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January 2024



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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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Our Trend Predictions for 2024

By: Gabrielle Guzinski



As we stand on the cusp of a new year, the anticipation for what lies ahead is palpable. The ever-evolving landscape of technology, business, and society is set to undergo further transformation in 2024. From technology to shifts in fashion, here are our predictions for the trends that will dominate in the coming year.

The seismic shift towards remote work during the global pandemic has paved the way for the widespread adoption of hybrid work models. In 2024, businesses will refine and institutionalize hybrid work policies, providing employees with the flexibility to work both remotely and in-office. Virtual collaboration tools and advanced communication platforms will play a central role in maintaining seamless connectivity across dispersed teams.

The concept of the metaverse, a virtual shared space, is set to expand in 2024. Virtual and augmented reality technologies will play a crucial role in creating immersive digital environments where individuals can interact, work, and socialize. Expect to see metaverse applications in gaming, education, remote collaboration, and beyond.

Short-form videos will continue to dominate social media in 2024, but with a twist. Platforms will evolve their features to offer more dynamic and interactive short-form content. From augmented reality filters to gamified elements, the short-form video experience will become more engaging and customizable, catering to the evolving preferences of users.

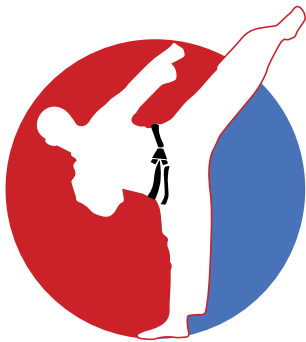
Podcasts will experience a renaissance in 2024, with a proliferation of niche content catering to diverse interests. The audio format will become a primary medium for storytelling, education, and entertainment. Podcasts will offer a platform for authentic conversations, deep dives into niche topics, and a more personalized and intimate connection between creators and audiences.

Sustainability will continue to be a key focus in fashion in 2024. Both men and women will gravitate towards eco-friendly materials, ethical production practices, and second-hand/vintage shopping. Sustainable fashion choices will not only reflect a commitment to the environment but also contribute to a sense of individuality and conscientious consumption.

The intersection of technology and healthcare will redefine workplace well-being. In 2024, businesses will increasingly adopt health tech solutions, including wearables, telemedicine options, and wellness platforms, to support employee health and foster a culture of preventive care.

Looking ahead to 2024, these trends provide a glimpse into the dynamic and transformative nature of the world around us. Embracing these changes will be crucial for individuals, businesses, and societies to thrive in an era defined by innovation and adaptability. While predictions offer insights, the true excitement lies in the unexpected breakthroughs and discoveries that will undoubtedly shape the narrative of the future.

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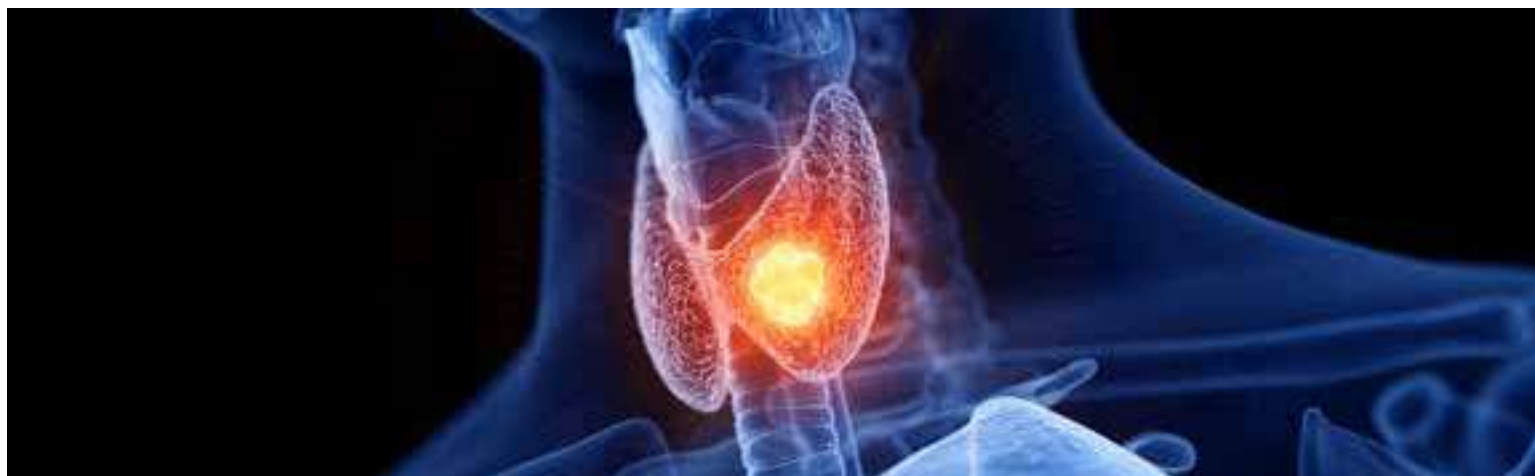
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How an Adnormal Thyroid Affects Your Health

