



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



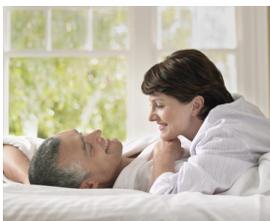
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Women's Sexual Vitality Month!



For the month of August, save 15% on our **Sexual Vitality Pack!** Includes **Testo-Boost Cream for Women, DHEA 25,** and **Natural Balance Progesterone**

# Ageless & Wellness News

Volume 3, Number 12

Dear Ageless and Wellness,



Sexual vitality is important for quality of life! We believe that a healthy life includes a healthy sex life. That's why we ensure that your personalized program to restore hormone balance addresses any difficulties with sexual vitality. Learn

more in this month's article: "**How Does Hormone Imbalance Affect Sexual Vitality? Dr. Randolph Explains...**"

For the month of August, save 15% on our Sexual Vitality three-pack of Dr. Randolph's Signature Formulation supplements! Our **Sexual Vitality Pack** includes **Testo-Boost Cream for Women, DHEA 25, and Natural Balance Progesterone Cream** -- all for \$76 plus **FREE shipping!** Take a look at the **Wellness Store Online!**

Stay in touch with us!

## How Does Hormone Imbalance Affect Your Sexual Vitality? Dr. R Explains...

From your early-thirties on, hormone imbalance can compromise

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your sex life by affecting your energy, physical sensitivity, responsiveness, and desire. Let's take a look at what's happening:



During Pre-Menopause, **estrogen dominance** is frequently one silent culprit zapping the libido; testosterone deficiency is another. Although your ovaries and adrenal glands are still pumping out lots of testosterone, pre-menopausal women can also suffer from a condition called "relative testosterone deficiency." This occurs because levels of another hormone called sex-hormone binding globulin (SHBG) increase two to three times normal levels. SHBG then binds to free testosterone molecules circulating within the body and, in doing so, keeps the testosterone from fulfilling its mission of fueling sex drive at a cellular level. An increase in SHBG occurs naturally with age, but can also be worsened by the use of synthetic birth control pills. Women require testosterone to maintain healthy mood, sex drive, and healthy muscles and bones. Women naturally produce 0.25 milligrams of testosterone daily, while men may produce 4 to 7 milligrams: ten to forty times that amount! In women, testosterone is produced in the ovaries and adrenal glands, and in men, it is produced in the testes and adrenal glands. When it comes to sexual growth and function, testosterone is best known as the hormone of desire. In addition to fueling libido, it promotes sexual pleasure by causing the nipples and clitoris to be sensitive to touch.

Though Peri-Menopause is the time of life when your estrogen levels begin to decline and cause irregular periods, this does not mean all peri-menopausal women immediately become estrogen deficient. Sometimes your estrogen levels will decline so slowly that your estrogen to progesterone ratio still qualifies you as **estrogen dominant**. Other peri-menopausal women will continue to be estrogen dominant because extra body fat is continuing to produce lots of estrogen even when their ovaries cannot. Estrogen deficiency causes vaginal dryness and thinning of the vaginal wall. (If you are having difficulty lubricating before and during sex, or if intercourse has become painful, your vagina is letting you know that it is lacking much needed estrogen.) These are also the years when your ovaries' production of testosterone begins to decline. Testosterone deficiency creates a shift from low-libido to no-libido. If you add an extra twenty or thirty pounds, hot flashes, night sweats, insomnia, vaginal dryness, and a frequent need to urinate, it is understandable why some peri-menopausal (and menopausal) women prefer flipping channels!

Dehydroepiandrosterone (DHEA) is another hormone that influences the levels of your sex hormones thereby also influencing your sex drive. DHEA is called a "precursor hormone" because it can be converted to testosterone. Levels of DHEA naturally decrease with age. (By the time you are eighty years old, your DHEA levels will be about five to



Struggling with symptoms such as weight gain, irritability, fatigue, depression, and low libido? Need quick and private expertise that you cannot find locally?

**Basic Hormone Profile Kit \$199**

**Complete Kit for Women \$399**

**Complete Kit for Men \$399**



Dr. Randolph



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

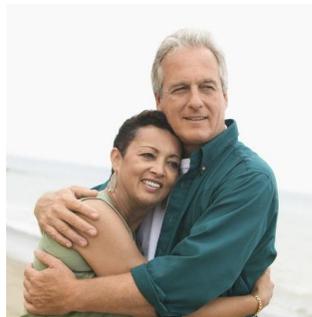
*Dr. Randolph's*

ten percent of the amount produced during your reproductive years.) Age is not the only factor influencing DHEA production. Chronic stress also depletes DHEA levels. Surveys of women have linked declining DHEA production in women with a decreasing tendency to think about or initiate sex, as well as reported decrease in feelings of sexual satisfaction.

In years past, sexuality during and after Menopause received little attention from the traditional medical community. Many women hesitated to report low libido or problems with arousal or sensation because they were embarrassed or doubted that their doctors would have the time or interest to address it. Today, millions of post-menopausal women in the United States realize they will likely enjoy another forty years of life. They want to know: "Why should I go without sex in my golden years?" Libido and sexual function should be a central component of your medical strategy for healthy aging. The problem is that many physicians do not know how to reverse the negative impact that hormone level decline has on libido and other aspects of female sexual health. For example, menopausal women who have had a hysterectomy will need to boost lagging hormone levels across the full spectrum: progesterone, estrogen and testosterone.

What you can expect from natural hormone balance? Relief from unwanted symptoms! You can expect improved libido, more lubrication, fewer night sweats and hot flashes, improved moods, memory and sleep, renewed strength and energy, the ability to shed extra pounds more easily, and a belly that goes from fat to flatter. When or if symptoms persist, adrenal support, additional **bioidentical hormone supplementation** and/or a compounded formulation may also be required.

## Behind the Pharmacist's Counter... New Sexual Vitality Products!



**Dr. Randolph's Pharmacy** offers several popular products to enhance and restore sexual vitality:

**Oxytocin Nasal Spray:** The hormone oxytocin is known to stimulate bonding and feelings of well-being, and is often used to support the birth process and improve lactation. Recent research suggests it also plays a role in women's sexual arousal, lubrication, and enhancing orgasm. A nasal spray is the quickest and most effective method for increasing circulating levels (since oxytocin is destroyed by the GI tract, pills are ineffective).

**Pharmacy &  
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  
medshop@  
cwrandolph.com

**StimuLotion Cream:** When applied to the clitoris or external genitalia, this cream increases blood flow to the applied area and has been reported to improve sensitivity and rates of orgasm. It is comprised of five different medications: aminophylline, isosorbide dinitrate, ergoloid mesylate, L-arginine, and pentoxifylline. This synergistic compounded combination draws upon the properties of each ingredient (one bronchodilator, four vasodilators) resulting in effective sexual stimulation enhancement.

***Want more details or have questions? Talk to your clinician at your next appointment to find out more!***

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

To Your Health,

**Dr. Randolph**

Ageless & Wellness Medical Center  
1891 Beach Blvd., Suite 200  
Jacksonville Beach, FL 32250  
904.249.3743

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