



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER



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## Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our outstanding team of clinicians at the Ageless & Wellness Medical Center!

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

# Ageless & Wellness News

Volume 2, Number 4

Dear Ageless & Wellness,

### Let's get Heart Healthy!

In this issue, we discuss a blood test to reveal your body's hidden inflammation, a surprising spice to reduce inflammation in your body, and we share our Employee Spotlight: Nurses of the Triage Station.



Our Heart Health Sale at the [Wellness Store](#) offers 10% off cardiovascular supplements, so shop NOW -- this sale ends February 28th at midnight! You can also shop our [Wellness Store on Facebook](#)!

***Keep Reading: New services coming soon to enhance sexual vitality ~ Follow our staff's "biggest loser" weight loss challenge on Facebook!***

## Detect Hidden Inflammation for Better Heart Health: **CRP Blood Test**

C-reactive protein (CRP) is a protein produced by the liver that can be measured in your blood to detect inflammation in your body. The higher your CRP level, the greater your level of inflammation.

## Wellness Store

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

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Featured  
Product:

When the C-reactive protein binds to specific molecules in the body, this increases the production of inflammatory signaling molecules called cytokines. This is a normal response to "acute" inflammation, such as when you sprain an ankle or have surgery. However, inflammation revealed by an elevated CRP level can also be caused by excessive stress, an overly-sedentary lifestyle, the effects of environmental toxins, genetics, and diets high in processed foods. If your CRP levels do not return to normal after the onset of injury or prolonged stress, "chronic" inflammation sets in, which can slowly wreak havoc and trigger a host of health problems. Some studies suggest that chronic internal inflammation in the body might, over time, lead to many other age- and inflammation-related disorders, such as cancer, diabetes, obesity, and heart disease.



The CRP blood test can typically reveal infections or evaluate for chronic inflammatory conditions that might not be immediately obvious. For example, a CRP test might be ordered after surgery to look for signs of a hidden infection, or to track progress of chronic inflammatory conditions like lupus, rheumatoid arthritis, inflammatory bowel disease. A high-sensitivity CRP test (hs-CRP) is also used to evaluate your risk for coronary heart disease. Studies have shown that higher CRP levels correlate with higher risk of narrowed coronary arteries.

Dr. Randolph and his team of clinicians often recommend a CRP test to detect levels of hidden inflammation in your body. Knowing your CRP level allows you to be proactive in reducing the effects of chronic inflammation through lifestyle changes, such as reducing stress, adopting an anti-inflammatory diet, increasing exercise, and taking supplements that reduce inflammation.

## Turmeric: The Anti-Inflammatory Spice



**Turmeric** is a spice that is derived from the rhizomes (roots) of the plant *Curcuma longa*, a member of the ginger family. You may be familiar with it as the yellow spice used in Indian cuisine, or in classic American yellow mustard. **Curcumin** is the active component (primary pharmacological agent) of turmeric that offers significant anti-inflammatory effects.



### **Inflam-X C.R.**

provides curcumin, a phenolic phytochemical obtained from turmeric (*Curcuma longa*). To significantly enhance curcumin's naturally poor bioavailability, Dr. Randolph combined turmeric extract (95% curcuminoids) with BioPerine®, a patented black pepper extract and natural bio-enhancer, and added a time-release delivery method.

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Studies have shown that curcumin: is as effective as non-steroidal anti-inflammatory for relieving joint pain; may help treat inflammatory bowel disease and patients with Crohn's disease; may help inhibit cancer cell growth; and improves the body's ability to remove LDL ("bad") cholesterol by working with the liver to process it more effectively. These are just a few of the many health effects revealed through studies of curcumin. Dr. Randolph carefully reviews all the available research, and has created his own curcumin formulation called [Inflam-X C.R.](#), available at the Wellness Store. Curcumin's bioavailability is improved with the addition of black pepper, so [Inflam-X C.R.](#) includes a patented black pepper extract and a time-release delivery for best results.

## Employee Spotlight: Triage Station



Alex Ekas (left) and  
Brenda Peet (right)

Who are the patient problem solvers at the Triage Station? This month we shine our spotlight on our triage nurses, Brenda Peet and Alex Ekas.

As triage nurses, Brenda and Alex gather clinical information for accurate assessment of patient concerns; collaborate with our medical

providers to ensure that patients receive personalized care specific to their needs; act as patient health advocates; process prescription refills and renewals and ensure that practice and state protocols are abided by; process referrals to other medical providers; and process prior authorizations for medications and procedures.

**Brenda Peet** is a graduate of New York State University. She worked for Dr. Randolph for 8 years previously and then took 10 years off to raise her two boys. Brenda has been back with Dr. Randolph for almost 4 years now. She loves supporting Dr. Randolph's mission and helping patients!

**Alex Ekas** is a graduate of Ed White High School and the Harper College (Nursing) program in Palatine, IL. Alex is a former U.S. Marine and has now worked for Dr. Randolph for 1.5 years. Alex is a strong believer in bioidentical hormone replacement therapy (BHRT) and is a patient, too!

## Coming Soon: Improved Sexual Vitality

**6 Week Journey  
to Better Health!**



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In Our  
Next Issue...

**March is Nutrition  
Awareness  
Month:**

Learn More about  
Sugar and Insulin  
Resistance

~

Clinician Chat:  
Dr. Leaseburge



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Over the past year, Dr. Randolph has been reviewing research on sexual vitality treatments. Soon he and some of the other clinicians will be offering the O-Shot® and Priapus Shot® sexual vitality enhancements at patients' request. These safe and effective treatments use platelet-rich plasma to literally grow new tissue and rejuvenate your body. Stay tuned for more information next month!



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  
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**EVERY Saturday**  
**at Dr. Randolph's**  
**Pharmacy &**  
**Wellness Store**

*Cannot be combined with any other sale/offer. Not available online.  
Only available at the Wellness Store in Jacksonville Beach, FL.*

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