



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



In This Issue

Men and "Estrogen
Dominance"

Progesterone
Cream for Men

Special
Promotion for
Our Newsletter
Readers



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June, use the code
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Ageless & Wellness News

Volume 2, Number 11

Dear Ageless & Wellness,

**"To keep the body in good health is a duty... Otherwise we shall not be able to keep our mind strong and clear."
-- Buddha**

A healthy body helps you do everything you love in life! This month we take a look at how to improve and maintain lifelong health for men. Check out our featured article, "Men and "Estrogen Dominance" and read on for information about specially-formulated Progesterone Cream for Men.



For the month of June, Dr. Randolph's [Wellness Store](#) offers a special "Men's Health" package price. And you can use the coupon code **MENSHEALTH at checkout to receive **10% off your order!****

You can also shop our [Wellness Store on Facebook](#) ;-)

Men and "Estrogen Dominance"

The idea that a man might also suffer from

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***Sexual Health is
Important for
Quality of Life!***



"estrogen dominance"
might surprise you. Men
have estrogen, too!
However, the role that
estrogen plays in a man's
body is different than in a
woman's. The symptoms
of estrogen dominance
for men include:

Abdominal weight gain,
lethargy, fatigue, brain fog, insomnia, mood swings,
irritability, low libido, depression and anxiety.

In men, progesterone is produced in the adrenal and testicular tissue. When men reach their forties, falling progesterone levels lead to a fall in testosterone levels. As both the progesterone and testosterone levels decline, the male body becomes "estrogen dominant." In other words, testosterone and progesterone levels are no longer sufficient to balance the amount of estrogen circulating within a man's body. Progesterone and testosterone help rein in the negative effects of excess estrogen that can trigger abnormal cell growth. If levels of these "balancing" hormones become too low to offset the effects of high estrogen, serious health risks often arise. Problems can include cell growth and prostate enlargement, raising risks for cancer, as well as cardiovascular disease, bone density loss, high cholesterol, and urinary and prostate disease.

Environmental exposure to "xenoestrogens" can also contribute or cause a man to develop estrogen dominance. Xenoestrogens are found in certain pesticides, herbicides, plastics, fuels, car exhausts, and drugs -- as well as some general hygiene products, like creams, lotions, soaps, shampoos, perfumes, and room deodorizers. These compounds often have chemical structures similar to estrogens and can act like estrogen when absorbed into the body. Industrial solvents are another source: glues, paints, varnishes, cleaning products, carpet, fiberboard, and other processed wood products. Over time, exposure to these substances can increase estrogen in the body.

If you are a man over forty, your progesterone and testosterone levels have already started to decline. Men can take the proper steps to reverse estrogen dominance and lower their risks through the use of bioidentical hormone replacement therapy (BHRT) and lifestyle changes that encourage healthy hormone balance.

Progesterone Cream for Men

[Dr. Randolph's Natural Balance Progesterone Cream for Men](#)

- Helps Balance Excess Estrogen
- Helps Promote Improved Sleep



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32250

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904-746-3046
rx@cwrandolph.com

Wellness Store:
904-249-4372
medshop@
cwrandolph.com



- Helps Oxygenation of the Brain
- Helps Inhibit Enzymes that Promote Unhealthy Dihydrotestosterone (DHEA) Levels

Recommended for men suffering with signs and symptoms of estrogen dominance (high estrogen/low progesterone) such as: low

testosterone (andropause), fatigue, mood swings, insomnia, weight gain, irritability, low libido, low thyroid, depression and anxiety. Our Natural Balance Progesterone Cream improves blood flow to the brain, helps with brain fog, acts as a natural diuretic and balances unchecked cell growth due to excess estrogen to reduce prostate cancer risks.

Now [on sale at the Wellness Store](#) (online or in Jax Beach, FL) during the month of June.

In Our Next Issue...

"Clinician Chat" with Steven Garces, ARNP, MSN. Steven offers the following services:

- Hormone consultations for men, women, and transgender patients
- Sexual vitality treatments, including the Priapus Shot® for men
- A whole-person approach to health and longevity



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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Dr. Randolph



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