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NEW!
Personalized
Hormone Tele-
Consultations



Struggling with symptoms such as weight gain, irritability, fatigue, depression, and low libido? Need quick and private expertise that you cannot find locally? We now offer personalized "Hormone Tele-

Ageless & Wellness News

Volume 3, Number 1

Dear Ageless and Wellness,



"Because of shifting hormone production, the average person will add 1 or 2 pounds to his or her waistline each year between the ages of 35 and 55. As long as your cellular metabolism is compromised by untreated hormone

imbalance, the extra pounds around your middle will be nearly impossible to lose." -- C.W. Randolph, Jr. M.D.

Happy Healthy New Year! This month we discuss one of the most common resolutions, losing weight, with: **"3 Ways Hormones Sabotage Your Weight Loss Plan -- And What to Do About It!"**

Personalized Hormone Tele-Consultations will be available starting this weekend at the Wellness Store online! We also have a New Year special: Create your own 3-pack of vitamins and supplements, and save 15% using the code NEWYEAR2016 at checkout.

There are two events this month at Dr. Randolph's Pharmacy & Wellness Store in Jacksonville Beach, FL:

Consultations."

Read more, below.
Kits will be available
online starting this
weekend!



Join Our Mailing List!

Happy Healthy
New Year Special!



Create your own pack
of any 3 of Dr.
Randolph's Signature
Formulations
and Save 15%!

Discount Code
NEWYEAR2016
at Checkout

SHOP NOW:
[Wellness Store](#)
[Online](#)



Dr. Randolph

- Nutritional Blood Analysis Workshop on Jan. 8th
- OrthoMolecular Open House on January 18th, 12 to 2pm

Please stay in touch with us!



3 Ways Hormones Sabotage Your Weight Loss Plan -- And What To Do!

What's at the top of most typical New Year's Resolutions? "#1: Lose Weight"! People think it's just a matter of following the classic approach: eat less + exercise more = lose weight. However, that equation doesn't factor in the most important influence on your body's metabolism and energy processing system: your hormones! This is one key to weight-loss that you won't find in your meal-plan "points," or your zumba class -- in fact, achieving hormone balance is the foundation for maintaining a healthy weight!

(1) High levels of estrogen puts fat on your belly and hips -- even if you skip meals and work out like crazy. In fact, calorie deprivation and high-stress activity can make hormone imbalance worse! Nearly all women begin to develop higher levels of estrogen in their early 30s -- it's called "[estrogen dominance](#)." Some men also develop high estrogen when their hormone levels begin to drop in their early 40s.

What to do: Reduce your body's estrogen "load" by trying the following strategies:

- Use topical [bioidentical progesterone cream](#) to help counteract the effects of high estrogen! This is one of the quickest ways to start reducing the effects of estrogen in your body. For many people, this can make a huge difference in energy and weight loss.
- Eat foods that help your liver detoxify excess estrogen. Vegetables containing a phytonutrient called indole-3-carbinol (I3C) have been shown to improve production of "good" estrogen and decrease the "bad" estrogen. Learn more in Dr. Randolph's book [From Belly Fat to Belly Flat](#).
- Consider [supplements and blends that help reduce estrogen](#), containing Calcium D-Glucarate or Diindolylmethane (DIM).

(2) Elevated blood sugar levels from processed foods, sugar, and simple carbs cause your body to develop [insulin resistance](#) and keep too much fat in storage in your cells. One challenge is to resist the marketing claims on processed foods that appear to support weight loss. Just because a package says "low calorie" or "low fat" does not mean it will help you lose weight! Often, those products replace fat and calories with sugar substitutes and chemical



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

**Dr. Randolph's
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

OrthoMolecular
Open House



Learn how to revitalize liver health and support natural detoxification, how to support natural estrogen metabolism,

leaveners, which actually raise your blood sugar and contribute to weight gain.