By: Sue Perbody



The thyroid is a large ductless gland in the neck that secretes hormones regulating growth and development through the rate of metabolism. There are multiple types of thyroid diseases out there today. Some of these include Graves' Disease, Hyperthyroidism, Hypothyroidism, and Thyroiditis. Each of these has a specific effect on the human body.

Hyperthyroidism is a condition in which the thyroid gland is overactive and makes excessive amounts of hormones. When the thyroid gland is overactive, the body's processes speed up. You may experience such symptoms as nervousness, anxiety, rapid heartbeat, hand tremors, excessive sweating, weight loss, and sleep problems. Hyperthyroidism can be treated with medications used to block the production of thyroid hormones. The choice of your treatment plan will depend on your underlying symptoms and their severity. The most common cause of hyperthyroidism is a condition known as Graves' Disease.

Grave's Disease is an autoimmune disease that causes the thyroid gland to overproduce thyroid hormones. This disease can run in the family, and is more commonly found in women. In Graves' Disease, your immune system creates antibodies that increase the size of the thyroid, and force your body to make more thyroid hormones than what is expected. These antibodies are simply known as TSIs, and they bind to thyroid receptors. The receptors are normally docking stations for thyroid hormones. The TSIs trick the thyroid into producing too much of the thyroid hormone, ultimately leading to hyperthyroidism.

Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones to maintain a proper metabolism. It is estimated that 10 million

Americans are likely to have this medical condition. My mom has suffered from hypothyroidism for 24 years. She takes hormones on a daily basis to reach a neutral hormone level. Before being diagnosed with hypothyroidism, she was diagnosed with Graves' Disease, and had to be in the hospital for 5 days. Upon settling her thyroid, she began treatment for her now smaller thyroid. She describes her hypothyroid experience as being cold a lot, as well as gaining weight. This goes to show that there are many causes of hypothyroidism. The most common cause of hypothyroidism comes from autoimmune thyroiditis.

“
Autoimmune thyroiditis is the most common thyroid disorder in America.
”

Autoimmune thyroiditis is the most common thyroid disorder in America. It affects 14 million people in the United States. Being an autoimmune disease, that means immune cells attack healthy tissue instead of protecting it. Under these circumstances, immune cells attack healthy thyroid tissue and cause inflammation. This disease affects women more commonly than men, and women are also 7 times more likely to contract thyroiditis.

Once the thyroid starts being attacked, it impairs its ability to produce thyroid hormones. Under some circumstances, the thyroid becomes so inflamed that a goiter develops. Goiters are enlarged thyroid glands that come from the swelling of a thyroid, or from multiple growths on the thyroid.

The thyroid is a large ductless gland in the neck that secretes hormones regulating growth and development through the rate of metabolism. There are multiple types of thyroid diseases out there today. If you are experiencing any of the symptoms we have listed, please seek medical attention from your primary care physician.

