

Concierge line:

281-807-5703

[drserna.com](http://drserna.com)

[doctorenglund.com](http://doctorenglund.com)



## Holiday Season

Dear Patients:

As we approach the end of the year, we're reflecting on the small steps that can lead to big changes - especially when it comes to your health. Whether it's taking time to rest, paying attention to what you want more of, or simply staying up to date on screenings, each step matters.

This season, we're excited to offer new tools to help you stay on top of your health, including a non-invasive FibroScan to assess liver health and Medicare-covered telemedicine visits for your convenience. Here's to finishing the year strong!

Live healthy, live well,

Dorothy Cohen Serna, MD, Kelly Englund, MD

Stacey, Therese, & Coach Jeanne



### Easy Vegan Gravy

This recipe is so good the kids ask for it.

#### Ingredients:

- 2 cups vegetable broth
- 3/4 teaspoon onion powder
- 3 tablespoons nutritional yeast
- 1 tablespoon soy sauce (or use tamari for gluten free)
- 1/2 teaspoon dijon mustard
- 1/4 cup all purpose flour (or use brown rice flour for gluten free)

#### Instructions:

- Add all ingredients to a medium sized pot and bring to a boil.
- Whisk over medium-high heat for a couple of minutes, until the gravy thickens.
- Serve with mashed potatoes! This gravy keeps well for up to a week in the fridge. Just re-warm, add a little water if too thick, stir and serve.

### Assess Your Metabolic Health

We are excited to be able to offer state of the art testing to assess and monitor our patients' cardiometabolic health.

Our new **FibroScan** device offers a fast, painless and non-invasive way to evaluate the health of your liver.

This test, combined with our **InBody** detailed body composition analysis, gives our providers an extensive look into your overall metabolic wellbeing. Call our office to find out more and schedule your test!

## Coaching CORNER

### The Science of What You Want

As we close the year, many of us start thinking about what we'd like to see change in the next one. That's where the book *Magic Mind* comes in - it explores the neuroscience of manifestation.

At its core, the idea is simple: your life is already the result of what you've been focusing on.

#### *The question is, is this the life you want?*

If not, the good news is you can train your brain to value and embed what you do want. Manifestation isn't magic. It's repetition. It's attention. It's directing your thoughts and habits in a way that makes your brain more likely to notice opportunities and take action toward what you want.

As you look to the year ahead, try this:

☞ Notice one thing each day you'd like more of in your life — and give it a little extra attention. Over time, those small signals start to train your mind in powerful ways.



### Medicare Telemedicine Coverage Reinstated

We are pleased to announce that Medicare has changed their policy, and will return to covering telemedicine visits for Medicare patients. We know how valuable the convenience and flexibility of telemedicine is in your care, and we are excited to be able to offer it once again.