



Office News: August 2024

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NORTH CYPRESS
Internal Medicine and Wellness

Dear Patients:

We are more than halfway through 2024! This is the perfect time to reflect on what's working and where you'd like to bring more intention and action. Our practice is doing the same. Over the past seven months, we've grown our team and envisioned new ways to support your health goals. We're excited to launch our first new offering this month and look forward to sharing more in the future.

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

Your New Favorite Salad

Recipe adapted from Terry Walters, author of Clean Food.



Ingredients:

- 8 cups kale, stems removed and cut or torn into bite-sized pieces
- 1 Avocado, slightly softened
- 1 Tbsp Lemon Juice
- 1 Tbsp Olive oil (optional)
- 1-3 cloves of garlic (to taste), minced
- Salt to taste
- Halved cherry tomatoes (optional)
- Diced jalapeno (optional)

Instructions:

- Put the chopped kale into a bowl and add the avocado, olive oil, garlic, and lemon juice.
- Use your hands and fingertips to incorporate ingredients until everything is well blended and distributed amongst the kale. It's messy. But it softens the fibrous leaves and makes them easier to eat.
- Serve immediately.
- You can adjust the amounts of avocado, olive oil, and lemon juice to suit texture and taste. The more you use it, the creamier and more dressed the salad will be. Also, you can omit the olive oil or just do a quick drizzle. The avocado is more than enough to create a satisfying base for the dressing.
- Finish with salt to taste.

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

Congratulations Dr. Serna!



We are thrilled to announce that Dr. Serna, your dedicated lifestyle medicine doctor, is now a National Board Certified Health and Wellness Coach (NBC-HWC.) While Dr. Serna will continue to provide the exceptional care and guidance you have always received, this new certification adds 6 more letters to her already long list of impressive credentials. Congrats, Dr. Serna!

Coaching CORNER

"I will get to my goal weight and keep it off...for about 4 months before I start to gain it back."

...is a goal no one sets, but long-term weight loss stats reveal this is the reality for so many.

You want permanent results, not temporary ones, and we're here to help you with that.

Join our Four-Part GLP-1 Weight Loss Success Series

Whether you are currently taking weight loss medications or are considering starting them, this series is for you.

The prescription is Step One.

Step Two? Sign up for ongoing support that increases your understanding of how weight loss medications work to spur weight loss and the holistic habits that will help you maintain it. Our series offers you the knowledge, support and tools you need to succeed, long term.

What to expect:

Session 1: Intro to Weight Loss Medications

- Learn how GLP-1 medications work, manage side effects, and set realistic goals that leave you feeling optimistic and inspired.

Session 2: Integrating Lifestyle Changes

- Discover balanced diet tips, meal planning ideas, and tools and strategies to say goodbye to self-sabotage (e.g. stress eating, emotional eating, All or Nothing thinking).

Session 3: Physical Activity and Exercise

- Recognize how exercise complements weight loss medications, learn how to set realistic goals, and hear tips for staying motivated and consistent.

Session 4: Maintaining Weight Loss Over the Long-Term

- Understand how to transition off medication safely and sustain your weight loss success with ongoing support.

When and Where:

- Frequency: Once a month for four months.
- Format: Virtually via ZOOM
 - **Save the Date for Session 1:**
 - **August 28, 2024 @ 1pm - 2pm CST**

These sessions are offered at no cost as an exclusive benefit of membership at NCIM&W. Spaces are limited.

Sign Up TODAY at info@northcypresswellness.com

We look forward to supporting your journey to a healthier, happier you!

From Coach Jeanne and your Wellness Team.