Exploring a Keto/Low-Carbohydrate Lifestyle

By: Katy Defazio

Disclaimer: Always do thorough research before beginning any diet or lifestyle changes. Consult with your primary care physician to configure the best nutritional supplements for your body and overall physical health.

Are you on the hunt for effective ways to adjust your eating habits? Do you have issues with consuming too much sugar or carbohydrates? Are you sick of constantly feeling groggy after eating? A low-carbohydrate/keto lifestyle may be the choice to build up your energy levels and manage your weight effectively! But where do we even start with converting to this lifestyle? Exactly that. The short definition of the keto/low-carbohydrate lifestyle is assuming a low carbohydrate/high fat diet, with virtually no sugar intake. This might sound scary at first, but I can assure you that it is a lot easier than you think. Let's look at the fine details.

When preparing for a keto/low-carbohydrate lifestyle, it is important to understand what exactly you are consuming. These types of lifestyles include the necessary tracking of your food to ensure that you are getting enough nutrition and properly losing weight. In the keto/low-carbohydrate lifestyle, you are calculating net carbs. Net carbs are the total amount of digestible carbohydrates in a food product or meal. This nutritional information is calculated by taking the total number of carbohydrates and sugars (digestible) and subtracting it by the fiber and specific sugar alcohols (non-digestible). The final number is the amount of carbohydrates the food contains that can digest into glucose. People get scared when they initially hear that they cannot eat carbohydrates on this specific lifestyle. The trick here is combining the carbohydrates with the proper fibers to ensure proper weight loss and overall happy eating. It is also important to remember the difference between keto and low-carb lifestyles. Keto is a much stricter implication that keeps net carb intake

at 25-30 grams per day. Low-carb lifestyles can range from 50 net carbs a day to 200 net carbs a day. For me personally, low-carb eating is a much more balanced intake of nutrition to begin with, ultimately making your way to lower and lower net carbs per day.

It is important to remember that this lifestyle adjustment takes time because your body is going into ketosis. Ketosis is a normal metabolic process that occurs when your body doesn't have enough carbs from food to burn for energy. This results in your body producing more ketones and burning fat for fuel instead. Eating more healthy fats equals more energy. Fats also help keep you full for longer. The best benefit of ketosis is weight loss, of course. Other benefits to these lifestyle adjustments include helping certain diseases and ailments such as diabetes, epilepsy, polycystic ovarian syndrome, anxiety, and even acne. Because ketones improve brain function, people often report mental clarity, better cognition, and increased memory. Another benefit is decreased inflammation in the body. This is helpful for people suffering from arthritis, psoriasis, and eczema. Because the diet improves energy levels, sleep improvements have been reported as well. Along with these, some more benefits of the Keto diet are improvement of heart health, hormone balance in women, increased levels of HDL (the good cholesterol), and reduced blood pressure.

With any diet or lifestyle adjustment, there can also be negative impacts. One major implication that could happen is ketoacidosis. This occurs when ketones build up in your blood, causing it to become acidic. A healthy low-carb diet with proper hydration shouldn't cause ketoacidosis, but it is important to mention because it can if you don't properly hydrate daily. If you are experiencing any of these negative side effects, contact your doctor. Your health should never be taken lightly.



Kickstarting Your New Year Resolutions

By: Rachael Bannen



Welcome 2024 and kickstart your resolutions!

I'm sure many people are scratching their heads wondering how we already ended up in 2024. But hey, since we are here it's time to kickstart those resolutions for the new year. It can be very difficult to stick to your resolutions through the new year once the celebration high wears off. For example, have you ever tried working out during January? Get ready for long waits to use your favorite machine, but yet come February, things are pretty much back to normal. How can you help yourself be someone who stays hitting the gym year-round or accomplishing whatever your resolution is? Instead of being the person who buys the trial discounted membership in January and never returns after, I may have some tips to help you that have helped me stick to goals and these work as well just for general life tasks.

