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Special  
Promotion for  
Our Newsletter  
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## Ageless & Wellness News

Volume 2, Number 8

Dear Ageless & Wellness,

**"The mind is not a vessel to  
be filled, but a fire to be  
kindled." -- Plutarch**

We're completing Brain Health Month with a discussion of the "brain-gut axis." And speaking of "a fire to be kindled," read on to learn more about our new sexual health treatments, the O-Shot® and the Priapus Shot®! Our Healthy Weight Challenge

Winners have been announced, too. Please congratulate the participants and winners next time you visit our office!

**This month Dr. Randolph's [Wellness Store](#) offers a special "Brain Booster" sale, and you can use the coupon code **BRAINBOOST10** at checkout to receive **10% off your order!****

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## What is the Brain-Gut Axis?

Your "gut," or gastrointestinal system, describes the tube which starts at your mouth and ends -- well, you know

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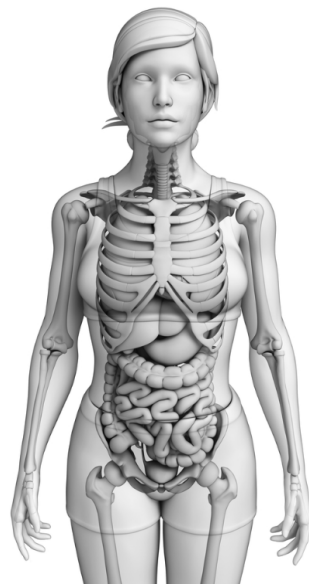
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where! It might seem like your digestive process has little to do with your brain, but that is surprisingly untrue. Does the thought of public speaking make you feel queasy, or does the sight of your loved one give you "butterflies in your stomach"? Much of our anxiety and emotion is reflected in our gut -- and that's just the tip of the iceberg. Scientists are learning just how interconnected our brains are with our guts, so much so that the term "brain-gut axis," has been used to describe this significant connection.

Inside your gut there are trillions of bacteria and microorganisms that are essential for the basic mechanisms of your body's functions, such as digestion, energy production, and detoxification. This makes sense when you stop to think about it: food is fuel for your body's systems, and the gut is your frontline for sorting out the good, bad, and the ugly into useable material. The "good bacteria" helps you break down (or digest) food and produce important biological chemicals such as serotonin and dopamine for brain function. The term "gut dysbiosis" is used to describe a condition in which your balance of good bacteria is out of whack. Many health conditions are now thought to have their root cause in immune disruption and gut dysbiosis: from yeast infections to irritable bowel syndrome to depression.

The enteric nervous system (ENS) is a network of neurons that is spread throughout two layers of your gut tissue. It controls the automatic/reflexive functions of your gastrointestinal system -- similar to other autonomic functions, like breathing. The ENS is sometimes referred to as your "second brain," because it uses more than 30 types of neurotransmitters that are identical to the ones used by your brain. In fact, more than 90% of your serotonin is in your gut, and more than 50% of your dopamine! You might say the gut has a "mind" of its own. New research is showing that the health of our gut is reflected in our brains: prebiotics have been shown to reduce anxiety, and probiotics have been shown to help with depression.

How can you keep your gut-brain axis healthy? "Clean eating" and choosing whole foods low in sugar is really the best approach. You can also reach for brain-boosting supplements for cognition and memory, and probiotics to keep your gut bacteria thriving. Dr. Randolph recommends a probiotic with a minimum of 20 billion CFUs (colony-forming units). Dr. Randolph's [Daily Probiotic](#) includes 30 billion CFUs and [Max Probiotic DF](#) includes 100 billion CFUs. Both are available at the Wellness Store.



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## Treatments for Optimal Sexual Health

When your hormones are back in balance, life changes for the better! Your energy improves, you sleep better, and you lose weight more easily. Often, our patients also experience improved libido and sexual vitality. We believe that sexual health is an



important aspect of every person's quality of life, no matter your age or past experiences. To help our patients who wish to take the next step toward optimal sexual health, we now offer two Sexual Health Treatments: the "O-Shot®" (also called the "Orgasm Shot®") for women and the "Priapus Shot®" for men.

### What is it?

The O-Shot® and the Priapus Shot® are medical procedures developed and trademarked by Dr. Charles Runels, M.D. He was the first to apply an established technique using platelet-rich plasma to increase blood flow and create new tissue -- for the purpose of sexual health. Both Dr. Randolph and Steven Garces, ARNP, MSN, have been trained and certified to provide the O-Shot® and Priapus Shot® treatments. Dr. Randolph has completed additional training with Lewis Obi, M.D., in Jacksonville, FL, and Elliot Lander, M.D., in Palm Spring, CA.

### How does it work?

Platelet-rich plasma (PRP) extracted from a simple blood draw is injected into your body in strategic locations to rejuvenate the tissue. The result is new tissue growth and increased blood flow. For more than 15 years, medical professionals have been using PRP to promote post-operative healing after trauma. This technique has been used for professional athletes; by injecting PRP into joint cartilage, players recover more quickly from injury and are back on the field stronger than before. The use of PRP for tissue rejuvenation takes advantage of the natural healing factors of your own body! The O-Shot® and Priapus Shot® use the same material that your body used to heal a scraped knee when you were a kid -- growth factors and stem cells that stimulate wound healing. The results are: new collagen, new blood vessel formation, and enlargement of fat cells, with no abnormal cell formation.

### Who is it for?

For women who have experienced vaginal changes due to childbirth, problems with urinary incontinence, or pain with intercourse, the OShot® can significantly improve sexual

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health and quality of life. As men age, the tissue in the penis changes and problems with blood flow can lead to difficulty with erections. The Priapus Shot® literally regrows new tissue and new blood vessels to rejuvenate men's erections.

#### **What are the benefits?**

- \* Improved sexual responsiveness
- \* Improved blood flow
- \* Cured urinary incontinence (95% effective)

#### **Are there any risks?**

Medical research contains no reports of serious side effects from PRP prepared with FDA-approved kits. The platelet-rich plasma used in the procedure is extracted from your blood, so there is no foreign material used in the process -- it is the same material your body naturally produces to heal.

***If you have any questions, or would like to schedule an appointment for the O-Shot® or Priapus Shot®, give us a call!***

## "Healthy Weight Challenge" Winners!

Caring for our patients' health inspires us to stay healthy, too! Our staff **Healthy Weight Challenge** just concluded.

Our **Grand Prize Winner is Marilee**, who lost 12.85% of her body weight. **Shannon came in 2nd** with a 12.24% loss and **Teon won 3rd place** with a 10.46% weight loss.



Our Healthy Weight Challenge participants!

***Congratulations to all our winners -- and all our staff participants! Although the winners brought home the prizes, everyone who took the challenge was rewarded with better health!***

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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