



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Dr. Randolph



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*Dr. Randolph's
Pharmacy &*

Ageless & Wellness News

Volume 2, Number 1

Dear Ageless & Wellness,



Resolution #1: Improve Your Health

The Christmas lights and menorahs are all packed away. The funny hats and champagne bottles are stacked neatly in the recycling bin. Holidays and vacations have come to an end. Did all that holiday goodness go straight to your waistline? Is personal health on your New Year's resolution list? Before you write "Lose 15 lbs" at the top... We have a simple, less stressful approach to making improved health a reality for you in 2015!

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

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Dr. Randolph's
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*Featured
Product:*

Mitocore (fka K-Pax) Multi- Vitamin



Mitocore is a scientifically formulated blend of nutrients specifically designed to boost cellular and

(1) Make a list of everything you've been putting off, and schedule a specific time for every item. Maybe you've been meaning to check your cholesterol or have your hormones levels evaluated? Or perhaps you've been planning to start a healthy new habit, like daily walks in your neighborhood? Make that appointment. Put a date in the calendar to start walking (and call a friend to join you!). The act of scheduling each event will give you an automatic stress-reliever even before you begin.

(2) Give yourself a pat on the back. Got New Year's resolutions? The cliché tells us that we start the year with high expectations for ourselves, but it won't be long before we give up or fall off the wagon. Have you ever been to a crowded gym in January and joked to your friends that it will be empty again by February? This year, try something new: congratulate yourself for what you're already doing well! Beginning a healthy habit out of self-criticism is not as motivational as building on your current good habits. Start with what you know you're doing right! Perhaps you have a piece of fruit with breakfast every day. Instead of criticizing yourself for not eating more fruit, you can think to yourself: "Wow, I'm doing great, eating a piece of fruit every morning! Imagine if I ate another fruit or vegetable serving at every meal?" Ta-dah! Now you're motivated!

(3) Celebrate every positive action. Did you eat a fruit or vegetable serving with every meal today? Did you make it to the gym? Yay! Today, you did it! Sure, it was only one day, but that's how one day becomes the next, and the next, and the next. Don't hesitate to tell yourself you're doing great. Don't withhold your praise until some far off day when you'll be perfect and you'll eat like a movie star!

(4) Keep going. It's true that a journey of a thousand miles begins with the first step. Once you've taken that first step, get in the habit of positive motivation and start celebrating your steps along the way. Most important: keep going forward even when you trip or fall. Flash back to childhood, when you learned to read or ride a bike, and be kind to yourself -- you're learning something new! Give it your best every day, knowing that your "best" will vary from day to day, as circumstances change.



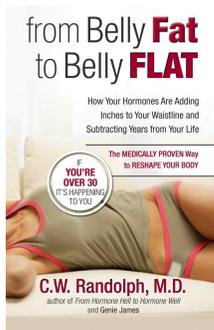
If we can help you to meet your health goals this year, please let us know! Our medical professionals take a holistic approach to your wellness and can provide a wide range of services to keep you at optimal health. We also encourage you to visit our Wellness Store, where our helpful staff can

mitochondrial energy production, maximize antioxidant capacity, support detoxification, and strengthen immune response.

Click [HERE](#) to learn more.

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(60 capsules)
\$44.50
(120 capsules)

Need Some Inspiration?



The real reason behind middle-age weight gain has less to do with calories, carbs, or crunches and everything to do with 'estrogen dominance.' Dr.

Randolph has discovered why we are in the midst of an estrogen epidemic and how you can save your waistline, and your health, using his 3-step plan: an anti-estrogenic diet, natural progesterone supplementation, and exercise.

Click [HERE](#) to get

point you in the right direction with vitamins and supplements to help you meet your health goals.

Have a Happy Healthy New Year!

Eat Well for Healthier Hormones

Adding two or three servings of cruciferous vegetables to your diet each day has been shown to improve the production of "good" estrogen. Cruciferous veggies contain indole-3-carbinol, a phytonutrient that can help reduce the "bad" estrogens circulating in your body -- thereby reducing estrogen dominance!

Try an updated version of one of the recipes from Dr. Randolph's book, *From Belly Fat to Belly Flat*:

Roasted Broccoli and Cauliflower in Lime Dressing

1 cup broccoli florets, cut into 1/2 inch thick pieces
1 cup cauliflower florets, cut into 1/2 inch thick pieces
3 tablespoons olive oil
salt and pepper
1 tablespoon low-sodium soy sauce
2 teaspoons raw honey
3 tablespoons fresh lime juice
red pepper flakes (optional)

Adjust oven rack to lowest position, place a rimmed baking sheet on the rack, and heat oven to 500 degrees. Place cut broccoli and cauliflower in a bowl, drizzle with olive oil until evenly coated, add salt and pepper and toss to combine. Quickly remove the hot baking sheet from the oven and carefully transfer the broccoli and cauliflower, spreading into an even layer (flat-sides down). Return sheet to the oven and roast until stalks are lightly browned and tender, 9 to 11 minutes. ~ While the veggies roast, make the dressing: whisk soy sauce, honey, and lime juice in a bowl and set aside. When broccoli and cauliflower are done, transfer to a serving bowl/plate and drizzle dressing on top, or serve on the side. *Enjoy!*

Visit Our Online Wellness Store

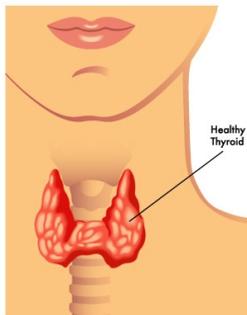
Even if you live outside the Jacksonville Beach area, you can enjoy some of our most popular products available at the Wellness Store. Dr. Randolph's Wellness Store Online offers vitamins and supplements made from pharmaceutical-grade ingredients that can only be purchased through a physician. If you're looking for the highest quality and efficacy, look no further! These products are unique formulations that have been developed by Dr. Randolph and have proven successful for thousands of his patients. Click below to visit our online

your copy!

In Our
Next Issue....

**Thyroid
Awareness
Month:**

Find out whether you (or someone you love) might have "subclinical hypothyroidism."



Comments?

Let us know if you have any comments or suggestions for our newsletter!

[newsletter@
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store! If you have any questions, please call the Wellness Store staff during business hours at 904.249.4372(HERB).



DR. RANDOLPH'S
WELLNESS STORE

www.drrandolphswellnessstore.com

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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Jacksonville Beach, FL 32250
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