



Summer 2022 is proving to be a hotbed of activity at North Cypress Internal Medicine & Wellness! We're delighted to continue our Master Your Wellness online series, complimentary for all members of our practice...call the office to reserve your spot.

Please remember to stay hydrated!

Live healthy, live well,

Dorothy Cohen Serna, MD and Kelly Englund, MD

Southwest Pasta Salad

<https://faithfulplateful.com/southwest-pasta-salad-wfpb/>

Ingredients:

- 8 oz pasta (whole wheat, legume pasta [such as chickpea or lentil pasta])
- 1/2 red onion, chopped
- 1/2 cup chopped cilantro
- 1 cup chopped tomatoes
- 1 cup corn (fresh or frozen)
- 1 can black beans, drained and rinsed
- 1 orange bell pepper, chopped
- 1 avocado, chopped
- 1-2 TBSP fresh or canned diced jalapeño (optional)
- 1 avocado, diced



Dressing:

- 2 TBSP lime juice
- 2 TBSP red wine vinegar
- 2 TBSP maple syrup
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp salt
- 2 cloves garlic, minced
- 2 TBSP olive oil (optional, not necessary)
- 1 tsp chili powder (optional)

Directions:

1. Boil pasta according to package directions.
2. Mix the dressing ingredients together in a big bowl.
3. Chop vegetables and cilantro, add to the bowl. Stir in the black beans.
4. Drain the pasta and rinse with cool water. Add the pasta to the bowl and mix all the ingredients together.
5. Let sit for a couple of hours; salt and pepper to taste.

For a creamy dressing, blend the avocado (or part of it) with the dressing ingredients.

For more great recipes visit Lifestyle Medicine

Coaching CORNER

Jump in, the water's fine!

Have you ever intended to enjoy a refreshing dip in the pool, only to stop yourself halfway in because the water is unpleasantly cold? We know it's not always easy to overcome that half in/half out position and convince yourself to just plunge in, all the way, NOW!

It's a fitting summertime analogy for what many experience when trying to make healthy lifestyle changes. Although you may fully realize your best choices, you still may find it difficult to actually incorporate them into your life. The key is planning ahead with manageable action steps to make your "pool" a comfortable, welcoming environment.

We offer you these tips to warm up that pool a bit this summer...and maybe even help you jump in with both feet!

- **Understand your WHY.** Make sure you are really clear about your reasons for wanting to change. When faced with a choice, ask yourself: "what would the me I hope to be do in this situation?"
- **Reward yourself for healthy choices.** Find your motivation for change with a well-deserved pat on the back. For instance, if you're struggling to exercise, plan a small treat when you finish a session – a piece of dark chocolate, or a movie date with a friend, or a restorative short nap.
- **Plan to succeed.** Make it easier to meet your goals with a detailed action for when and how you can accomplish them. For instance, if you want to eat more vegetables, assign yourself a time – let's say Sundays at 1 PM - to cut up raw carrots and celery for an afternoon snack. Yes, be that specific, because it's the best way to ensure you are actually going to warm up that pool!
- **Join our online master class.** It's not too late to sign up for our upcoming sessions and get inspired!

Enjoy your summer!

Coach Sarah & the Wellness Coaching Team



Kudos to Dr. Serna, recognized with the Distinguished Physician Leader award, given biennially to less than one percent of doctors who have made a significant contribution to concierge medicine.