



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Dr. Randolph



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Dr. Randolph and
our outstanding
team of clinicians!

***Dr. Randolph's
Pharmacy &
Wellness Store***

Ageless & Wellness News

Volume 2, Number 3

Dear Ageless & Wellness,



February is American Heart Month! In this issue, we offer heart health news, kickoff our monthly Wellness Store sale with 10% off cardiovascular supplements, and debut our first installment of "Real Patients ~ Real Experiences," featuring real-life stories (see below). Let us know what you think! You can now "Like Us" on Facebook, too ;-)

Heart Health Month: **Flavanoids** Valentine's Day Rx: Chocolate and Red Wine!

Great news, just in time for Valentine's Day: a romantic gesture that's good for your health, too! What do chocolate (cocoa), red wine, and dark-colored berries have in common? They all contain plant nutrients called flavanoids, which are antioxidants. Eating foods with flavanoids has been shown to reduce the risk of cardiovascular disease by increasing HDL cholesterol (the "good" kind), and preventing plaque formation in the arteries. Antioxidant-rich foods also improve circulation and heal free radical damage. "Free radicals" are cells in your body that have been damaged by age, stress, and environmental toxins. Antioxidants help restore your cells' original healthy function. What's not to

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

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*February
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Health
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~

*Featured
Product:*

love?

Keep in mind that selecting the right "quality and quantity" of these treats is key to heart-healthy eating: less is more! Choose only dark chocolate with a high cocoa content (at least 70%), and limit your intake to 1 ounce daily. Eat at least three servings (1/2 cup each) of berries, such as strawberries, raspberries, blackberries, or blueberries, per week for maximum benefits. And a heart-healthy serving of red wine is 4 ounces (about half a cup).



Come in to the Wellness Store in Jacksonville Beach to check out our selection of dark chocolate bars! Give your Valentine a heart-healthy gift that will ensure a great date night this year -- and for many more to come!

We Wish You a Heart-Healthy Valentine's Day!

Top 4 Heart Health Supplements



Niacin: An important nutrient for cardiovascular health, Niacin is used to increase the levels of HDL ("good") cholesterol. HDL helps remove the LDL ("bad") cholesterol from your body by flushing it through the liver.

Fish Oil: Research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

Red Yeast Rice: Developed by fermenting *Monascus purpureus* (red yeast) on commercially grown rice, it has been found to naturally support healthy blood lipid levels already in the normal range.

CoQ10: Although CoQ10 is made naturally in the body, deficiencies can cause heart failure and high blood pressure. Supplementation can bring the body back to healthy levels and lower your risk of heart failure and high blood pressure.

At the Wellness Store, we offer **Heart Smart LDLess**, Dr. Randolph's combination of these FOUR heart-healthy supplements in convenient one-a-day packets. Heart Smart LDLess contains specially-formulated sustained-release Niacin; ultra-pure, Norway-sourced, molecularly-distilled Fish



Heart Smart with LDLess

is a combination of FOUR heart-healthy supplements: Niacin-SR, Pure Fish Oil, Red Yeast Rice, and CoQ10 Maximum packaged together to provide convenience and comprehensive cardiovascular support.

Click [HERE](#) to order online!

\$82.00
(60 packets of 4 supplements)
With February Discount=
\$73.80

In Our
Next Issue...

February is Heart Health Month:
Learn More About Low DHEA



Oil; citrinin-free Red Yeast Rice; and a proprietary formula of CoQ10 with greater bioavailability than any other supplement on the market.

Give yourself (or someone you love!) the gift of comprehensive cardiovascular support!

Real Patients ~ Real Experiences



"What Jenifer George did for me pretty much saved my life! Last September I went in to see her about my hormones. At the time, I had been feeling exceptionally bad for almost a year with fatigue, pain, and many other symptoms. I had been to see an ENT (ear,

nose and throat specialist), an endocrinologist (who tested my thyroid and said there was nothing wrong), and an eye doctor (15 times! for severe dry eyes). Jenifer listened to me and we talked for a long time. She mentioned that I might have an auto-immune condition called Sjogren's syndrome. After my appointment with her, I looked it up, and the description was identical to all my symptoms. I went to see a rheumatologist, and sure enough, that's what it was. I am now on medication for Sjogren's and feel 110% better. Jenifer has me on the right track with my menopausal symptoms, too -- the supplements and bioidentical hormones have made a big difference. I just want people to know -- it's huge what Jenifer did for me! I got shuttled around to so many medical professionals last year, trying to find an answer, and just by listening and taking the time to hear my symptoms, Jenifer changed my life. I'd probably still be struggling every day if she hadn't taken the time to listen and hear my symptoms. I couldn't wait to see her for my follow-up appointment last week, so I could tell her what a difference she made in my life."

-- Kathy Vaughn

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.

We invite you to update your information with us!

There is an Update Profile link at the bottom of this newsletter (below the coupon). Include your age and city/state when you sign up so that we can provide news and information that's relevant for YOU.

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

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on Facebook!



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To Your Health,

Dr. Randolph

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