

We'll Help You Find A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



Ageless & Wellness News

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Fatigue, Dry Skin, Weight Gain, Poor Memory: Is It Stress? Or Something Else?

Perhaps you or someone you know has suffered from some of the following mild symptoms: fatigue, dry skin, weight gain, cold intolerance, depression, and poor memory. There are so many possible causes for these kinds of problems that it is easy to assume you're "just not getting enough sleep," or that you're "just feeling a little stressed." However, it could be a condition that is all-to-often overlooked: **subclinical hypothyroidism** (also called "mild thyroid failure").

The thyroid is a butterfly-shaped endocrine gland located at the base of your throat. This tiny organ has a huge responsibility; it makes thyroid hormones, which are secreted into the blood and then carried to every tissue in your body. ***Thyroid hormones regulate your metabolism, which helps your body use energy, maintain proper temperature, and keeps your organs (brain, heart muscles, etc.) functioning.***

Most physicians simply test a patient's TSH (thyroid-stimulating hormone) and T4 (thyroxine) levels in order to determine whether a thyroid condition exists. If the

patient's levels are within the normal range, then the patient is told, "it's not your thyroid." ***But that's not the full picture! LEARN MORE about subclinical hypothyroidism and how we treat it at the Ageless & Wellness Medical Center.***

Help for Thinning Hair: from Dr. Randolph's Pharmacy

By the age of fifty, approximately 85% of men have significantly thinning hair, and over 50% of women over age 65 have reported thinning hair. While some people may feel hair loss is just another part of life, most find that hair loss interferes with their confidence and self-esteem. At Dr. Randolph's Ageless and Wellness Center, we want you to look as good as you feel!



Dr. Randolph's Pharmacy has a number of over the counter products proven to combat hair loss, most notably, Viviscal Professional and Dr. Randolph's Hair Max Activator. For those who have tried to combat hair loss alone and have come up a little thin, having a healthcare professional trained in Bioidentical Hormone Replacement Therapy (BHRT) on your team might be just what you need. By evaluating your hormones, ferritin (iron), and vitamin D levels, our practitioners use a combination of testing and experience to pinpoint the root cause of hair loss.

At Dr. Randolph's Pharmacy we will soon be offering a new approach to hair growth, one that combines 3 clinically proven ingredients, giving our patients an advantage over traditional prescription hair loss medications. More to come on this innovative approach soon!

Here's What Patients Are Saying About Us...!

"I've been a patient for more than ten years now. After a six year hiatus to another county, one of the best things about returning to Jacksonville was that I could once again be a patient here. My husband and I both are patients of Kristin Byers, ARNP, who has done a masterful job of enhancing our quality of life on every level. We look forward to seeing her regularly, and have come to trust not only her judgment and diagnoses, but her follow-up care and willingness to take the time to talk at length with both of us at every visit. One of the great blessings in our lives."

-- Robyn, via Facebook

Ready to Recover? Try Dr. Randolph's "Adrenal Recovery" on Sale This Month

Best-selling "Adrenal Recovery" is a powerful blend of standardized extracts of the highest-quality adaptogenic herbs plus three B vitamins. These ingredients aid in adrenal



hormone production and support the body's adaptogenic response. The formula is designed to support healthy energy levels, antioxidant activity, and healthy immune function.

[Take Me to the Wellness Store!](#)

SAVE 10% EVERY SATURDAY



Every Saturday is "Supplement Saturday" at the Wellness Store in Jacksonville Beach. Stop by our store on any Saturday and receive 10% off your supplement purchase!

Location: 1891 Beach Blvd., Suite 100, Jacksonville Beach, FL 32250

We're open Monday - Friday 8:00 a.m. - 6:00 p.m. and Saturday 9:00 a.m. - 2:00 p.m.

Call us at 904.249.HERB (4372)

[Offer ONLY available at the Wellness Store in Jacksonville Beach, Florida. Offer not available at online store.]

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904.249.3743 | newsletter@cwrandolph.com | www.agelessandwellness.com

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

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