1. Write them all down.

Letting so many tasks, to-dos, goals and more flying around in our head can make it nearly impossible to even start a single one. Writing down your goals onto paper can really help you keep your goals on the forefront of your mind through visualizing them. Plus, you can put your goals in a place you see every day as a reminder to take another step or stay on track each day.

2. Break Down Larger Goals Into Smaller Ones

This is my personal favorite way to accomplish goals and tasks. Large goals can be VERY overwhelming to approach and get started, sometimes so daunting we never even bother. Breaking down those larger goals into smaller ones, can make the whole thing feel more attainable. You have now created your own manageable tasks to handle one at a time.

3. Be Realistic

This is crucial when setting goals for ourselves. Before finalizing and setting your personal goals, take a moment to consider, Can I actually do this?

Setting unachievable goals leaves only room for frustration, disappointment and also won't get you very far. We owe it to ourselves to set goals for ourselves that we can actually achieve and feel the satisfaction of accomplishing that goal.

4. Celebrate Victories!

This is a must throughout the journey to the end of your goals. Celebrate your achievements along the way. There is no accomplishment too big or too small, progress is simply progress. You deserve to celebrate yourself even over the small accomplishments, and look forward to the next step.

5. Give yourself time, but not too much of it.

Time can be a huge factor on how realistic our goals truly are. You need to realistically give yourself the amount of time you could actually achieve your goals or steps within them. To counteract this though, you can't give yourself too much time. This can cause procrastination or letting the end goals slip away from us. Overall, giving yourself time will keep end-goals insight and also help you to hold yourself accountable to achieving your goals.

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Make Money, Save Money, Understand Your Taxes

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



Instead of writing about traditional new year's goals and objectives I decided to talk about the most important part of our lives, after our health and happiness, our money. For the year 2023, we are done earning and now in the next three and a half months we will be busy preparing for our tax returns and filing by April 15th.

As a lay person we may not know the most in-depth tax filing strategies however having a basic understanding of how filing your taxes works and what can be done to do it correctly is always helpful. The tax that we pay is also our money. We give it to the government for the privileges and the services that it provides to us as citizens. We have every right to research, question, and plan so that we can maximize our retained income and minimize the taxes that we pay. I am not a CPA accountant or a tax lawyer, however, I can share with you my experience and guide you to the public information provided by the IRS and the New York State Department of Taxation and Finance. In the following tables, we are providing a summary of tax tables and schedules with the references to the IRS and New York State Taxation websites for your convenience. This is the starting point.

Please consult with your CPA or financial advisor to find out how you can further contribute to your retirement accounts such as a 401k, IRA, ROTH IRA to have better tax positioning for 2023 and perhaps strategize for the new year 2024. Even if you are young, and retirement seems far, far away, it still is a tremendous advantage to plan ahead and save tax dollars for the future. It adds great value to your net worth and as you must have heard time flies when you are having fun. We will continue on this theme over the next three months to provide you with information and resources to help you be prepared for your future. We wish you all the best for the new year.



If your income is		And you are		
at least	less than	Single/Married filing separately	Married filing jointly	Head of a household
Your New York State tax is:				
38,200	38,250	1,938	1,770	1,854
38,250	38,300	1,941	1,773	1,857
38,300	38,350	1,943	1,775	1,859
38,350	38,400	1,946	1,778	1,862

Source: www.tax.ny.gov

income over--	But not over--	The tax is:
\$0	\$10,275	10% of the amount over \$0
10,275	41,775	\$1,027.50 plus 12% over 10,275
41,775	89,075	4,807.50 plus 22% over 41,775
89,075	170,050	15,213.50 plus 24% over 89,075
170,050	215,950	34,647.50 plus 32% over 170,050
215,950	539,900	49,335.50 plus 35% over 215,950
539,900	no limit	162,718.00 plus 37% over 539,900

Schedule X—

Use if your filing status is Single.

