Office News: Fall 2022
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We MOVED!
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NORTH CYPRESS
Internal Medicine and Wellness

Change is in the air this fall, and it's all positive! We're encouraged by the steady return to normal in our community, and hope you're able to restore some cherished personal activities you may have been missing. Please continue to stay safe and healthy...get your flu shot and if eligible, your Covid booster; opt for plant-based foods; get plenty of fresh air, exercise and sleep; and make time for friends and family.

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

The Best Vegetable Soup

Ingredients:

- 1-2 tbsp olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 boxes vegetable stock, low sodium (approx. 58 oz.)
- 2 cups carrots, peeled and diced
- 3 stalks celery, chopped
- 2 cans fire roasted diced tomatoes
- 3 medium sized potatoes, chopped
- 1/3 cup parsley, chopped
- 2 bay leaves
- ½ tsp thyme
- Salt and fresh ground pepper
- 1½ cups frozen or fresh green beans
- 1-2 tsp Better than Bouillon (vegetable based)
- 1¼ cup frozen corn
- 1 cup frozen peas

Directions:

- Heat olive oil in a large pot over medium heat.
- Add onions, carrots, and celery, sauté for 4 mins and then add garlic and sauté for 30 seconds longer.
- Add in broth, tomatoes, potatoes, parsley, bay leaves, thyme, and season to taste with salt and pepper.
- Bring to a boil and add green beans and bouillon.
- Reduce heat to a simmer and cover. Simmer until potatoes are tender (20-30mins).
- Add corn and peas and cook 5 more mins.

NOTE: This recipe makes many servings of soup; for smaller appetites or households, cut quantities in half.

For more great recipes visit Lifestyle Medicine

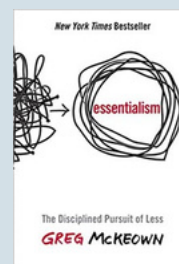**Flu Shot Clinic through mid-Nov.**
Mondays   2 - 4pm
Wednesdays   10am - 12pm
Thursdays   1 - 3pm
By appointment only (or at any other scheduled office visit)

Coaching CORNER

This Fall: do less to do more.

The turning of the season is upon us – leaves are going from green to shades of yellow, red and gold and the end of the year is fast approaching. Historically, fall was a time to harvest and then rest before spring planting but now fall means back to school and back to business...and that can mean an unwelcome return to more stress. With holidays around the corner, we all feel compelled to do, buy and eat more.

But stop and consider: what would happen if this year we did less instead of more? The more we try to pack into our days, the harder it is to prioritize our most important relationships. Be an 'essentialist' by trying these strategies:

1. Allow 50% more time for your tasks. While this may seem counter-intuitive for an essentialist, it actually relieves the stress of feeling rushed. So however long you think a task will take, add 50% more time to it, and even if it's not needed, you'll enjoy a more leisurely pace.

2. Slow your roll! Rushing is stressful, and leads to mistakes. Stop rushing and give yourself time to move intentionally and be present in each moment.

3. Trim your to-do list. Each morning, spend a few minutes to review each item on your list for the day and ask yourself: Is this really necessary? Or do I just think I need to do it? Does this help me achieve my priorities, live my values? If not, don't hesitate to cross it off your list. This may seem laborious at first, but becomes much easier over time.

4. Learn to say no, without guilt. The art of saying no is what allows us to be in control of our commitments. It may seem hard to disappoint people, but it's also critical to do so sometimes in order to maintain your own health and well-being.

Savor every minute of this beautiful season,
Coach Sarah and the Wellness Coaching Team

BOOK IT! Learn more about doing less with our newest book pick.

New York Times Bestseller
essentialism
The Disciplined Pursuit of Less
GREG McKEOWN

Essentialism by Greg McKeown is "a timely read for anyone who feels overcommitted, overloaded or overworked." More than a time-management strategy or a productivity technique, Essentialism is a whole new way of doing everything.