



DR. RANDOLPH'S
AGELESS & WELLNESS
 MEDICAL CENTER



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Dr. Randolph



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Ageless & Wellness News

Volume 1, Number 4

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.

Employee Spotlight

Kristin Byers MSN, WHNP, ARNP is a board certified Women's Health Nurse Practitioner with an extensive background in obstetrics and labor and delivery. A local to Jacksonville, she received her Bachelor's degree from the University of North Florida, where she was inducted into Sigma Theta Tau Honor Society of Nursing. In 2010, she received her Master's degree from the University of Cincinnati.



From a very young age Kristin always knew that she wanted to be a

Kristin Byers, MSN, WHNP, ARNP (left) and Christy Hitz, MA (right)

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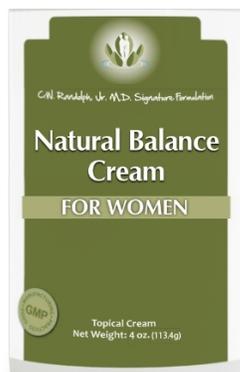
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nurse: "I was extremely blessed that I knew without question what I'd do with my life." When she had her first son at the age of 16, Kristin became enthralled with obstetrics and gynecology. "I had such a positive experience and it shaped me in a number of ways, I wanted to be able to give that experience to others." Kristin worked in the labor and delivery unit at Baptist Beaches Medical Center for 9 years, where she was awarded the Exemplary Professionalism Award of Excellence for her outstanding patient care and leadership.

Kristin is absolutely thrilled to be working with Dr. Randolph and the Ageless and Wellness team: "This opportunity is literally a dream come true for me. I am thrilled and honored to be able to work with both men and women to help them achieve optimal wellness." In her free time, Kristin likes to spend time with her 3 boys, Greyson, Tanner, and Landon, watch college football (particularly Clemson) and travel.

Christy Hitz, MA, has worked in the medical field for 8 years, with experience in neurology, gastroenterology, home health, and most recently, gynecology and hormone health. Ms. Hitz has also managed a company of 65 employees and plans to complete her Master's degree in Psychology. She is proud to be a member of Dr. Randolph's team: "I am passionate about caring for others and take pride in everything I do. I try to make an impact on everyone I meet by simply listening or making someone smile. I believe we are not meant to do life alone and try to give back to my community as much as possible."

Bloodwork

Your Personal Hormone-Level Profile

Blood tests are one of the main tools in our clinicians' "toolkit" for creating individualized treatment plans. Analyzing the hormone levels in your bloodwork profile allows our clinicians to determine which hormones you need and the amounts you need to reestablish hormonal equilibrium at a cellular level. Age, stress, body fat, and environmental toxins can all impact proper hormone function. This is why we regularly order bloodwork, so that we can get an accurate "snapshot" of your hormone levels.



Our in-house lab is no longer available, but most labs can test for everything we need to analyze. We always recommend that you check with your insurance company before getting your blood drawn to make sure the tests we order are covered. Typically, patients with Florida Blue and Aetna have bloodwork drawn at Quest Diagnostics; United

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What Are Your
Favorite
Supplements?



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Boost Your Immune System

Dr. Randolph's "Best Boosters" in Vitamins & Supplements

Cold and flu season is here -- what can you do to boost your immune system and avoid getting sick? Always follow recommended cold and flu prevention habits, such as washing your hands frequently, maintaining good sleep, exercise, and healthy eating. But when you need a "boost," try Dr. Randolph's "best boosters" -- his top vitamins and supplements to kick your immune system into high gear!



The following "best boosters" work best in your daily regimen.

Vitamin D3: Studies have shown that people with low vitamin D levels have a higher chance of getting the flu. This vitamin is very important to activating your immune system. (In addition, a deficiency in Vitamin D3 has also been linked to an increased risk of osteoporosis, depression, diabetes, heart disease, and cancer.) Most adults need between 5,000-10,000 IU daily to achieve therapeutic effects.

Vitamin C: This vitamin helps increase the production of white blood cells, which help fight infections. Because the body does not produce or store Vitamin C, it is important to get enough through the foods you eat or by taking a supplement. You can find Vitamin C in most citrus fruits, as well as red bell peppers and spinach. An appropriate dosage for supplementation is between 500-1,000mg per day.

Probiotics: 70% of our immune system is in our gut. A well-functioning gut can be supported with probiotic supplements, such as Dr. Randolph's signature formulations **Daily Probiotic DF** (30 billion CFU) or **Max Probiotic DF** (100 billion CFU), both available at the Wellness Store. Select a probiotic with a minimum of 20 billion CFU (Colony Forming Units) and expect the effects of this supplement to take about two weeks to kick in.

Antioxidants: NAC (N-acetyl-cysteine) is Dr. R's favorite antioxidant -- it is an extremely strong amino acid derivative that replenishes levels of the antioxidant glutathione (GSH) and causes the liver to detoxify more efficiently. This detoxification effect improves immune function. Most people

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get positive effects from taking 600-1,000mg/day.

If you still catch a cold or the flu despite your best efforts at prevention, Dr. Randolph recommends a homeopathic remedy like **Oscillocoquinum**, by Boiron, or an herbal compound like **Viracid**, by OrthoMolecular, (see sidebar at left) to knock out the virus quickly.

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

To Your Health,

Dr. Randolph

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