

Let Us 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 6



5 Ways to Build Stronger Bones (Without Dairy)! Dr. Randolph Explains...

Bone is living tissue with complex nutritional needs. This living tissue is also constantly being regenerated. Cells called "osteoclasts" break down the bone tissue, and the "osteoblast" cells build it up again.

Osteoporosis occurs when the creation of new bone tissue cannot keep up with the removal of old bone tissue. Bones can eventually become so fragile and porous that even bending over or coughing may cause a fracture.

More than 40 million adults in the United States are at risk for osteoporosis. ***White and Asian women of menopausal age statistically have the highest risk.*** Other risk factors include having a family member with osteoporosis; low levels of calcium and vitamin D; sedentary lifestyle; tobacco and alcohol use; long-term use of steroid medications or cancer-fighting drugs; women who have had a hysterectomy; and women and men with hormone imbalance.

With proper treatment, osteoporosis can be reversed, and there are things you can do to prevent the onset. **Here are my tips** to keep your bones healthy now and prevent bone loss in the future!

Hormone Help for Men

Men are by no means immune to the downturn of hormone levels with age. In fact, the most potent force underlying mental and physical energy in men, the testosterone drive, starts to decline in a man's mid-forties, or even earlier, depending on lifestyle and stress levels. But unlike the 'roller coaster' effect in menopausal women, male symptoms come on more gradually -- and most men aren't sure what's hit them! But "male menopause" is very real, and it has a name: andropause (from the Greek, "andro" for male and "pausis" for stop).

The gradual decline of the hormones testosterone and DHEA is the key to changes in male health and vitality. While many medical experts acknowledge andropause as an age-related condition, the general public and too many physicians still do not recognize the term or see it as a natural challenge of aging.



Help for Men - Larissa and Steve's Story



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 on 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!)

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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