



**FREE**

### **Technology Detoxing**

*Discover why removing digital screens for even one day is crucial*

### **Baby Safety Awareness**

*Understand tips from a smart mother to keep babies secure*

### **Einstein and Pi Day**

*An overview on why Albert Einstein would love to celebrate Pi Day*

### **Maintaining Gut Health**

*Review tips with Dr. Riffat Sadiq on how to keep your gut healthy*



**March 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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# Wearing is Caring: Baby Safety Awareness

By: Victoria H

March is here and spring is just around the corner. Even though the groundhog predicted six more weeks of winter, the days are getting longer which means more opportunities for you to get out and about. For those who agree that lugging the stroller around can be bulky and stressful, baby carriers may be the solution. Baby wearing can offer you some freedom to accomplish more, rest your arms, and feel closer to your little one.

There are many kinds of baby carriers available for a broad range of prices. The media is constantly advertising different types of baby carriers and the market is saturated with so many brands. It's important to keep in mind the integrity of the company and safety of the product while shopping. Popular name brands, like TushBaby, Ergobaby and Momcozy, meet CPSC manufacturing and safety standards in America. Make sure you read reviews, check company certifications, and research CPSC's website for recalls to reduce the risk of SIDS. A helpful acronym to remember when babywearing is TICKS: make sure the carrier is **T**ight, baby's face is



**I**n view at all times, head is **C**lose enough to kiss, **K**ee**p** baby's chin off their chest, and **S**upport baby's back. You want to make sure the baby's airways are unobstructed, their legs are properly supported to prevent hip dysplasia, and that baby does not overheat. There is a helpful PDF for the acronym on their website, which is accessible in the QR code on the following page. It is imperative that you follow manufacturer instructions on how to properly wear your baby. You can join baby-wearing forums on various social media platforms and consult your baby's healthcare team for support when choosing and wearing the safest carrier.

I have learned that babies go through different phases of tolerance with wearing. My baby never liked the wrap, loved the ring sling at month 3, then would only sit on the hip seat up until 6 months old where she now prefers a buckled carrier. Don't give up and go with the flow of your baby's comfort. Maybe your little one has become more interested in their environment and likes to look around, if so, a buckle carrier may be

## A helpful acronym to remember when babywearing is **T.I.C.K.S.**

Make sure the carrier is **Tight**.

Baby's face is **In view** at all times.

Head is **Close** enough to kiss.

**Keep** baby's chin off their chest.

**Support** baby's back.

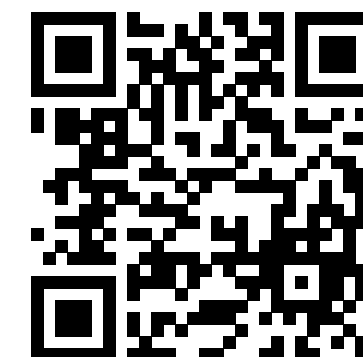


the best option. Your toddler could be up and down, wanting to walk and be held, making the TushBaby the best carrier. If your little one wants to feel close and safe, soft baby wraps may provide the best comfort. Remember that every baby is different and may have different preferences according to their developmental stage.

There's no secret that women are powerful. For centuries, we have been the queens of multitasking and the ones who typically keep the houses, families, and societies together all while carrying the baby! You should feel proud and capable of being the beautifully

strong woman that you are. Like all the women and advocates before us, we are resilient and capable of promoting change, while loving and nurturing those along the way. Don't underestimate yourself and the power of your community. March is Women's History Month and International Women's Day is on March 8th. So put on your sweet baby and check out your local library for educational books, free activities for the kids, and to potentially connect with other powerful women in the community. You are doing great and will continue to do great like all the women before us. You got this mama!

Learn the acronym **T.I.C.K.S.** to grasp the importance of keeping your baby safe at all times!



# Einstein's Perfect Gift: The Infinite Pi

By: Tara Belizaire

Every year, as the earth takes its cosmic lap around the sun the calendar rolls on March 14th. A day not only for infinite circles but also for genius minds, these two come together for an annual celebration. Pi Day is not just a celebration of the most widely recognized mathematical constant in the world, but it is also the birthday of a man who bent time, space, and perhaps a lot of brains. One can't help but wonder what would Einstein think of sharing his big day with  $\pi$ ?

