



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER



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Special  
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WELLNESS STORE

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at the [Wellness  
Store Online!](#)

# Ageless & Wellness News

Volume 2, Number 5

Dear Ageless & Wellness,

### You Are What You Eat!

In celebration of Nutrition Awareness Month, we explore the ways in which food awareness shapes our health with a discussion about the sugar we eat and insulin resistance. Caring for our patients' health inspires our staff to stay healthy, too! Read on to learn about our Healthy Weight Challenge.



This month Dr. Randolph's [Wellness Store](#) offers a special "Nutrition Wellness Supplement Package" of five physician-formulated pharmaceutical-grade products to enhance your health and well-being. And for our newsletter readers: use the coupon code NUTRITION10 at checkout to receive 10% off your order!

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

## Insulin Resistance: Too Much Sugar = Hormone Imbalance

Ageing brings shifts in hormone production. But did you know

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**Featured  
Product:**



**Nutrition  
Wellness Pack**  
Specially design to  
support health and



that eating too much refined sugar (no matter your age) can create hormone problems as well?

Insulin is an important hormone produced by the pancreas, and its job is to regulate your blood sugar. In a healthy "insulin sensitive" body, insulin signals your cells to absorb glucose from your bloodstream. The amount of insulin released by the pancreas creates just the right balance for glucose to be extracted from the food you eat, sent into your

bloodstream, and pushed into your muscle, liver, and fat cells. You can visualize it like this: Insulin calls your cells on the phone, and when the cells answer the call, glucose is absorbed. Glucose is your body's "basic fuel," your key source of energy. It needs to remain at stable (moderate) levels for other crucial functions, like growth, movement, immune response, and cell repair to be carried out. In an "insulin resistant" body, however, too much glucose overloads your system, making your cells become desensitized, or numb. Insulin calls your cells, but the phone is just ringing off the hook! When the cells are slow to answer, the pancreas makes more (and more) insulin. Prolonged levels of high insulin cause your pancreas to become worn out trying to meet the perceived demand. This disrupts your metabolism, increases inflammation, and eventually your cells just stop responding. Insulin is a fat-storage hormone, so when there are increased circulating levels of insulin in your body, one result is weight gain, especially around the waist. Other common symptoms include fatigue, thirst, or the afternoon "slump."

Some experts estimate that 25 to 50% of people in the United States are likely insulin resistant. Insulin resistance syndrome is sometimes called "pre-diabetes," or "Syndrome X," which leads to Metabolic Syndrome. The health risks of insulin resistance include diabetes, obesity, high cholesterol, heart disease, and stroke. Some studies have also shown higher risks of Alzheimer's and some cancers.

Our bodies are designed to crave sugar, to some degree. All of the fats, proteins, and carbs in the food we eat are broken down by the digestive process into proteins, micronutrients, and glucose. We need sugar, but we typically eat far more than our bodies need, and much more than we can use. Anyone can be insulin resistant because of diet. Refined carbs and processed foods cause a fast breakdown of sugars that force our bodies to produce more insulin, trying to metabolize it. Extra glucose gets converted into fat. Fat cells produce extra estrogen - and estrogen dominance. You get the picture!

The good news is that glucose in your body can be restored

well-being in both men and women, Dr. Randolph's newly-designed Nutrition Wellness Pack includes Daily Mega, Super D-5000, Daily Probiotic DF, Pure Fish Oil, and CoQ10 Maximum. Click [HERE](#) to order online!

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In Our  
Next Issue...

**Nutrition  
Awareness  
Month**

Clinician Chat:  
Dr. Leaseburge



to healthy levels through better nutrition, lifestyle changes, and exercise. You have the power to heal a condition of insulin resistance! Here are 5 ways to do it:

- Eat primarily whole foods (avoiding pre-packaged processed foods)
- Minimize (not eliminate) grains and carbs
- Eat essential fatty acids, or "healthy fats," such as fish oils, avocado, and flaxseed
- Exercise to help regulate metabolic function
- Take a pharmaceutical-grade nutritional supplement

## Fish Oil May Help Insulin Resistance



Fish oil supplements, also known as omega-3 fatty acids, have been shown to increase levels of a hormone that improves insulin sensitivity, thereby potentially lowering your risk of metabolic syndrome and related problems, like diabetes and heart disease. Dr. Randolph has included Pure Fish

Oil 1000 in this month's special Nutrition Wellness Pack, because omega-3 fatty acids have health benefits for women and men of all ages.

Dr. Randolph's **Pure Fish Oil 1000** is an ultra-pure fish oil sourced from Norway. This highly concentrated natural oil provides 820 mg of omega-3 essential fatty acids per softgel. The oil is stabilized with vitamin E (as mixed tocopherols), is molecularly distilled, and is independently verified to be free of PCBs, heavy metals, and pesticides.

EPA and DHA from fish oil promote cardiovascular health by supporting the maintenance of triglyceride and cholesterol levels already within the normal range, and by supporting healthy platelet aggregation. Fish oil has also been shown to support joint tissue health, healthy brain and nervous system function, and healthy glucose and insulin metabolism.

## Staff "Healthy Weight Challenge"!

Caring for our patients' health inspires us to stay healthy, too! Our staff created some fun motivation: a **Healthy Weight Challenge** -- our own friendly competition

## Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our outstanding team of clinicians at the Ageless & Wellness Medical Center!

with a winner's prize. Each Monday, 15 staff members weigh in.

**Week 1 Winner, Samantha**, shared one of her tips: *Drinking more water*, especially starting the day with lemon water. Dr. Randolph discusses this Healthy Habit in his book [From Belly Fat to Belly Flat](#): Aim for at least eight 8-ounce glasses of water a day; it is indispensable for digestion, nutrient absorption, and waste elimination. Water, especially with lemon or lime, can help purify the liver, which can help metabolize fat more efficiently.

***Cheer us on over the next few weeks and stay tuned to find out who wins!***

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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