



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Triple-Board-
Certified

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Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our outstanding team of clinicians!

Ageless & Wellness News

Volume 1, Number 7

Dear Ageless & Wellness,

*Happy
Holidays*

We know this is a busy time of year -- we hope to make it easier for you with "Happy Healthy Holiday" stocking stuffers at the Wellness Store and tips for managing inevitable holiday stress. Read on for more information!

Dr. Randolph: Triple-Board-Certified

Congratulations to Dr. Randolph, who is now triple-board-certified!

- Board-Certified in Age Management Medicine by The Age Management Medicine Education Foundation
- Board-Certified by the American Board of Integrative Holistic Medicine
- Board-Certified by the American College of Obstetrics and Gynecology



All of our medical professionals continue their education in

Dr. Randolph's Pharmacy & Wellness Store

8am-6pm Mon-Fri
9am-2pm Saturday

Suite 100
1891 Beach Blvd.,
Jacksonville Bch, FL
32250

Pharmacy:
904-746-3046
rx@cwrandolph.com

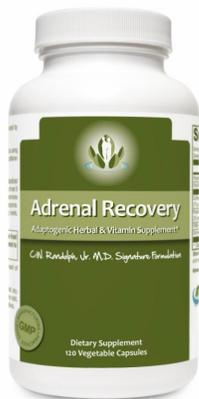
Wellness Store:
904-249-4372

Join Our Mailing List!

Dr. Randolph's Pharmacy & Wellness Store

*Featured
Product:*

Adrenal Recovery



Adrenal Recovery is a comprehensive blend of standardized extracts of the highest-quality adaptogenic herbs

age management medicine. It is one more way we can ensure that you receive the highest-quality, cutting-edge health care we can provide!

Dr. Randolph is traveling to The American Academy of Anti-Aging Medicine 22nd Annual World Congress in Las Vegas, NV, this month to keep abreast of the latest research and continue his work on additional certification.

We Wish You a "Happy Healthy Holiday" *Stocking Stuffers from the Wellness Store*

To help you have a Healthy Holiday, our Wellness Store team has selected some wonderful stocking stuffers!

Here are just a few of the items you will find on display at the Wellness Store:

- Green & Black Chocolate (full of healthy antioxidants!) \$4.20
- Rescue Pastilles: choose Lemon or Black Currant flavors \$7.80
- Derma E body lotion \$12.25
- Chewable vitamins that taste like candy (Vitamin D and B12) starting at \$12
- Multi-vitamins starting at \$14 (to kick start your loved ones' healthy resolutions!)
- Dr. Bronner's Magic Organic Lip Balm \$2.25



Go ahead, give the gift of great health! Call the Wellness Store at 904.249.4372 (HERB) for more information.

Healthy Habits to Cope with Holiday Stress

Expectations are sky-high, to-do lists are miles long, and schedules are jam-packed. Dr. Randolph shares his tips for when holiday glee threatens to turn you into a grinch!

If you are a woman over 30 or man over 40, you are already at risk for shifts in hormonal production that can cause underlying hormonal imbalances, with symptoms like weight gain, memory loss, fatigue, insomnia, headaches, depression, loss of sexual desire and pleasure, and more. Add a little (or a lot!) of stress during the holidays, and the result is a vicious cycle where more stress leads to greater hormonal imbalance. Even the "good stress," that you feel during major events can sometimes become "dis-stress." The body goes into



plus three B vitamins. The formula is designed to support healthy energy levels, antioxidant activity, and healthy immune function.

\$27.80

(60 capsules)

\$46.80

(120 capsules)

**Wellness Store
ONLINE
Dec. 15th!**



Dr. Randolph's Wellness Store will be ONLINE December 15th

Stay tuned for our email announcement, which will include information about our Grand Opening sales!

Donate Here!



The U.S. Marine Corps Toys for Tots program has as its

overdrive pumping out cortisol until the pump wears out. Other hormone imbalances can sometimes arise; your allergies or insomnia may get worse, and you may feel as if you catch every cold or flu bug that is going around.

What can you do? Dr. Randolph's "healthy habits" for coping with holiday stress:

1. Breathe. The holidays do not have to be perfect! It's easy to get drawn into the flurry of expectations. Every magazine at the grocery store, every commercial on TV, and every cheerful Facebook status you see can make you feel like you are never doing enough. When that happens, take a breather! Even spending 15 minutes alone to recharge can give you better perspective and more energy.

2. Learn to say no. Plan ahead and don't feel obligated to attend every event. Be selective and think of your energy and time as finite resources: what do you value most? When your grade-school kid asks you to read him a book while you're stressing about completing the holiday cards, remind yourself: what is the reason for the season?

3. Avoid the holiday food free-for-all. Overindulgence makes you feel more stress! You don't have to deprive yourself of all holiday foods, but practice moderation. Have a healthy snack before holiday parties to avoid going overboard on sweets. For other meals, eat for hormone balance: focus on foods that reduce your estrogen load, such as: cruciferous vegetables like broccoli, cauliflower, or asparagus; citrus fruits like oranges and grapefruits; foods with insoluble fiber like whole grains and carrots; and foods with lignans like flaxseed and sesame seed. (Learn more about foods for hormone balance in Dr. Randolph's book *From Belly Fat to Belly Flat*.)

4. Get some exercise! It's okay if you walk the shopping mall five times -- that counts, too! (Just wear comfortable shoes!) Ride a bike, walk around your neighborhood to look at the holiday lights, take a class at the gym, dance at the holiday party. Whatever you do, keep moving: don't let online holiday sales keep you glued to your laptop on the sofa all night and day.

5. Get enough sleep. This is one of the most important steps you can take to manage stress -- at any time of year. Getting less than eight hours of sleep is likely to upset the balance of two important hormones: ghrelin and leptin, which regulate appetite. If you are not getting enough sleep, odds are that your ghrelin levels will shoot up -- making you feel constantly hungry -- while your leptin levels will plummet, causing you never to feel full. So instead of staying up late wrapping presents, snuggle in for a long winter's nap!

6. Get your hormones checked. Last, but not least, make an appointment today to have your hormones checked. Ideally, you should schedule this twice a year -- maybe

mission to collect new, unwrapped, toys and distribute them as holiday gifts to children in need. All donations collected in the Jacksonville area will directly benefit the community.

If you would like to join us in supporting this cause, please drop off your toy donations **by Dec. 19th** in Suite 100 at Dr. Randolph's Pharmacy and Wellness Store.

Happy Holidays!

holiday stress is a good reminder! What better gift can you give yourself than to help restore your hormonal equilibrium?

From all of us at Dr. Randolph's Ageless & Wellness Medical Center, we wish you a Happy Healthy Holiday!

Please let us know how we can help you on your path to optimal aging and wellness!

To Your Health,

Dr. Randolph
Ageless & Wellness Medical Center
1891 Beach Blvd., Suite 200
Jacksonville Beach, FL 32250
904.249.3743

SAVE
10%
On ALL Supplements!

**Now EVERY
Saturday
at Dr. Randolph's
Pharmacy &
Wellness Store**

Offer Available ONLY through December 31, 2014

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