



January 2026

Dear Patients:

Happy New Year! As we welcome 2026, we're focused on helping you carry momentum forward - into habits, choices, and care that support your health all year long. Thank you for letting us be part of your continued journey.

Live healthy, live well,
Dorothy Cohen Serna, MD, Kelly Englund, MD
Stacey, & Therese

Grain-Free Berry Crisp

from the Minimalist Baker



BERRIES

- 7-8 cups mixed berries
 - (fresh or frozen)
- 3 TBL maple syrup
- 1 TBL lemon juice
- 2 TBL arrowroot (or cornstarch)

CRISP

- 1 cup almond flour or almond meal
- ⅓ cup shredded coconut (or sub oats)
- 1 cup chopped pecans (or nut of choice)
- ½ cup coconut sugar (or cane sugar)
- ½ tsp salt
- 4 TBL coconut oil or vegan butter
- 2 TBL maple syrup (optional)

Instructions

1. **Add Berries:** directly to 9x13 pan. Top with remaining berries ingredients and toss.
2. **Mix Crisp:** Add dry crisp ingredients to a large bowl and mix. Add coconut oil or melted butter and mix again.
3. **Spread:** crisp topping over berries.
4. **Bake:** uncovered at 350° on center rack for 40-45 minutes or until fruit is bubbling and top is golden brown.
5. **Cool:** 10 minutes before serving. Store leftovers in the refrigerator up to 4 days.

Beyond the Scale: Your Metabolic Health

As you set your goals for the new year, remember that true wellness begins beneath the surface. Metabolic health is a key indicator of your overall well-being. Our office is committed to helping you monitor and optimize your health with advanced, in-house tools including our InBody body composition test, Fibroscan liver assessment, a variety of lab tests for important biomarkers including insulin resistance and advanced lipid analysis, and lifestyle medicine consultations to help bring it all into focus. Ask about how we can help you stay on track for 2026!

Coaching CORNER

Why We Do What We Do

January brings a surge of motivation, but motivation alone rarely sustains change. In **Why We Do What We Do**, psychologist Edward Deci reminds us: the most powerful form of motivation comes from within.

Specifically, from autonomy.

When we understand why a change matters to us and feel free to pursue it in our own way, we're far more likely to stay engaged.

That's why rigid plans and 30-day challenges often fall flat. They ignore the deeper work of creating the right conditions - clarity, flexibility, ownership.

This is where coaching can be especially effective. A coach helps you reconnect to what matters most and design a path that feels doable, not dictated. If you're tired of short-lived bursts of willpower, now's the time to try a different approach.

Let's make this the year you stop chasing motivation, start connecting to it from within, and building momentum that lasts.

✨ Want better follow-through?

Swap "I have to" with "I choose to."

It's a small language shift that helps reframe tasks from obligation to ownership - boosting motivation, not resistance.