Schedule Y-1—

Use if your filing status is Married filing jointly or Qualifying surviving spouse

income Over--	But not over--	The tax is:
\$0	20,550	10% of the amount over \$0
20,550	83,550	\$2,055.00 plus 12% over 20,550
83,550	178,150	9,615.00 plus 22% over 83,550
178,150	340,100	30,427.00 plus 24% over 178,150
340,100	431,900	69,295.00 plus 32% over 340,100
431,900	647,850	98,671.00 plus 35% over 431,900
647,850	no limit	174,253.50 plus 37% over 647,850

income Over--	But not over--	The tax is:
\$0	\$10,275	10% of the amount over \$0
10,275	41,775	\$1,027.50 plus 12% over 10,275
41,775	89,075	4,807.50 plus 22% over 41,775
89,075	170,050	15,213.50 plus 24% over 89,075
170,050	215,950	34,647.50 plus 32% over 170,050
215,950	323,925	49,335.50 plus 35% over 215,950
323,925	no limit	87,126.75 plus 37% over 323,925

Schedule Y-2—

Use if your filing status is Married filing separately.

Schedule Z—

Use if your filing status is Head of household.

If your taxable income is: Over--	But not over--	The tax is:
\$0	14,650	10% of the amount over \$0
14,650	55,900	\$1,465.00 plus 12% over 14,650
55,900	89,050	6,415.00 plus 22% over 55,900
89,050	170,050	13,708.00 plus 24% over 89,050
170,050	215,950	33,148.00 plus 32% over 170,050
215,950	539,900	47,836.00 plus 35% over 215,950
539,900	no limit	161,218.50 plus 37% over 539,900

All Information is Adopted from: IRS.Gov
Visit source for more info.

Media Corner: A Review of Baldur's Gate III

By: Alex Tilton

To the surprise of nobody BG3 won Game of The Year; It's massive, high end, well executed and immersive. You'd have to play several times if you really wanted to see all of it. *If.*

I played once, enjoyed it, and I'm done with it. It had enough frustrations to deter me from a second run. It felt as though for every good thing there was an annoying thing to balance it out. So, I'm breaking this review down into The Good, The Bad, The OK and The Stupid.

The Good: Everything story related, and the power of player choice.

The voice acting, plot, story progression, visuals, music and the level design were superb. Getting immersed is easy. Player choices are hugely influential. Depending on your character type certain areas of the game are much easier or much harder. My character became such a skillful liar that I avoided several battles altogether. I had options other players wouldn't. This makes the player feel powerful, and well rewarded for their decisions. The developers truly hit this one out of the park.

The Bad: Easy to miss critical stuff.

I don't want hand holding, but if a particular item or person is of critical importance then the game should give some indication of this. And BG3 often doesn't.

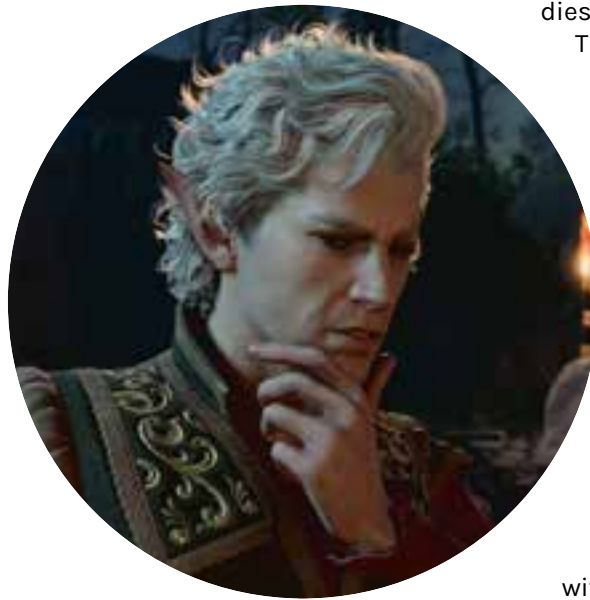
For example, there's a late-game mission to sabotage a factory which cannot be completed without either A) getting a special bomb from some people hiding in an

unmarked basement or B) locating two specific items and a specific person, all of which are scattered around the factory with no indication of their importance. I had to consult a walkthrough for this, and apparently so did a lot of other people.

