



Dear Patients:

Welcome to spring, the ideal time to emerge from our winter cocoons and reenergize - body, mind and spirit. Whether you're looking for new paths to wellness, inspiration to continue with healthy lifestyle changes, or experienced guidance to manage a chronic condition, we encourage you to call our office...we're here to help you put a spring in your step this season!

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

Three Bean Salad

Recipe found at Simplyrecipes.com



Ingredients:

- 1 15--oz can cannellini beans, rinsed and drained
- 1 15--oz can kidney beans, rinsed and drained
- 1 15--oz can garbanzo beans, rinsed and drained
- 1/2 red onion, chopped fine (about 3/4 cup), soaked in water to take the edge off the onion
- 2 celery stalks, chopped fine (about 1 cup)
- 1 cup loosely packed, fresh, finely chopped flat-leaf parsley
- 1 teaspoon fresh finely chopped rosemary
- 3--4 Tbsp apple cider vinegar
- 2--3 Tbsp granulated sugar (more or less to taste)
- 2--3 Tbsp olive oil
- 1 -- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper

Instructions:

- 1) In a large bowl, mix the 3 different types of beans, the celery, onion (drained of soaking water), parsley, and rosemary.
- 2) In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.
- 3) Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing. Serves 4-8

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

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

Coaching CORNER

Nature is most communicative to us during the spring season as temperatures warm and the ground becomes a feast of greenery for our eyes. If it seems as if the Earth is calling for us to come outside, indeed it is! In scientific terms, this is known as an evolutionary adaptation called biophilia, defined as "the innate human instinct to connect with nature and other living beings." A growing body of research points to the psychological and physical healing properties of nature. These studies have shown that time in nature can be an antidote for stress, helping lower blood pressure, stress hormone levels and anxiety, and enhancing immune system function and improving mood.

So, how do we access the benefits of nature while living in Houston, the most populous city in Texas? It is not only possible, but even more important, to seek out everyday doses of nature in a large community like ours. Here are few ways to get started:

Picture this: Did you know that simply gazing at a peaceful nature picture can de-stress your nervous system? Take a few minutes to search online for an illustration or photo that resonates with you, whether it's a spectacular sunset, unique cloud formations, majestic mountains, or animals at play. Save it to your smart phone or tablet to view when you're feeling highly stressed.

Seek green: Nature might be more accessible than you might think, even in a big city. Find a park or greenspace close by with seating or a small walking path, and visit it several times a week. Let us know if you've discovered a few natural gems in your neighborhood.

Ground yourself: If you're homebound, shed your shoes for a few minutes, step into your front or back yard, and enjoy the barefoot feel of the ground beneath you.

Explore a variety of natural wonders: Expand your definition of nature to include zoos, aquariums, outdoor pools, beaches, parks, gardens, as well as the many hiking and biking trails around Houston.

Whatever you choose, breathe deep and soak in the sensations of this most natural therapy of all!

Coach Sarah, Dr. Serna & the Wellness Coaching Team