



Office News: Spring 2024

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NORTH CYPRESS
Internal Medicine and Wellness

Dear Patients:

We hope you're starting to feel the promise of spring, an ideal time to renew, refresh and reinvigorate. If you're not sure how to kick off your own personal season of change, let us help! We're here to arm you with everything you need, starting with the experience and passion of Dr. Serna, Dr. Englund, and Stacey, now joined by our amazing new Health and Wellness Coach, Jeanne. Whether you'd like to schedule a lifestyle medicine visit or coaching session, or just want to check in with us, we are here for you! Our team is fully dedicated to guiding you as you optimize your health and well-being and discover your best you this spring!

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

Avocado and Lentil Salad

Serves 6



Ingredients:

- 1 ½ cups dried French lentils
- 1 large garlic clove, smashed
- 3 tablespoons freshly squeezed lime juice
- 1 ½ tablespoons extra-virgin olive oil
- ½ - 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 6 scallions, white and light green parts only; thinly sliced
- 1 avocado, diced

Instructions:

1. Place lentils and garlic in a sauce pan and add water until covered by at least 3 inches. Bring to a boil, reduce heat to a low simmer, and cook, covered, until lentils are soft but still hold their shape, about 20 minutes. Drain lentils, discard garlic, and let cool.
2. Prepare the dressing. In a small bowl, whisk together lime juice, lime zest, olive oil, salt, and pepper.
3. In a large bowl, combine lentils, scallions, avocado, and dressing. Toss to combine, and transfer to a serving platter.

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

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

Lifestyle Medicine In The News



Check out these recent articles on the benefits of lifestyle medicine and plant-slant eating:

NPR: [Weight loss drugs aren't a magic bullet, lifestyle changes are key to lasting health](#)

Epoch Health: [Eating Plant Protein Linked to Reduced Risk of Chronic Diseases and Extended Lifespan](#)

Coaching

CORNER

Ever find yourself delaying tasks on your Health and Wellbeing to-do list indefinitely? You know tackling them would benefit you, but you keep waiting for the perfect moment to start? Guilty as charged!

Initially, I chalked up this tendency to my desire for thoroughness and efficiency. But with time, I came to realize it was more about procrastination than anything else. I dubbed it "As Soon As Syndrome" (ASAS).

Sometimes ASAS is fleeting, as when I'm on vacation, where delaying tasks has minimal impact. Other times, it's chronic, affected by life's constant demands. I once battled ASAS for two years due to a new job upheaving my routine.

So, what helped me break free from ASAS and prevent relapses?

Intrinsic Motivation: I realized my inaction contradicted my self-image and who I wanted to be.

Progress not Perfection: In waiting for the perfect moment I achieved nothing. I broke out of the All or Nothing mindset to realize something will always be better than nothing.

Start Small: I began with manageable tasks, like meal planning on Sunday. This one step broke me out of a rut and led to further progress.

Small changes create ripples. So, if you're feeling stuck, consider scheduling a coaching session. Together we can identify your next, doable action step to kickstart taking command of your health.

Coach Jeanne & the Wellness Coaching Team