



## In This Issue

Now Showing!

3 Things You Should  
Know About Stress

Adrenal Recovery

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Randolph's  
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# Ageless & Wellness News

Volume 2, Number 15

Dear Ageless & Wellness,



**"If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it."**

**-- George Burns**

In this issue, we share "3 Things You Should Know About Stress" and one of Dr. Randolph's

Signature Formulation supplements that can help! We also debut our new Ageless & Wellness Medical Center TV commercial (now showing!) on local channels Fox30 and CBS47 in Jacksonville, FL.

We are developing our social media network to connect more often with **you**. We invite you to follow us on Facebook, Twitter, Pinterest, and now YouTube!



***Fight Fatigue and Stress...for Less!*** The [Wellness Store](#) is offering a Stress and Fatigue Relief special with your choice of 2 supplements for 10% savings, or 3 supplements for 15% savings on any of Dr. Randolph's Signature Formulations products.

\*Offer expires  
midnight EST,  
August 31st, 2015

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## Now Showing! How We Can Help You



Ageless & Wellness Medical  
Center: Helping You Live  
a More Balanced Life!

Click on the image (at left)  
to take a look at our new TV  
commercial, now showing on  
local channels Fox30 and  
CBS47 in Jacksonville, FL.  
You can also watch it on our  
YouTube channel: [Ageless &  
Wellness](#). Stay tuned for  
more video clips of Dr.  
Randolph and our team!

View our videos on 

## 3 Things You Should Know About Stress

Adrenaline and cortisol are the two hormones that regulate the sympathetic nervous system and influence mood, energy, sleep, and mental functioning. The amount of each hormone the adrenal glands produce directly corresponds to the amount of stress you experience. Chronic stress, defined as "stress that lasts for more than three months," can upset your hormone balance at any age.

Examples include daily time-management issues (having too much to do and not enough time!); juggling work and family issues; being laid off or looking for work; financial troubles; loss of a parent or child; divorce or separation; difficulty with teenagers, or caring for children with physical or mental challenges; caregiving for aging parents; and many more.



**How does stress impact hormone levels?** When your brain perceives a threat -- anything from seeing your toddler reach for a hot pan, or sensing the car in front of you swerve suddenly -- your adrenal glands pump out adrenaline. Adrenaline, often called the "fight-or-flight" hormone, quickly signals your stored fat cells to release energy for dealing with the threat. The energy rush is intended to stimulate the body to run away or face the danger, and the adrenaline rush is supposed to recede when the stressful or threatening event is over. However, when the body experiences chronic stress, this healthy process does not work as intended. Instead of pumping out more adrenaline, chronic stress causes the adrenal glands to secrete more cortisol. Initially cortisol levels are elevated, but if stress is ongoing, the adrenal glands become exhausted over time, so that they are unable to produce even normal amounts of cortisol. When cortisol levels remain too high or too low for an

## Dr. Randolph's Pharmacy & Wellness Store

8am-6pm Mon-Fri  
9am-2pm Saturday

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32250

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904-746-3046  
rx@cwrandolph.com

Wellness Store:  
904-249-4372  
medshop@  
cwrandolph.com

Dr. Randolph



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Dr. Randolph and  
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extended period of time, the disequilibrium wreaks havoc on the body. Out-of-normal-range cortisol levels destroy healthy muscle and bone, slow down healing and normal cell regeneration, impair digestion, cause abdominal weight gain, lead to insulin resistance, dull mental processes, interfere with healthy endocrine function, and weaken your immune system.

### Here's what you need to know about stress:

- (1) You *can* reverse stress-related hormone imbalance.** With the targeted use of pharmaceutical-grade supplements and bioidentical hormone replacement therapy (BHRT), you can turn back the clock on the physical damage of stress. We all know that "stress kills," so making stress management medicine and self-care a priority is vital: it can literally protect you from illness and help you live a longer and healthier life.
- (2) You *can* prevent future stress from wreaking havoc on your health.** By consistently caring for your body with healthy whole foods, regular exercise, steady hormone health, and an attitude of gratitude, you will be able to manage stress more easily. Nothing can prevent stress; however, you have the power to weaken or eliminate the impact of stress on your body and your life.
- (3) Not all stress is bad.** Recent research shows that our perception of stress plays a role in exacerbating its impacts. Therefore, one of your stress management techniques should be to change your outlook when stress inevitably arises in your life. It can be helpful to see your body's stress response as a "partner" in helping you meet your challenges.

## Dr. Randolph's Adrenal Recovery



- Helps Support Healthy Energy Levels
- Supports the Body's Adaptogenic Response
- Supports Healthy Immune Function
- Supports Antioxidant and Cell-Protective Activity

[Adrenal Recovery](#) is a comprehensive 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.

Please let us know how we can help you on your path to

optimal aging and wellness!

To Your Health,

**Dr. Randolph**

Ageless & Wellness Medical Center  
1891 Beach Blvd., Suite 200  
Jacksonville Beach, FL 32250  
904.249.3743

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