What to do: Instead of typical weight-loss foods, pre-packaged meals, and other processed foods, focus on eating "whole foods" as much as possible. This requires a shift in thinking! Memorize this quote from Michael Pollan for grocery shopping: "If it came from a plant, eat it; if it was made in a plant, don't." Another good rule of thumb: if it contains more than 5 ingredients, or any ingredients a third-grader cannot pronounce, don't eat it.

- Give up "dieting" and try whole-foods eating for long-term health. When you shift from processed to whole foods, there is no need to count calories!
- Don't be afraid of calories and fat -- as long as they are "good" fats and "healthy" calories. Think avocados, olive oil, grass-fed butter, almonds, and full-fat plain yogurt with fruit.
- Read labels to scrutinize sugar content. Daily values are not listed! Men should have no more than 9 tsp (27 grams) a day. For women, it is 6 tsp (24 grams) and for children, no more than 4 tsp (16 grams). Most breakfast cereals (supposedly a healthy food?) contain 10 to 14 grams of sugar in one serving!

(3) High levels of the hormone "ghrelin," a side effect of not getting enough sleep, can also sabotage your waistline.

A chronic sleep deficit leads to elevated levels of ghrelin, and lower levels of a hormone called "[leptin](#)" in your body. Ghrelin is produced in your stomach, and notifies you when you are hungry. Leptin is produced in the fat cells and tells you when you are full and no longer need to eat. When you don't get enough sleep, your higher ghrelin levels send the signal that you need to eat, but the lower leptin levels are not high enough to tell you when to stop! When lack of sleep drives leptin levels down, you also don't feel as satisfied after you eat. As you can imagine, this leads to extra snacking and overeating at mealtime. The signals your body is sending to your brain are simply out of whack! Over time, chronic partial sleep loss leads to more and more weight gain.

What to do: This one is easy -- get more sleep! Aim for the recommended 7 to 8 hours a night. If you are chronically overtired, occasionally choosing an extra hour of sleep instead of hitting the gym might be actually a good thing!

We wish you a Happy Healthy New Year!

NEW: Hormone Tele-Consultations!

Our patients understand the value of restoring hormone balance! If you know someone who needs help with

increase antioxidant protection, promote gastrointestinal health, and promote weight loss -- with OrthoMolecular's [Core Restore](#) 7 day detox!

Monday, Jan. 18th,
12pm to 2pm

FREE and
open to the public

symptoms such as weight gain, irritability, fatigue, anxiety, depression, and low sex drive, please pass along our newest offering: **Personalized Hormone Tele-Consultations!** For your great-aunt in Montana, or your cousin in Alaska, or your sister in West Palm Beach whose full-time-four-kids lifestyle doesn't leave room for a six-hour drive to Jacksonville -- we can help!

Basic Hormone Profile Kit (\$199) includes a mail-order saliva self-test kit to check your hormone levels for 5 of the most common imbalances, and a personal 20-minute telephone consultation with one of our knowledgeable clinicians.

Complete Hormone Profile Kit for Women or Men (\$399) includes a mail-order blood-spot self-test kit to check your hormone levels for 12 (for women) or 13 (for men) critical signs of imbalance, and a personal 20-minute telephone consultation with one of our knowledgeable clinicians.

How Does It Work? After your self-test is processed by the lab, you will be scheduled for your tele-consultation (phone appointment), and your clinician will provide you with individualized treatment recommendations based on the results of your hormone levels. During your tele-consultation call, you will be able to discuss your results with one of our clinicians. You will receive personalized treatment recommendations, which may include over-the-counter bioidentical hormone replacement therapy (BHRT) and pharmaceutical-grade vitamins and supplements, also available by mail. Since recommended treatments vary according to individual needs, these are not include in kit pricing.

Questions? Call our Scheduling Team at 904-249-3743.

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

SAVE

**EVERY Saturday
at Dr. Randolph's
Pharmacy &**

10%

Wellness Store

On ALL Supplements!

Cannot be combined with any other sale/offer. Not available online. Only available at the Wellness Store in Jacksonville Beach, FL.

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C.W. Randolph Jr., M.D., P.A. | 1891 Beach Blvd, Suite 200 | Jacksonville Beach | FL | 32250