



Office News: Spring 2022

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NORTH CYPRESS
Internal Medicine and Wellness

Coaching CORNER

Dear Patients:

Signs of spring are everywhere. Most welcome of all is the promise of a return to normalcy, and we hope that's putting a real spring in your step! It's time for a reset, and we're here to help you refresh body, mind and soul. Please reach out, make an appointment, and let's work together to make sure you're able to fully enjoy every minute of this beautiful season when everything starts anew.

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

Green "Power" Smoothie

Power up with this delicious drink full of anti-inflammatory, immune-boosting super foods.



Ingredients:

- 3-4 cups spinach or other greens
- 1 cup unsweetened vanilla almond milk
- Handful of ice cubes
- ½ of a frozen banana (peel and cut ripe bananas in ½ and freeze)
- ½ cup of frozen berries
- if more water is needed, add about 8 oz.
- 1 ½ T ground flax seed, ½ T chia seeds

Instructions:

Combine and blend for 2-3 minutes. Great for breakfast or refrigerate and sip on it during the day.

For a growing collection of great recipes and wellness resources please visit:

<https://drserna.com/north-cypress-wellness/>

Every year we marvel as plants, flowers and animals emerge into the light from a long cold winter, born with the capacity to become new again. This true miracle of nature is one we can figuratively create for ourselves at any time by adopting a fresh perspective. Even the most challenging situation can be faced with a new mindset – and realizing that no matter what is happening in your life, you are the ultimate catalyst for renewal. Your approach is a powerful determinant of the outcome, whether you're trying to eat healthier meals, consistently incorporate movement into your days, effectively manage stress or permanently eliminate a troublesome habit.

Take the opportunity to renew yourself inside and out this spring! We bring you a few ways to revitalize and make every season a fresh new start:

- **Declutter your environment.** A complete overhaul of all your spaces isn't needed, but even a small cleanup of a room you use daily can energize your outlook. Focus especially on health-related items, such as old exercise or cooking equipment looking at you reproachfully from a corner for years. Take action: either dust them off for a new start or donate them to someone in need.
- **Reframe a "can't" to a "can."** Identify a health behavior you've been saying "can't" to for a while and find a viable alternative. For example, if a chronic condition makes walking painful, consider signing up for physical therapy sessions, or perhaps low-impact swimming at a nearby pool.
- **Instead of a tried and true approach, go for the untried and very new.** Managing a chronic condition can be challenging over time - hearing the same advice or trying the same strategies with no discernible success. Break out with a brainstorm! Take a few minutes to jot down three brand new ideas for managing your health. If you're stuck, call a friend or reach out to a coach here at North Cypress Internal Medicine & Wellness and let us help you put it into action!

Book It!

Take a break with this rejuvenating read

In brief: *Everyday Vitality* by Samantha Boardman, MD is a book about building what's strong within us, not just fixing what's wrong. It's filled with strategies for cultivating vitality—the positive feeling of aliveness and energy that lies at the core of well-being. Vitality, associated with positive health outcomes, comes from meaningfully connecting with others, engaging in experiences that challenge you, and contributing to something beyond yourself. These activities foster resilience by boosting emotional stamina and supplying fortification in the face of daily stress.



Have a suggestion for a good read? Please [CLICK HERE](#) and let us know...we're happy to share in our next issue.

Coach Sarah & the Wellness Coaching Team