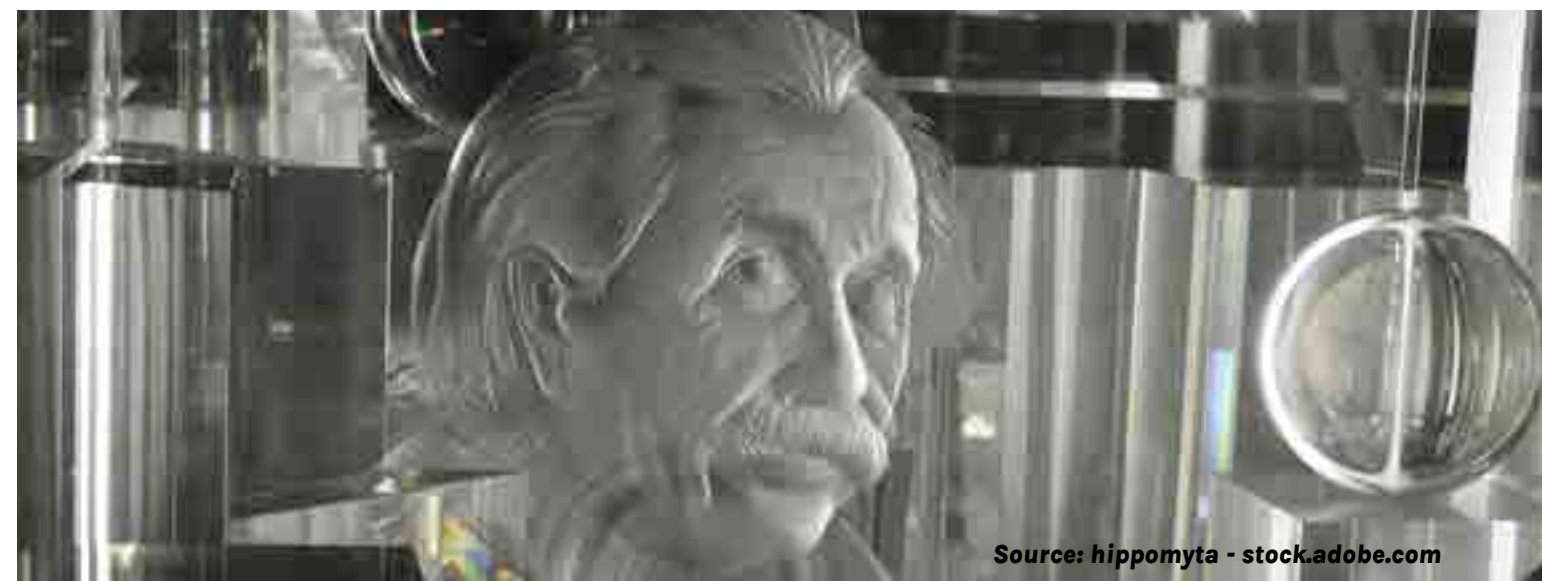
It's almost as if the universe already had a plan in place, the man who forever changed our understanding of time and space casually sharing his birthday with a mathematical concept that defines the essence of circles. Pi is a mathematical concept that represents the ratio of the circumference and diameter of a circle. "The conscious existence of pi is just as infinite as the number itself. While it may not have been known as "pi," ancient civilizations such as the Babylonians or ancient Egyptians worked with such concepts. The symbol  $\pi$  originates from an abbreviation of the Greek word perimetries, which loosely translates to "circumference." For the question we've all been desperately awaiting, would Einstein have liked  $\pi$ ? Without a doubt, Einstein would have been thrilled! In fact, Einstein made extensive use of  $R_{\mu\nu} - (1/2)$



$R_{\mu\nu} = 8\pi G T_{\mu\nu}$ , one of his field equations. The secrets of how the Earth functioned and the intangible laws of the cosmos fascinated Einstein's perpetual thirst for knowledge. Einstein certainly would have valued  $\pi$  in a way that would have continued to teach him about the universe's hidden secrets and unknown depths. Einstein employed  $\pi$  in several of his own formulas, including Black Hole Thermodynamics, Quantum mechanics, and Planck's constant.

In the end this unbelievable cosmic coincidence isn't just about sharing a date on the calendar, it's a reminder of the universe's quirky sense of humor. Einstein's theories continue to have a significant impact on many of our discoveries today. In school, we all had to memorize the equation  $E = mc^2$ , whether some of you passed or some failed. Perhaps Einstein would have joined the Pi Day festivities, delighted by the idea that every new discovery is an endless mission for knowledge. So, as we celebrate March 14th lets raise our plates to remember the universe's perfect gift: infinite pie...we meant Pi!

