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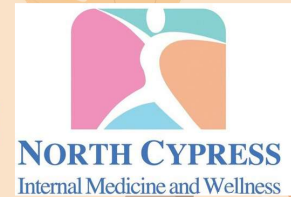
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Office News

October 2026



Dear Patients:

Fall is here! The weather will be cooling off soon, and of course the holidays are coming as well. For many of you, this is a much anticipated and joyful part of the year. For others, it may be a difficult and trying time. Wherever you find yourself on that continuum, you can enter Fall with intention and purpose that will make the most of the season. One definition of "intention" is focused thought that helps you set goals, stay on track, and shape outcomes. It can also represent an attitude or belief system that provides purpose and direction to your life.

Entering these next few months with a clear purpose about what the season means to you, and what you want to get out of it, can help you experience the close of the year in a way that is congruent with your needs. What is it that you want to experience this fall? What do you want to request from those around you and offer back to them? How do you want to feel? Answering these questions can help prime your brain to manifest the outcome you want by guiding you toward the actions that support your desire.

Join us this month in setting clear intentions and generating the positive energy that will bring the year to a satisfying close!

Live healthy, live well,

Dorothy Cohen Serna MD, Kelly Englund MD, Stacey, Therese,
& Coach Michael

BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 Tbsp coconut or avocado oil
- 1 white onion, diced
- 4 cloves garlic, minced
- 1 medium butternut squash (approx 3 pounds, peeled and diced)
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, chopped
- 2 cups vegetable broth
- ½ cup canned unsweetened coconut milk
- 1 sprig fresh sage
- pinch ground cinnamon and nutmeg
- ½ tsp cayenne
- salt and pepper, to taste

INSTRUCTIONS:

1. **Sauté:** Heat oil in a large pot over medium-high heat. Sauté onion for 5 minutes, then add garlic and cook for an additional 1-2 minutes until fragrant.
2. **Simmer:** Add broth, carrot, apple, butternut squash, sage, and seasonings. Bring to a simmer, then cover, reduce heat to medium-low, and simmer for 20-30 minutes until vegetables are completely tender. Remove the sage and stir in coconut milk.
3. **Blend:** Purée until smooth using an immersion blender.
4. **Serve:** Season with salt and pepper. Garnish with smoked paprika, coconut milk, or toasted pumpkin seeds.

Mindset as Medicine

Join coach Jordan in December for the next installment in our Lunch and Learn series! Jordan will discuss the 6 pillars of Lifestyle Medicine and how the pillar of stress management affects all of the others.

Your view of reality doesn't always reveal the truth of a situation, and how you perceive a stressor affects your body's physical response. In this session, you'll learn ways to notice and positively influence your perception, mindset, and overall health!

Tuesday December 1st from 1-2pm

Meeting via Zoom

Coaching CORNER



One view of intention is that it means to do something or to act in a certain way that channels your mental and physical energy. It provides direction for your thoughts and impetus to devote physical efforts to making desired outcomes a reality.

Mental focus is akin to setting a goal. Instead of waiting for an outcome to happen, you plan to execute actions that you believe will lead to that outcome. This gives purpose and meaning to your actions. Instead of drifting or simply hoping, you act in a deliberate and concrete way.

A whole different view of intention is one that defines it from a spiritual or universal perspective. This way of seeing the world was popularized by thinkers like Wayne Dyer, author of *The Power of Intention*. This spiritual view supports the idea that the universe contains energy that can be tapped to help you create the outcomes you want. Dyer describes a "source energy" that might help represent God or universal intelligence, depending on your personal beliefs. When you are open to receiving this energy instead of seeking to control or "be right," you can achieve more harmony with what life brings your way.

Some key beliefs outlined by this view of intention are that kindness, love, creativity, and seeing the beauty in what is around you can cultivate abundance and invite expansion into all areas of your life.

If you want to experience mindfulness and intention in a supportive group session, see the information about Coach Jordan's upcoming Lunch and Learn below.

No matter how you decide to manifest intention during this Fall season, we hope that it helps you navigate the end of the year with focus, grace, and personal fulfillment!



GLP-1 MEDICATIONS

Our **GLP-1 Medication & Lifestyle Medicine Group Coaching Series** is underway and has been a great success!

Thank you to everyone who has joined us each week. If you have not been able to attend and are currently taking GLP-1 medications or are interested in learning more about them, we encourage you to reach out to your practitioner for additional information or educational handouts from previous sessions!



GALLERI CANCER SCREENING

If you are interested in being more proactive with cancer screening, consider Galleri DNA testing. This is a blood test that can detect signals from over 50 types of cancer, potentially identifying malignancies earlier and guiding timely diagnosis and treatment. Although not covered by insurance, Galleri is currently on sale for \$599 through the end of the year. Please speak with your practitioner for more information and to see if Galleri is right for you!

