



Office News: Winter 2022/2023

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NORTH CYPRESS
Internal Medicine and Wellness

Dear Patients:

As we get ready to say farewell to 2022, we hope you enjoy every last minute of this memorable year. That includes taking time to care for yourself amidst all the bustling festivities ahead. Carve out a peaceful oasis each day, even if only for a few minutes, to reflect, recharge and celebrate life's small blessings.

We wish you every joy of the holiday season and a sparkling new year.

Live healthy, live well,

Dorothy Cohen Serna, MD and Kelly Englund, MD

Nummy Brownie Bites

Makes about 14 large or 25 small bites

Ingredients:

- 1/2 cup pitted dates
- 1/3 cup pure maple syrup*
- 2 tbsp almond butter or other butter of choice (cashew butter, peanut butter, etc)
- 1 1/2 tsp pure vanilla extract
- 1 cup almond meal
- 1/2 cup oat flour
- 1/4 cup cocoa powder
- 1 1/2 tsp baking powder
- 1/4 tsp (rounded) sea salt
- 2 tbsp raisins (optional)
- 2 tbsp non-dairy chocolate chips



Instructions:

- 1) Preheat oven to 325 degrees.
- 2) In mixer fitted with paddle attachment add maple syrup and dates (if your dates aren't very soft, first soak them in the maple syrup* for about 1/2 hour). Process on low speed to first incorporate, and then increase speed slightly to fully pulverize and smooth dates. This may take a few minutes. It's okay to see a little texture in the date puree - it will continue to smooth with the next step.
- 3) Add the nut butter and vanilla and mix. Once smooth, turn off mixer and add almond meal, oat flour, baking powder, cocoa powder and salt.
- 4) Process on low speed, add raisins and chips. The mixture will be sticky. These are dense, brownie-like cookie bites.
- 5) Use a small cookie scoop (about 1 tbsp in size) and transfer mounds of the batter on to a baking sheet lined with parchment paper.
- 6) Bake for 12-13 minutes, remove and let cool on the pan for about a minute, then transfer to a cooling rack.

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

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

Coaching

CORNER

Are you looking forward to a fresh new start in 2023?

If "new year, new, healthier you" describes your personal mission for the future, there are so many ways our team at North Cypress Internal Medicine & Wellness can help guide you. Whether you wish to create, or perhaps re-create your vision of wellness, start your wellness journey or continue down your individual path to success, we meet you where you are. From quick accountability check-ins to in-depth explorations, we'll provide expert support to help you build the pillars of your own personalized wellness plan, including:

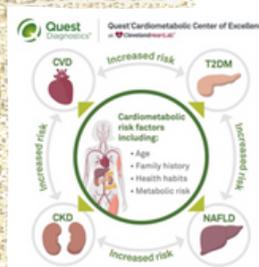
- Improving your health without taking more medications
- Reaching and maintaining your optimal weight
- Staying active
- Enhancing nutrition
- Managing stress
- Getting a restorative night's sleep, every night

We're pleased to continue offering lifestyle medicine consultations with Dr. Serna and Stacey, and health and wellness coaching with Coach Sarah.

To further inspire you, we're launching these exciting new services in 2023:

Cardiometabolic risk evaluation and lifestyle medicine consultation. Based on the preventive approach of Cleveland Heart Lab, we will offer testing and care for:

- Proactive heart and vascular screening
- Metabolic dysregulation, obesity and weight management
- Advanced inflammatory markers
- Detailed lipid analysis
- Type 2 diabetes and prediabetes
- Blood pressure and cholesterol levels
- Early detection of insulin resistance
- Fatty liver disease
- Chronic kidney disease



The InBody experience. This non-invasive, quick, and accurate analysis of your body composition goes way beyond the scale. A detailed breakdown is provided of your weight in terms of muscle mass, body fat percentage and water...invaluable in helping you set measurable, individualized goals for optimal weight and overall health.

And there is still more to come, including virtual lifestyle medicine and health coaching masterclasses on topics of special interest.

We can't wait to see where you'll be on your wellness journey by the end of 2023!

Coach Sarah & the Wellness Coaching Team