(Jillian Johnson, Houston Museum of Natural Science, March 13, 2020)



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# Natural Remedies for Effective Gut Health

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



In the overall health of our body, the gut plays an extremely important role. If we do not take care of our gut, it actually can mess up our whole equilibrium. To have a healthy gut we should have a healthy diet for mind and body.

There is physical health and there is psychological health. Body and mind play the game together for our overall health. For our body we have to take care of what we take in for food. Appropriate amounts of water are very important to keep our gut healthy too. We also need to give our body a break, fasting can provide health benefits including weight loss, blood sugar control and may help with chronic inflammation. So, if we are eating breakfast, then don't eat anything until lunch time. Try to have healthy foods at each meal and don't over eat. Don't fill yourself up all the way. As I've always said, food is medicine. Food works for our body as medicine. We have to be extremely cautious and careful of what type of food we are taking in because it's going to affect our body, and is going to affect our gut.

70 to 80% of diseases are directly related to inflammation. The gut gets this inflammation more quickly than any other organ. So, we also must be extra cautious with foods that cause more inflammation than others. Avoiding highly processed foods, foods high in saturated and trans fats, and foods high in sugar and salt will benefit your gut health. If our gut is inflamed, we will not be able to absorb food properly. We will have either constipation or diarrhea. You should check with your doctor if you are experiencing these symptoms.

Certain foods have more nutrients than others. A healthy diet should consist of fresh fruit and vegetables, whole grains like brown rice, quinoa, whole wheat, and lean protein. According to the federal government My Plate symbol  $\frac{1}{2}$  your plate should be vegetables,  $\frac{1}{4}$  lean meat and  $\frac{1}{4}$  whole grains.

Stress can be unavoidable but it is directly related to our gut. We need to have good psychological health, in which we learn how to relax ourselves; how to meditate. So, we must know how to manage psychological stress, before we proceed to manage ourselves, physically. Daily exercise, hobbies, and social connections have been shown in studies to help manage stress.

If you remember these key factors and take the time to treat food as medicine, your mind and your body will thank you for it in the long run.



**Dr. Riffat Sadiq: Restoring Self**

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



# How Does Sleep Affect our Daily Lives?

By: Amna Sheikh



Sleep is one of our most fundamental needs, yet it is often overlooked in our fast-paced, productivity-driven world. Sleep awareness refers to understanding the crucial role that sleep plays in our physical, mental, and emotional well-being. Despite its importance, millions of people around the globe suffer from insufficient sleep or sleep deprivation, often without realizing the effects it has on their daily lives.

Sleep awareness involves recognizing the vital role sleep plays in maintaining overall health and well-being. It basically refers to understanding the recommended amount of sleep for different age groups (7-9 hours for adults), identifying signs of sleep disorders, and adopting habits that promote restful sleep. Sleep awareness also includes weird myths, such as the belief that you can “catch up” on lost sleep over the weekend or that sacrificing sleep for work is a badge of honor.

## How Sleep Affects Your Daily Life



### 1. Physical Health

Sleep is essential for the body's repair and regeneration. During sleep, the body heals tissues, builds muscle, and strengthens the immune system. Chronic sleep deprivation has been linked to serious health conditions, including obesity, diabetes, cardiovascular disease, and a weakened immune response. Lack of sleep can also lead to hormonal imbalances, affecting appetite regulation and increasing the risk of weight gain.



### 2. Mental Clarity and Cognitive Function

Ever tried to focus after a bad night's sleep? It's like your brain is running on empty. Sleep helps you think clearly, make decisions, and remember things. Without it, you're foggy, forgetful, and way less productive.



### 3. Emotional Well-Being

Sleep and emotions are best friends. When you're well-rested, you're calmer, happier, and better equipped to handle stress. But when you're tired? Everything feels harder. You're more irritable, anxious, and quick to snap at others.



### 4. Social Interactions and Relationships

Sleep doesn't just affect you—it affects how you connect with others. Being tired can make you less patient and more reactive, which can strain relationships. On the flip side, good sleep helps you be more present and empathetic.



### 5. Long-Term Health

Poor sleep isn't just a bad night—it can have lasting effects. Studies show that chronic sleep deprivation may increase the risk of conditions like Alzheimer's. Sleep is your brain's way of cleaning house, so don't skip it.



