

Office News: Fall 2023

drserna.com

281-807-5300

doctorenglund.com



NORTH CYPRESS
Internal Medicine and Wellness

Dear Patients:

Are you feeling the energy of fall? Go beyond the annual ritual of flu vaccines to make crisp new health goals, filled with purpose. We hope you'll call the office to schedule more than just your shot of prevention...let us help you live your most vibrant life this autumn.

Live healthy, live well,

Dorothy Cohen Serna, MD and Kelly Englund, MD

Peanut Butter Chocolate Chip Granola

Makes 10 servings (1/3 cup each)
Source: Minimalistbaker.com



Ingredients:

- 3 heaping cups rolled oats (gluten-free for GF eaters)
- 2 Tbsp organic cane sugar (or sub granulated)
- 2-4 Tbsps olive, avocado, or melted coconut oil*
- 1/4 cup creamy natural salted peanut butter
- 1/4 cup maple syrup or agave nectar (or sub honey if not vegan)
- 1/3 cup dairy-free dark or bittersweet chocolate chips (minis would work great too! Enjoy Life is a brand we like!)

Directions:

- Preheat oven to 340 degrees F (171 C).
- In a large mixing bowl, combine oats and sugar. (Note: this helps add an extra crispness to the final product and sweetens it up. But if you're sugar-conscious, it's optional. However, I recommend it!)
- Warm peanut butter, oil, and maple syrup or agave in a small skillet or saucepan until thoroughly combined and pourable. Pour over oats and quickly toss/stir to combine. If it appears too wet, add more oats (mine was just right).
- Spread evenly on a large baking sheet and bake for 18-22 minutes, or until evenly golden brown. Watch closely as it tends to brown quickly near the end. IMPORTANT: Toss once around the 15-minute mark to ensure even baking.
- Remove from oven, toss gently to release heat and let cool completely on the pan.
- Transfer to mixing bowl or storage container and add chocolate chips (optional) and stir or shake.
- Great to eat as a stand-alone snack, with almond milk and bananas, or fresh berries and Greek yogurt!
- Once completely cooled, store in an airtight container. Will keep fresh for up to two weeks.

*Consider using 2 tablespoons instead of 4 if limiting fats.

For more great recipes visit [Lifestyle Medicine](http://LifestyleMedicine) on our website.

Coaching CORNER

Shift to Autumn: Is Everything 'Fall'ing Into Place For You?

Summer's heat is finally winding down (it is, right?), kids are back to the routine of school, and it's almost time to get out the firepits, flannels, and friendly ghosts. With the seasonal shift, we hope you're finding some space to shift the focus to your health and well-being. Check in to see how your priorities are aligned. If needed, adjust a bit to stay on track and make sure all is pointed at your vision of thriving.

A health coach can be a partner in all of that. Working with a coach is about adding to what you know and want for your life. With an effective technique and a dedicated teammate, you'll find it much easier to plan and practice the 'Goldilocks adjustments' (until it's just right!) that lead to sustainability and success - however YOU define those. Rediscover and activate your vision and natural strengths with an accountability-buddy and experienced guide through the process. You will be amazed at how this new season of your wellness will beautifully unfold, day by day.

Ready to get started? Call the office to schedule an appointment with a member of our team...we'll meet you wherever you are in your journey and help you move forward with confidence!

Coach Madison and the Wellness Coaching Team

ATLANTA, GA USA

I'M SPEAKING THIS OCTOBER AT THE CONCIERGE MEDICINE FORUM

The Industry's Annual Medical Education Conference

We're delighted to announce that Dr. Serna will be a featured speaker at this year's 2023 Concierge Medicine Forum...and record attendance is anticipated. She'll recount her experience in successfully "Incorporating Coaching and Lifestyle Medicine in a Concierge Practice" and we'll share an update in the next Office News!