

Our Team Can Help You Find A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



Ageless & Wellness News

Volume 4, Number 5



Diagnosis: Menopause? Dr. Randolph Explains...

By and large, the medical community still continues to treat Menopause as an age-related disease, like high blood pressure, rather than a natural transition from one "life cycle" to another. **Many medical professionals still have the misconception**

that Menopause is simply caused by lack of estrogen, and once a woman enters Menopause, her ovaries turn off like a light switch and stop producing hormones -- but this is not true at all! The ovaries of many Menopausal women are still producing 20-40% percent of the estrogen they produced during Pre-Menopause. Typically, 85% of Menopausal women have significantly low estrogen, and 100% of women have low testosterone and progesterone. For the 15% of women still continuing to make adequate levels of estrogen (specifically estradiol), however, this is a big red flag. **([READ MORE](#) to learn why!)**

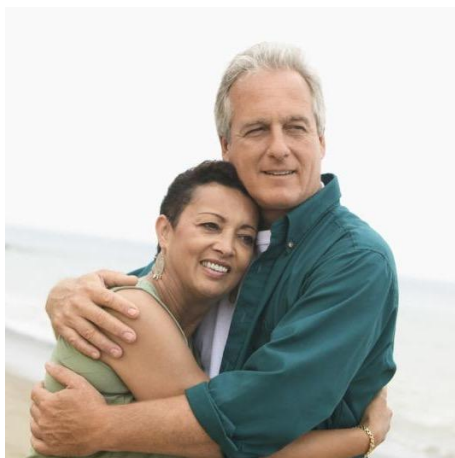
You may have noticed a change to our layout. Nearly 60% of our readers open our newsletter on a mobile phone, so we're streamlining our look to make it more mobile-friendly. Let us know what you think! Email us

Are You Feeling the Heat?

We know it's not quite summer yet -- but if you (or a woman you know and love!) needs extra support during menopause, check out the March promo at our **Wellness Store**, where our best-selling **EstroFem Cream** is on sale!

- Promotes healthy natural estrogen levels
- Improves hot flashes and night sweats
- Improves memory
- Supports bone health
- Slows the aging process of facial lines and wrinkles

(As always, keep estrogen supplementation balanced with progesterone supplementation for the safest and best results!)



Want to Share YOUR Story?

The **"Testimonials" page on our website** is where we share patients' real experiences with our team in their own words. Over the years, we have been fortunate to help thousands of patients feel better and live better by restoring their hormones to optimal levels! We love helping women and men feel their best and live their lives to the fullest. If you would like to share your story with us, too, please email newsletter@cwrandolph.com.

A Reminder from the Front Office:

Our scheduling team works hard to make sure you have an appointment with your clinician as quickly as you need it! Please take note of this gentle reminder from our Front Office: *"Remember that when you sign our paperwork and consent for treatment, our policy states: 'A missed appointment or cancellation fee of \$50 will be issued for any appointment that is missed by the patient or not cancelled 24-hours prior to the appointment.'"* If you must cancel or reschedule, we are happy to help -- just let us know in advance and we will find another appointment time that works better for you. Thank you! :-)



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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