## Signs You're Not Getting Enough Sleep

- Difficulty waking up in the morning
- Daytime fatigue or drowsiness
- Mood swings or irritability
- Trouble concentrating or remembering things
- Increased appetite or cravings for unhealthy foods
- Frequent illnesses due to weakened immune system.



## How to Sleep Better

- Stick to a consistent sleep schedule.
- Create a calm bedtime routine.
- Limit screens and caffeine before bed.
- Make your bedroom cool, dark, and cozy.

Sleep isn't a luxury, it's a necessity. It's the invisible thread that ties together your health, your mind, and your relationships. When you sleep well, you feel well. So, let's stop treating sleep like an afterthought and start giving it the attention it deserves. After all, a good day starts with a good night's sleep. Sweet dreams!

# First Things First, Part 3: Your Relationships

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



Many people think that business is about buying and selling. A single transaction in their mind calculates what they can buy low and sell high. The aim is always to increase the margin and add to the net profit. Nothing could be farther from the truth. Yes, the business is always about the transactions that calculate margins, seeking to minimize costs and maximize productivity. I am trying to bring your attention to something more foundational, and more fundamental. And that is your relationships.

The intensity of transactions and the business model that allows the exchange of value and goods for monetary units survives on the groundwork of relationships. The big corporation's all invest in creating fertile grounds of relationships so they can reap profitable crops season after season and year after year. You might be thinking that, of course, customer relations are a very important part of the business and entrepreneurship. However, I want to take you to an even deeper layer than the relationships with clients, customers, vendors, and co-workers.

The deeper layer than "your relationships" with others is "your relationships with yourself." It is not a typo that I have used your relationships, a plural term, with yourself. We must understand or at least look into ourselves to see how we feel about our own selves (plural). I am not suggesting that we have Multiple Personality Disorder. I am merely pointing out that we have many roles of ourselves that are at work and at any given point those roles are constantly defining our communications, qualifying our decisions, and managing our work habits.

It is not an easy task- it requires mental discipline, trained emotional intelligence, and most of all owning your history, embracing your identity and celebrating your shortcomings. The first step in this venture is to start having an honest dialogue with your own self. Nothing is more effective than taking on the habit of reviewing your actions and analyzing the intentions behind them at the end of the day. If possible, write down your analyses and review them the next morning before starting your day.

Every day will start with a new beginning as you will avoid the mistakes of yesterday and reinforce the positive thinking for tomorrow. We shall continue this journey for our betterment in the next episode of *First Things First* next month.



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# Digital Detoxing: The Need for Technology Breaks

By: Muqadas Jabeen

We wake up in the morning, and the first thing we do is check our mobile phones. We scroll through our social media all day long. Why? Just to stay updated on trends. Being connected to the digital world is a great pleasure, but you have no idea that you are harming your health. Too much screen time destroys physical and mental health. That is why it is recommended to celebrate a day in our lives called "Unplugging Day," in which we disconnect ourselves from digital services. It revitalizes us from the inside and outside. In this fast-paced world, it is quite difficult for us to keep ourselves away from technology even for a day, so it is suggested to take technology breaks from time to time to relax. Taking a break from technology helps you refocus and recharge mentally and physically.

Digital detoxing is a formal expression used for taking a technology break. It is a self-proclaimed time you spend disconnecting yourself from all kinds of gadgets, including mobile phones, laptops, or tablets. You will reap many benefits from unplugging, such as relief from stress, better mood, and improved interpersonal connections.

## 1) Mental Well-being:

One of the most important changes you will notice is that you feel freer or less burdened. Taking a day off from technology will reduce your stress. Constantly receiving notifications and updates on social media can be overwhelming. Excessive screen time is often associated with increased levels of stress and anxiety. By unplugging for a day, you give yourself a chance to reset and renew your mind and soul.

“  
**By unplugging for a day, you give yourself a chance to reset and renew your mind and soul.**  
”

## 2) Better Sleep:

Research has shown that using your smartphone late at night before bed has devastating effects on your health. Most digital devices emit blue light, which can interfere with your body's natural sleep-wake cycle because it blocks the production of the sleep hormone melatonin. You may experience fragmented sleep, waking up more frequently during the night.

## 3) Better Focus & Better Relationships:

The urge to keep track of notifications and emails reduces productivity and focus. When you put all the devices aside while you work, you will allow yourself to focus more effectively. You will find a calm environment for your work and also for your interpersonal relationships. It is no longer a secret that excessive use of mobile phones can destroy your relationships. On an unplugged day, you get the opportunity to spend quality time with your family and friends, such as sharing a meal or playing a game.