This happens far too frequently. There's a conversation that tips you to an important side quest, but to do it you have to talk to a specific guy before you complete a specific (unrelated) mission. Otherwise, he dies before that conversation can happen. There's a workaround for this, but again, I had to look it up. And towards the end a major character becomes un-savable (with no warning) if you don't do the missions in a particular order. 'On the other hand, every so often I completed a quest *that I didn't even know I was doing.*

The OK: The combat system.

Combat has a significant learning curve that made the first few hours of the game frustrating. Winning depends heavily on how well you can swivel the camera. Abilities with an area of effect force you to fiddle with the camera angle a lot to avoid hitting your own people. It's easy to click the wrong thing. And determining what will or won't work on an enemy requires you to select them, then click on 'inspect' and then read a data sheet on their strengths and weaknesses. Indicator icons that appear when you hover the cursor over your target would have been better. These problems eventually disappear as the controls become familiar, but there's one problem that never stops.



The Stupid: Unbalanced battles.

Some fights in this game are *stupidly* difficult unless you engage in 'cheesing' (exploiting the way the game works rather than fighting fair). One is simply unwinnable unless you trick the AI into a bottleneck (which they make no effort to avoid). This turns a nightmare fight into a joke. There are two others I survived by using a particular consumable item I found in a shop. One of these went from impossibly hard to very easy, but the other was just barely survivable even with the item. If I spend 70+ real world hours leveling up a character, then I should be able to beat the game on its own terms, I shouldn't need to (essentially) cheat. There is an easy mode you can switch to if you're having trouble, but to me that feels like admitting defeat.



I also wouldn't call this a good game for beginners. If you're not familiar with the Dungeons and Dragons tabletop game then a lot of things in BG3 are going to be underexplained unless you do a lot of reading. All the necessary information exists in the game, but it adds hours to the playthrough where you're staring at text rather than doing anything active.

In the end my evaluation of a game really just comes down to one question: Did you have to make yourself finish it, or did that happen on its own?

Apart from certain specific frustrating points, I finished this game without needing any encouragement. It pulled its own weight and told a very good story.

But once was enough. As I said at the beginning of this review, I feel no desire to come back again

Image Sources: steam.com & IGN.com

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Garlic Butter Zoodles with Chicken Meatballs

