



Office News: Summer 2021

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Welcome to summer, now in full bloom across our community! As the temperatures rise, we hope you'll take a few minutes each day to "turn down the heat" by refreshing body, mind and spirit. If you need a compassionate ear or some extra support, please let us know...we are always here for you.

Live healthy, live well,
Dorothy Cohen Serna, MD and Kelly Englund, MD

Summer Glow Salad

Serves 4

www.theflowingfridge.com



Ingredients:

- 2 pints of mini grape tomatoes, halved
- 1 large cucumber, chopped (or 2 small)
- 3 ears of fresh corn (or about 1.5 cups)
- 1/4 cup fresh cilantro
- 1-2 limes, juiced
- Sea salt and pepper, to taste

Directions:

1. Bring water to a boil in a large pot. Add the corn and cover to steam it for about 5-7 minutes. Then remove corn from the pot and set on a plate to cool.
2. Meanwhile, chop the tomatoes, cucumber and cilantro. Add to a large bowl.
3. Cut the corn kernels off the cob, add to the bowl and mix.
4. Squeeze in the fresh lime juice, cilantro, sea salt and pepper. Mix until well combined. Enjoy!

For more great recipes and cooking tips, check out the [Lifestyle Medicine](#) section on our website.

A word about sunscreen safety: you may have heard about a recent consumer lab test that showed some brands and batches of sunscreen contain benzene, a potential carcinogen. The FDA is evaluating these products, but it's important to know that the majority of sunscreen and after-sun care products are safe and strongly recommended as a way to protect against UV radiation. **[CLICK HERE](#)** for a list of safe products.

Coaching CORNER

Summer means heat and Houston is certainly sizzling this summer! While we can conjure up images of being out by the water, the reality is summer activity can be hard to sustain in the extreme heat.

To help you keep moving, we offer these ways to stay chill, not still, as summer heats up:

- Take a few laps inside the mall or a large warehouse store (shopping is optional!).
- Hold your own dance party at home. Put on your favorite music and dance like no one's watching...no one will be! All you need is a few minutes to get your heart rate in the active zone.
- Try some of the numerous free exercise video programs on YouTube, such as [Fitness Blender](#) or [Low Impact Walking](#).
- Clean-up time. Select an area of your house that needs scrubbing, mopping, vacuuming or polishing, and give it your all for 30 minutes.

If you prefer to go outdoors, stay comfortable:

- Time your walks for either early in the morning or later in the evening.
- Minimize your time outside, especially around 3 p.m., the hottest part of the day.
- Hydrate with clear fluids before and after your time outside.
- Stay in the shade as much as possible.
- Be alert for signs of heat exhaustion such as dizziness, lightheadedness or headache; promptly end your outdoor session, hydrate and rest.

For more summer safety tips, please see below. And call us or **[CLICK HERE](#)** to learn more about how our Lifestyle Medicine and Coaching services can help you thrive in every season! Enjoy your summer,

Coach Sarah & the Wellness Coaching Team