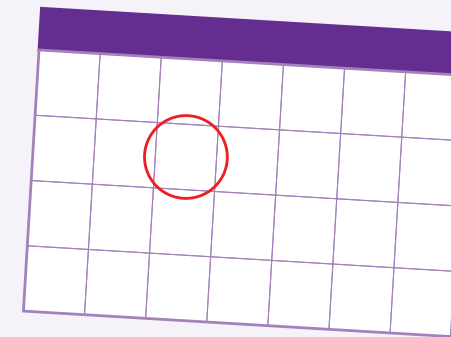
## 4) Connection to the present moment:

Being overly involved in the digital world can damage your true self. A digital detox helps you to be yourself without the pings of notifications. You can enjoy your own company in a calm and relaxed environment. When you constantly use social media, you feel stressed because social media makes you feel that everyone else is doing well except you. When you free yourself from the rush of the digital world, you feel realistic. You enjoy being yourself.



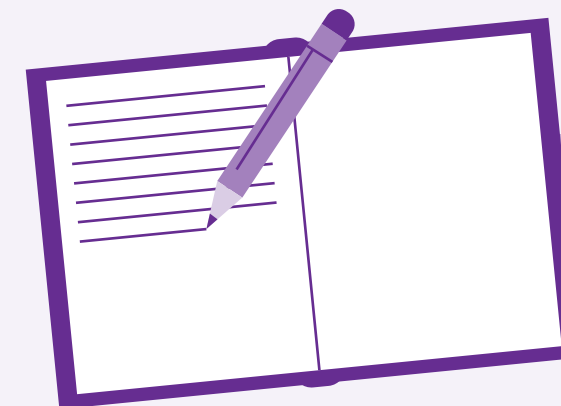
# How do I do a digital detox?

There are some easy ways to do a digital detox without having to unplug for the entire day.



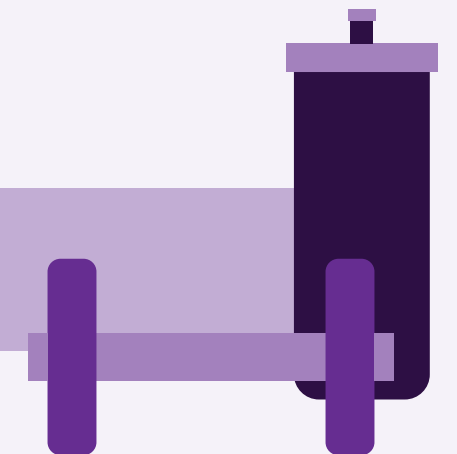
Schedule some screen-free time into your daily routine where you can be with your family.

Turn off notifications for your emails and social media while you're on a digital detox.



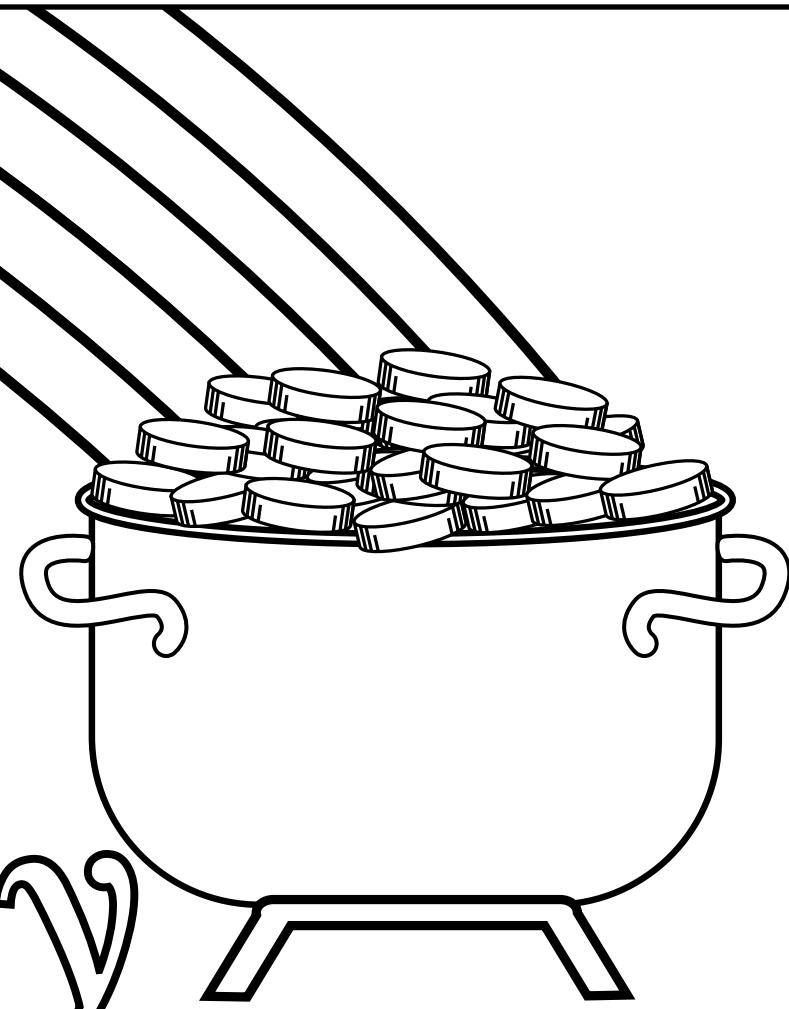
Put your phone away when you're working or studying.