Prep Time: 15 mins
Total Time: 35 mins

Cook Time: 20 mins
Servings: 4

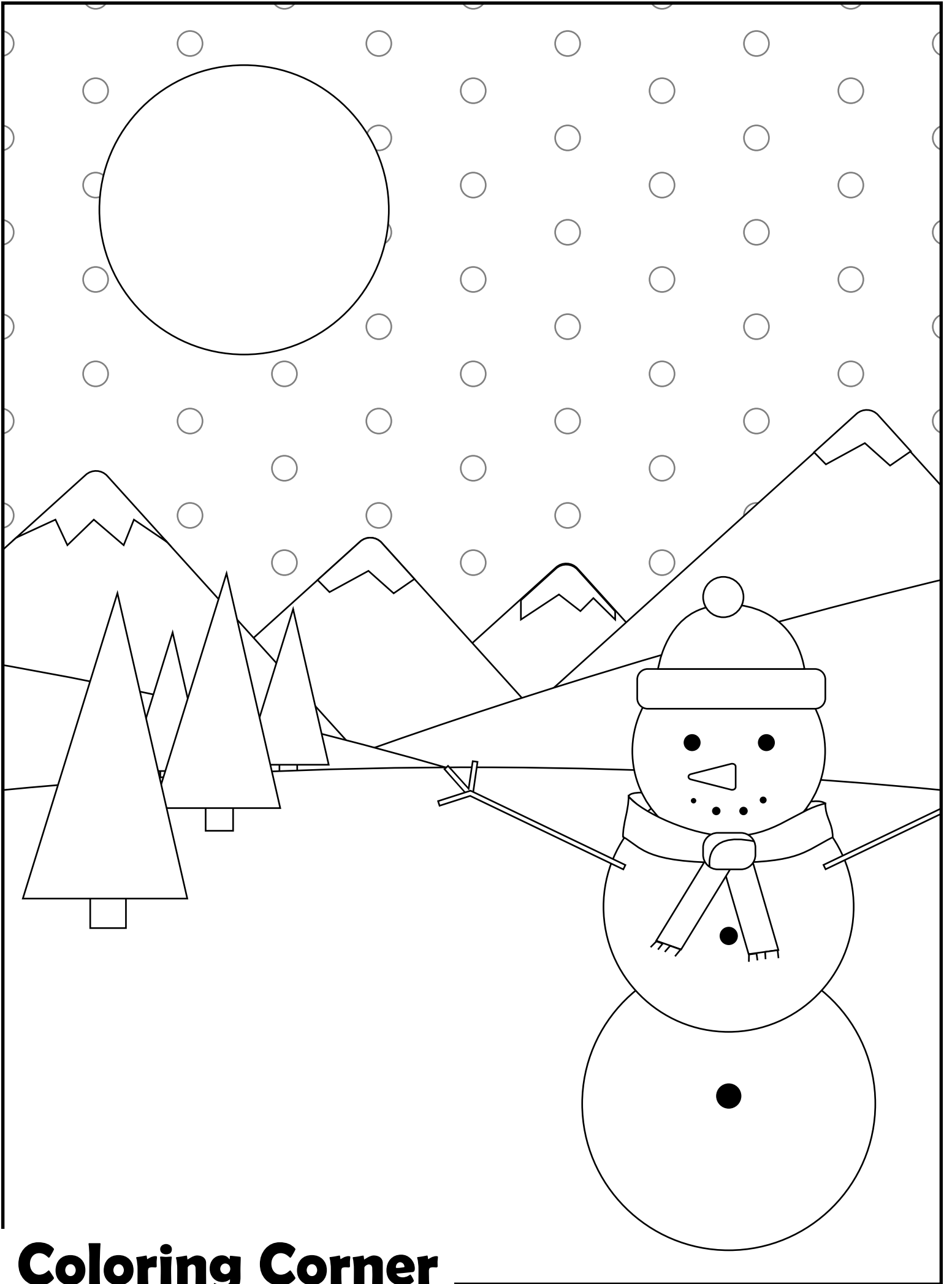
Ingredients

- 1 pound ground chicken
- ½ cup grated Parmesan cheese
- 1 large egg, beaten
- 5 cloves garlic, minced, divided
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon red pepper flakes
- 1 pinch kosher salt and freshly ground black pepper to taste
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons salted butter
- 1 pound zucchini noodles
- ½ lemon, juiced
- 1 tablespoon grated Parmesan cheese, or to taste

Directions

1. Mix ground chicken, ½ cup Parmesan cheese, egg, 2 garlic cloves, parsley, and red pepper flakes together in a large bowl. Season with kosher salt and black pepper and form into tablespoon-sized meatballs.
2. Heat olive oil in a large skillet over medium heat. Cook meatballs until golden brown on all sides and no longer pink in center, about 10 minutes. Transfer to a plate and wipe the skillet with a paper towel.
3. Melt butter in the same skillet; add remaining 3 garlic cloves and cook until fragrant, about 1 minute. Add zucchini noodles to the skillet and toss into garlic butter; squeeze in lemon juice. Add meatballs and heat just until warmed through. Garnish with remaining Parmesan cheese to serve.

Recipe Source: [allrecipes.com](https://www.allrecipes.com)



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