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Readers



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Ageless & Wellness News

Volume 2, Number 7

Dear Ageless & Wellness,

Mind Over Matter?

We're delving into Brain Health Month with a discussion of the role that hormones play in maintaining cognition and memory.

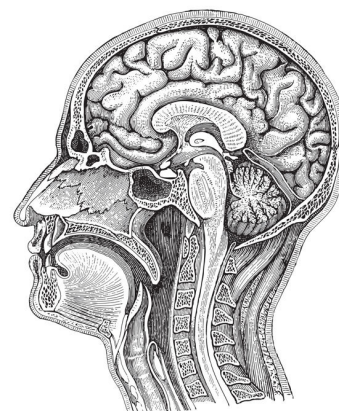
Also check out our latest *Real Patients - Real Experiences* feature!

You can follow our Healthy Weight Challenge on our Facebook page, so stay tuned: the Winner will be announced April 13th!

This month Dr. Randolph's [Wellness Store](#) offers a special "Brain Booster" sale.

For our newsletter readers: use the coupon code **BRAINBOOST10 at checkout to receive 10% off your order!**

You can also shop our [Wellness Store on Facebook](#) ;-)



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Hormones & Key Supplements



Your brain is the largest and most important organ in your body -- without it, "you" cannot function! But it needs support to function optimally. **Balanced hormones and nutritional supplements can provide powerful brain support.**

Your brain is made up of trillions of nerve cells called neurons. Each neuron has branching tentacles called "dendrites" for receiving information, and a tail-like

tentacle called an "axon," for sending information. The spaces between neurons are called synapses. These synapses act as communication pathways for chemicals called neurotransmitters, which relay information between brain cells. Neurotransmitters operate like a series of switches, turning on and off to activate neurochemical pathways. This the command center of your body, which operates and maintains all kinds of processes from stress management, to temperature regulation, to a woman's menstrual cycle (yes, that happens in the brain!)

Hormone imbalances can have serious effects on the brain. Concentrations of estrogens, progesterone, pregnenalone, testosterone, DHEA, and other hormones can be higher in the brain than in the bloodstream. Hormones directly affect neurotransmitters, and neurotransmitters directly affect your memory and cognitive abilities. That is why your hormones must be in balance for your brain to function at its best! **A combination of BHRT and targeted supplements offers the best approach for lifelong brain health.**

Pregnenalone, for example, has been shown to support a balanced mood and promote cognitive health by modulating the transmission of messages between neurons, influencing learning and memory processes. Magnesium plays a role in more than 300 metabolic processes, and is vital for healthy cognition, including long and short-term memory, learning, stress management, and sleep. And Omega-3s also have beneficial effects on brain cell structure.

Dr. Randolph's "Brain Boosting" Tips: (1) To keep your neurotransmitters nourished and functioning well, one of the most important steps is to maintain optimal hormone balance using BHRT. (2) Talk to your medical provider about any brain-related nutrient or hormone deficiencies that are revealed in your bloodwork. This helps determine which supplements will best boost your brain health, such as Magnesium, Pregnenalone, Omega-3 fatty acids, Vitamin E, Vitamin D, and various antioxidants. (3) Engage in regular physical exercise: in general, anything that is good for your heart is also good for your brain. Exercise provides more oxygen to the brain, and also helps release hormones that

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aid in the growth of new brain cells. (4) Exercise your mind:
anything that requires new learning and challenges your
mind helps your brain build new connections.

Inspiring Future Medical Professionals

Last month, Dr. Randolph, along with Teon and Erica, visited John Love Elementary School near downtown Jacksonville, FL, to talk about their work as medical professionals. The bright and inquisitive 5th graders in Andrea Cole's class asked lots of great questions, tried out a stethoscope and blood pressure cuff, and learned more about the importance of health care. We hope some of them were inspired to pursue a medical career someday!



From left: Teon, Dr. Randolph, Erica, John Love Elementary teacher Andrea Cole, and one of the 5th-grade students.

Real Patients ~ Real Experiences



Before (left) and After (right). Photos provided by Zachary Stelma.

"Being a patient of Steven Garces, ARNP, has changed my life. In January 2012, I was diagnosed with Stage 3 testicular cancer. I did 6 months of chemotherapy, with some of the hardest drugs you can get. I survived cancer, but it did a lot of damage to my body. I gained weight and was struggling with depression, when last fall, a friend of mine suggested I see Steven (she is also one of his patients). Steven checked my testosterone levels, and they were as

low as a 90 year old man's would be! At 29 years old, mine should have been much higher. Steven started me on weekly shots of testosterone, and in the past few months, things have really changed. I have the energy to get up in the morning, I can go to the gym, I've lost 24 pounds (and counting), and my depression is almost gone. Steven really listened to me every step of the way. It was important to him that I get help for my depression, too, so he suggested adding Vitamin D3 in addition to my testosterone shots. He did everything he could to help me, and he is really conscientious. With this new-found energy, I was able to join Team Limitless Training to expedite my weight loss. Without hormone therapy, I wouldn't have the energy to train (not to mention almost no depression)! For a lot of men with

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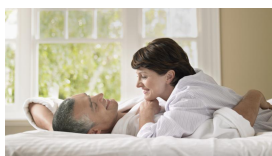
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Dr. Randolph



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

Coming Soon



The Ageless & Wellness Medical Center will soon be offering the O-Shot® and Priapus Shot® sexual vitality treatments. These safe and effective procedures use your platelet-rich plasma to grow new tissue & rejuvenate your body. Stay tuned for more information!

testicular cancer, testosterone levels rise again after treatment, but mine didn't. I try to tell everyone I meet who struggles with weight issues and depression -- go get your hormones checked! It's safe, it's effective, it's regulated. For men especially, you shouldn't be embarrassed about it -- treating your hormones is no different than anything else!"
-- Zachary Stelma

Want to share your story? *Real Patients ~ Real Experiences* will be a regular feature in our newsletters, and we'd love to hear from you! Email us at newsletter@cwrandolph.com.

"Healthy Weight Challenge" Winners!

Caring for our patients' health inspires us to stay healthy, too! Our staff created some fun motivation: a **Healthy Weight Challenge** -- our own friendly competition with a winner's prize. Each Monday, 15 participating staff members weigh in. Congratulations to **Week 5 Winner, Brittany; Week 6 Winner, Teon; & Week 7 Winner, Marilee!**



Twelve of our Healthy Weight Challenge participants!

Click [HERE](#) to follow this story (and more!) on our Facebook page. ***Cheer us on and stay tuned to find out who wins on April 13th!***

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

To Your Health,

Dr. Randolph

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