Plan some screen-free activities like reading a book or exercising.

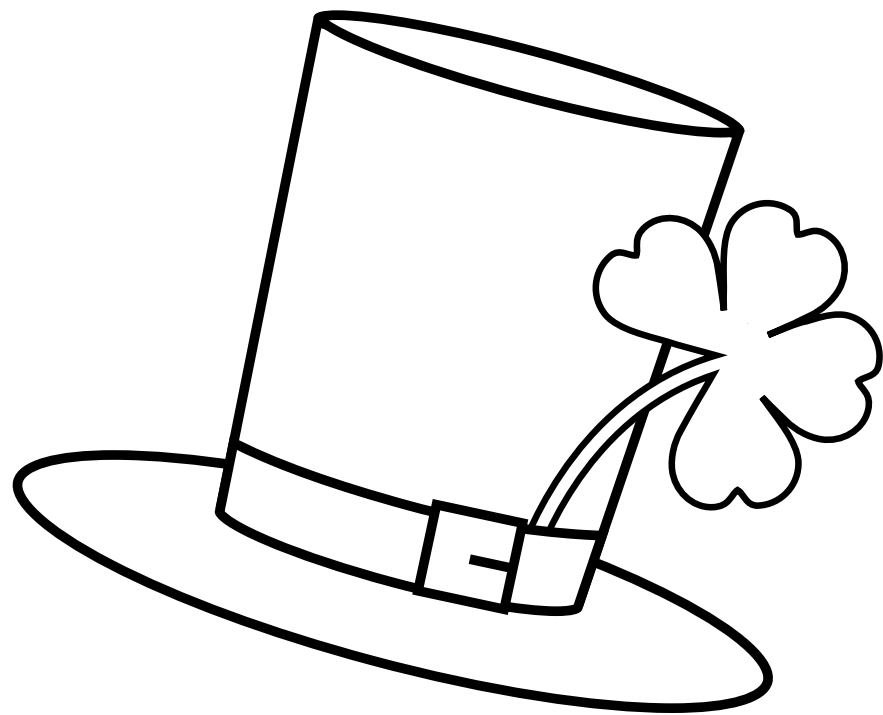


Turn off your phone at least an hour before bed.

Take some time to reevaluate the role of screens and technology in your life. Try a digital detox to rejuvenate yourself.



Happy  
St. Patrick's  
Day



# Anti-Inflammatory Beet Smoothie

*As provided by EatingWell.com*



This vibrant beet smoothie combines sweet and earthy beets with berries, banana and orange juice for a well-balanced flavor. Look for packaged cooked beets where the prepared fruits and vegetables are sold. Beets are high in betalains, an antioxidant that may help decrease inflammation in the body. Other nutrient-packed ingredients add even more anti-inflammatory power, like the anthocyanins in blueberries and the gingerol found in ginger.

## Ingredients & Directions

- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup orange juice
- 1 (8.8-ounce) package refrigerated cooked beets
- 1 medium banana, peeled
- 1 medium carrot, peeled and sliced
- 1 (½-inch) piece fresh ginger, peeled and grated

Combine strawberries, blueberries, orange juice, beets, banana, carrot and ginger in a blender.

Process until combined, about 30 seconds.

Divide between 2 glasses. Serve immediately.





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