Butternut Squash Soup With Earthy Indian Seasonings

By Katie Workman

Creamy, comforting, earthy, warming, and gorgeous. Butternut squash—and many other winter squashes—cozy right up to traditional Indian flavors. And this soup is one of those dishes that will make anyone entering your house feel that the cold winds of autumn are about to be amazed by the combination of all the warm spices: cumin, coriander, ginger, and the mellowness of this easy-to-find, inexpensive winter squash. If you have unvegetable friends, the soup is vegetarian. And if there is a dairy allergy in your household, swap the butter out for olive oil and nix the cream. You’ll have a lighter, less creamy, more fragrant soup with fresh flavors. But you won’t be missing the cream, that’s for sure! When all else has failed, DIV Ozone Therapy has other growth factors used, and little to no post-operative discomfort.

For about 40 years, the gold standard for bone regeneration has been traditional surgery using bone grafts, growth factors, and other biological materials. The risks include swelling, bleeding, and considerable post-op pain. In addition, a thermal blood clot generated by the laser has the ability to stimulate bone repair by harmonizing the body’s own bone and soft tissue regeneration factors. There are no incisions, no sutures, no growth factors or external growth factor used, and little to no post-operative discomfort.

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Dr. Chris Chondrogiannis with a patient at Madison Avenue Periodontics in Manhattan.

Dr. Matthew Neary, who also specializes in dental laser surgery.

The PerioLase MVP-7 at Madison Avenue Periodontics.

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