

2024

News from Dr. Serna Winter 2024

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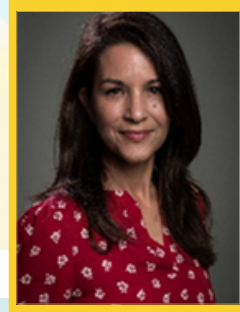
NORTH CYPRESS
Internal Medicine and Wellness

Welcome to 2024, and to the newest member of our team, Coach Jeanne Torre.

Interested in scheduling a Lifestyle Medicine visit or Coaching session? Just need a little support or nudge? I encourage you to reach out!

We are all dedicated to making this your healthiest and happiest year yet!

Live healthy, live well,
Dorothy Cohen Serna, MD, DipABLM, FACP



4 - Ingredient Snicker Bites

Jeanne loves this quick, easy and energizing snack.

Ingredients:

- 1 date, pitted
- 1 tsp. peanut butter
- 4-5 chocolate chips
- ½ tsp. sesame seeds

Directions:

Halve the date and stuff with peanut butter and chocolate chips, then sprinkle with sesame seeds.

Source: guthealthmd.com

Blueberry Oat Muffins

A favorite recipe and household staple

Ingredients:

- 3 ½ cups rolled oats
- 2 tbsp ground flax or chia seeds
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla bean powder or extract
- 1 tsp cinnamon
- ½ tsp salt
- 1 scoop vanilla plant protein powder (optional)
- 15 pitted medjool dates
- 2 ripe bananas
- 1 cup blueberries (fresh or frozen)
- 4 tbsp almond butter (or nut or seed butter of choice)
- 1 tsp apple cider vinegar



Directions:

1. Preheat the oven to 350 degrees F. Soak pitted dates in a bowl with just enough water so they are covered.
2. Blend the oats into a fine flour and add to a large mixing bowl along with flax/chia, baking powder, baking soda, salt, cinnamon and protein powder.
3. Blend bananas, almond butter, apple cider vinegar, vanilla and pitted dates with about ½ of the soaking liquid
4. Combine wet and dry ingredients together, mix thoroughly. Add a splash of more date soaking water or nondairy milk if the batter is too dry. Mix in blueberries.
5. Add batter into lined muffin tin trays. Bake for approx. 20-30 mins or until the toothpick comes out clean. Mine usually take 25-27 mins.

Source: eatmoverest.com

For a growing collection of great recipes and wellness resources please visit:
<https://drserna.com/north-cypress-wellness/>

JEANNE TORRE, MSW, LCSW, NBC-HWC

Bio in brief: Jeanne is a board-certified Health & Wellness Coach with extensive experience as consultant, therapist and trainer in the field of autism, helping clients achieve big goals one small step at a time. Her transition to health coaching was inspired by her interest in running, nutrition, and general well-being. She has a health coaching certification from Emory University, a Level 2 Run Coach certification from RRCA, and holds a Plant-Based Nutrition certificate from the e-Cornell/T. Colin Campbell Center for Nutrition Studies.



“Good health can be transformative, and I love empowering others to see what happens when they start to show up for themselves.”

Why she joined NCIM&W: “I’ve worked with too many people who came from their doctor’s appointments discouraged and defeated. It’s truly gratifying to be part of a practice that leads with a holistic view of health and motivates their patients from day one with belief and optimism that their goals are attainable.”

I resolve in 2024 to: “Empty my giant water bottle daily, have phone/tech-free evenings and get 8 hours of sleep.”