



DR. RANDOLPH'S  
**AGELESS & WELLNESS**  
MEDICAL CENTER



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Dr. Randolph



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

*Dr. Randolph's  
Pharmacy &*

## Ageless & Wellness News

Volume 1, Number 5

**Dear Ageless & Wellness,**

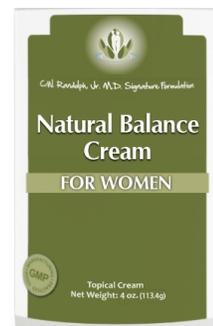
Welcome to the new and improved Ageless & Wellness Medical Center Newsletter! Twice a month you will receive a newsletter with highlights on national health news as well as information about the people and services that make the Ageless & Wellness Center your one-stop-shop for optimal aging support.

### Dr. R's Pharmacy & Wellness Store: Relocation News!

Your favorite full service pharmacy and store for prescriptions and supplements has relocated to Suite 100 of the Ageless & Wellness Medical Center, right next to the door to the medical practice entrance!

To celebrate our relocation in Suite 100, we are offering a **"Back in Balance Sale: Buy One, Get One Half Off"** on Natural Balance Progesterone Cream! We hope you will take this opportunity to get "back in balance" with us! (Please call 904-746-3046 to order by mail.)

Offer available only until November 30, 2014.



**Buy One, Get  
One Half Off!**  
(\$44.95 for 2)

## Wellness Store

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

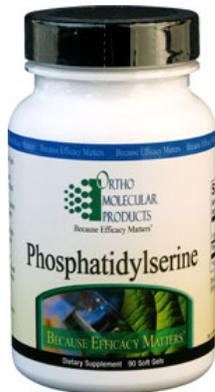
Suite 100  
1891 Beach Blvd.,  
Jacksonville Bch, FL  
32250

904-746-3046  
rx@cwrandolph.com

Join Our Mailing List!

Dr. Randolph's  
Pharmacy &  
Wellness Store  
*Featured  
Supplement:*

Phosphatidylserine



Phosphatidylserine is a precursor for nerve cell function and helps to support normal cognitive and nervous system function.

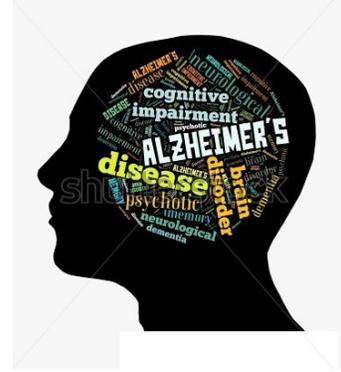
Phosphatidylserine is used clinically to enhance memory.

**\$59.70**  
**(60 capsules)**

To learn more,  
[CLICK HERE.](#)

## National Alzheimer's Disease Awareness Month

Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. Most people who develop Alzheimer's are 65 and older (although there is an early-onset type, affecting those in their 40s and 50s). It is a progressive disease, in which symptoms of dementia become progressively worse over the years. In the late stage, people with Alzheimer's lose the ability to carry on conversations or respond to their environment. Alzheimer's is the sixth leading cause of death in the United States.



The Jacksonville area **Walk to End Alzheimer's** is this Saturday, Nov. 8th! There are 26 events throughout Florida. These events raise awareness and money for research. Click [HERE](#) to find a **Walk to End Alzheimer's** near you!

Alzheimer's Association  
[www.alz.org](http://www.alz.org)

National Institute on Aging  
[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

## Supporting Brain Health

You already know that estrogen dominance affects your energy, your waistline, and your libido, but what effect does it have on your brain? A variety of evidence suggests a link between estrogen dominance and migraine headaches, anxiety disorders, insomnia, and decreased mental acuity. Recent research has also suggested that an imbalance between estrogen and progesterone levels may be a possible precursor to Alzheimer's disease. In addition, some studies offer evidence that bioidentical progesterone can play an important role in promoting and enhancing repair after traumatic brain injury or stroke.

Most physicians and the public do not realize that age-related hormone level decline is a pivotal variable impacting memory, learning and overall cognitive function. Many people believe that memory loss, or even Alzheimer's, is an unavoidable consequence of aging, but it's not! There are millions of hormone receptor sites throughout the body, including the brain. When production of needed hormones declines due to the aging of the ovary or testes, your brain's hormone receptors go lacking, and the result is

Dr. Randolph's  
Ageless & Wellness  
Medical Center



*We Thank the  
Women and Men  
Who Serve Our  
Country*



Veteran's Day  
November 11, 2014

What Are Your  
Favorite  
Supplements?



We are busy ordering products to stock the shelves of the new Wellness Store! We would love to hear from you about your favorite products and if you have any comments/reviews to share with other customers.

Please write to us  
[rx@cwrandolph.com](mailto:rx@cwrandolph.com)

Give....

impaired mental activity. Maintaining optimum hormone balance no matter your age is a critical first step to supporting optimum cognitive function for life.

In addition, consider discussing some of these supplements with your clinicians:

**Phosphatidylserine** is a fat-soluble phospholipid found in high concentrations in the brain and nervous tissue. Phosphatidylserine is a precursor for nerve cell function and helps to support normal cognitive and nervous system function. Phosphatidylserine is used clinically to enhance memory.

**Pregnenolone** is important for the function of brain, nervous tissue, liver, pancreas, reproductive tissues, pituitary and skin. Pregnenolone is found in higher concentrations in the central nervous system compared to the peripheral tissues which may reflect its importance in brain function. As with many hormones, pregnenolone production declines with age. It is estimated that pregnenolone production is about 60% less at age 75 than at age 35. Pregnenolone levels may also decline under various conditions of physiological stress, such as acute and chronic infections and trauma.

**Sharp Memory** is a unique combination of nutrients and botanicals that supports cognitive function and a healthy memory. It features select B vitamins, including Quatrefolic®, a patented form of 5-MTHF; the herbs Ginkgo biloba and Bacopa monniera; nutrients that provide antioxidant activity; and brain-specific nutrients such as vinpocetine, acetyl-L-carnitine, and sunflower-derived phosphatidylserine. This comprehensive formula addresses the multiple pathways involved in neurological health by supporting oxidant and cytokine balance, methylation, mitochondrial function, and endocrine balance.

## Toys for Tots: Donate Here!

The U.S. Marine Corps Toys for Tots program has as its mission to collect new, unwrapped, toys during October, November, and



December each year, and distribute those toys as holiday gifts to children in need. All toys donated in the Jacksonville area are given to children in our community. If you would like to join us in supporting this cause, please drop off your toy donations in Suite 100 at Dr. Randolph's Pharmacy and Wellness Store. Happy Holidays!

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

And Give  
Thanks!



*Let us know if you  
want to help! Our staff  
will be helping put  
together Thanksgiving  
baskets to donate  
through Jax Beam:  
[www.jaxbeam.org](http://www.jaxbeam.org)*



To Your Health,

**Dr. Randolph**

Ageless & Wellness Medical Center  
1891 Beach Blvd., Suite 100  
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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*Try it FREE today.*

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