 5: In same skillet over medium-high heat, heat oil. Add onions and cook, stirring occasionally, until starting to soften and are translucent, about 5 minutes. Add turkey, garlic, oregano, paprika, salt, and pepper and cook, breaking up into smaller pieces for 6 to 8 minutes.

Step 6: Divide cauliflower rice, turkey, and cucumber salad among bowls. Top with a dollop of tzatziki. Serve with peperoncini alongside.

INGREDIENTS:

TZAZIKI:

1 Persian or 1/2 English cucumber, grated
1 clove garlic, finely chopped
1/2 cup chopped fresh mint
1/8 tsp. kosher salt

CUCUMBER SALAD:

4 Persian or 2 English cucumbers, quartered
1/2 small yellow onion, finely chopped
1 c. quartered cherry tomatoes
2 tsp. extra-virgin olive oil
1/2 tsp. kosher salt

CAULIFLOWER RICE:

1 Tbsp. extra-virgin olive oil
12 oz. frozen cauliflower rice
1 clove garlic, finely chopped
1/2 tsp. kosher salt
1 tsp. finely grated lemon zest

TURKEY:

1 Tbsp. extra-virgin olive oil
1/2 yellow onion, chopped
1 lb. ground turkey
2 cloves garlic, finely chopped
1 tsp. dried oregano
1 tsp. smoked paprika
3/4 tsp. kosher salt
1/8 tsp. freshly ground black pepper
Peperoncini, for serving



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