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Ageless & Wellness News

Volume 2, Number 9

Dear Ageless & Wellness,

**"To succeed in life, you need three things: a wishbone, a backbone, and a funny bone."
-- Reba McEntire**

We tend to take our bones for granted, until they break or start to ache! However, bone health should not be taken for granted. This month we take a look at how to improve bone health and prevent osteoporosis. Check out our "Supplements for Bone Health" and the latest installment of Real Patients ~ Real Experiences below.



For the month of May, Dr. Randolph's [Wellness Store](#) offers a special "Bone Health" package price. And you can use the coupon code **STRONGBONES at checkout to receive 10% off your order!**

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

5 Ways to Build Stronger Bones

Bone is living tissue with complex nutritional needs. This living tissue is also constantly being regenerated. Cells called

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"osteoclasts" break down the bone tissue, and the "osteoblast" cells build it up again. Osteoporosis occurs when the creation of new bone tissue cannot keep up with the removal of old bone tissue. Bones can eventually become so fragile and porous that even bending over or coughing may cause a fracture.

More than 40 million adults in the United States are at risk for osteoporosis. White and Asian women of menopausal age statistically have the highest risk. Other risk factors include having a family member with osteoporosis; low levels of calcium and vitamin D; sedentary lifestyle; tobacco and alcohol use; long-term use of steroid medications or cancer-fighting drugs; women who have had a hysterectomy; and, of course, women and men with hormone imbalance.

With proper treatment, osteoporosis can be reversed, and there are things you can do to prevent the onset. See below for some tips from Dr. Randolph to keep your bones healthy in the present and prevent bone loss in the future.

Dr. Randolph's 5 Ways to Build Stronger Bones:

- (1) Treat hormone imbalance with BHRT.** Estrogen delays the breakdown of bone tissue, slowing the bone regeneration process. Studies suggest that this is why estrogen dominance is linked to osteoporosis. Adding bioidentical progesterone to mitigate estrogen dominance helps jump start the bone regeneration process, stimulating osteoblast cells to grow new bone tissue and increase bone density. Bringing low testosterone back into balance also helps ensure adequate bone formation, calcium absorption, and retention.
- (2) Eat calcium-rich foods.** When people think of eating more "calcium," they tend to think of dairy -- but there are other options if you are lactose-intolerant or vegan. A serving of almonds (or almond milk) actually has more calcium than milk! Other less-known options for boosting your calcium: collard greens, broccoli, kale, edamame, bok choy, figs, oranges, sardines, salmon, white beans, okra, and tofu. However, even the best calcium-rich diet cannot provide everything you need for bone. Supplements can help your body better absorb the calcium--see #3 below.
- (3) Take bone-building/calcium-absorbing supplements.** The most important supplements for healthy bones are calcium and vitamin D, but there are others that are less well-known but equally important for bone regeneration and calcium absorption: magnesium, vitamin K2, and strontium. Dr. Randolph recommends a calcium-

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magnesium combination for the best absorption. Vitamin K2 activates calcium-regulating proteins that keep calcium from building up in the arteries. And strontium helps maintain bone density.

(4) Do weight-bearing exercise. Any kind of weight-bearing exercise, such as tai chi, yoga, brisk walking, golf, dancing, hiking, weight-lifting, or racquet sports creates strength in your bones and muscles, increasing your bone density.

(5) Get more sleep. People with insomnia are at higher risk of bone loss, and recent research suggests that low melatonin levels may be involved. Osteoblasts and osteoclast activity seems to follow a circadian rhythm: bone is built up during the day and broken down at night. Night wakefulness seems to increase the breakdown of bone. If you're having trouble sleeping, have your melatonin levels checked and try other strategies to re-set your circadian clock, such as room-darkening shades and setting a regular sleep schedule.

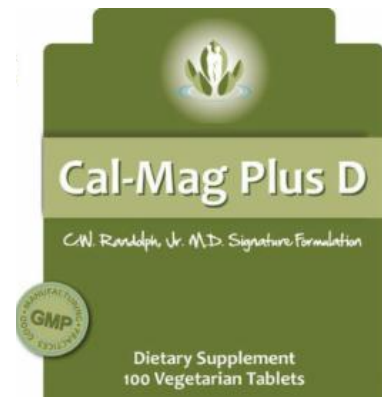
Follow us on [Facebook](#) for more on **#bonehealth!**

Supplements for Better Bone Health

Calcium & Magnesium

Most women and men find it difficult to get needed calcium from their diet alone. As a rule, Dr. Randolph recommends supplementing calcium intake with a calcium-magnesium combination supplement. The reason is that when magnesium is in proper balance with calcium, the body better absorbs and assimilates it and allows

calcium to migrate out of tissue and organs where it doesn't belong. Without magnesium, calcium may be not fully utilized, and may actually increase calcification in the body. Under-absorption of calcium in women can lead to PMS symptoms such as mood swings, fatigue, headaches and sleeplessness. Keeping an optimal balance of calcium and magnesium is critical for optimal physical functioning and for hormone balance. Dr. Randolph recommends a daily calcium-magnesium supplement that combines these minerals in a ratio of two parts calcium (1200mg) to one part magnesium (600mg).



Vitamin D (specifically "vitamin D3") insufficiency contributes to osteoporosis by reducing calcium absorption. Adequate storage levels of vitamin D are vital to maintain bone strength and help prevent osteoporosis. It is also needed for bone growth and remodeling by osteoclasts and

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

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Dr. Randolph



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In Our Next
Issue...



MORE on

osteoblasts. Vitamin D3 has other roles in the body, too: modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Nearly every cell in your body has vitamin D3 receptors, so it is an important nutrient to have checked regularly. Dr. Randolph typically recommends supplementing with 2,000 IU or 5,000 IU of vitamin D3, depending on the results of your bloodwork.

Vitamin K2, known for its blood-clotting properties, also contains calcium-binding proteins that work synergistically with vitamin D to regulate the production of osteoclasts. This often-overlooked vitamin promotes carboxylation of bone proteins that help break down bone for the regeneration, or remodeling, process. Dr. Randolph recommends 45mcg daily.

Strontium is a mineral that has similar physical and chemical properties to calcium. Research has shown strontium provides all-natural bone support through its ability to naturally increase the formation of osteoblasts (cells that build up bone) and slow down the formation of osteoclasts (cells that break down bone tissue) helping to maintain healthy bone density.

All four of these healthy-bone supplements are [on sale at the Wellness Store](#) (online or in Jax Beach, FL) during the month of May.

Real Patients ~ Real Experiences



I have received care and treatment from Dr. Randolph's Ageless & Wellness Center for approximately one year. I am extremely impressed with Dr. Randolph's skills, creativity, and thoroughness. His compassion for his

parents is direct and overt. He is the "GPS" of natural hormonal care! I strongly endorse him as a natural health physician to anyone, regardless of age. His care will improve your health. I wanted a doctor who would give me care and treatment for the SOURCE of my health concerns, not just the SYMPTOMS. I had migraines and felt fatigued. I heard Dr. Randolph specialized in natural nutritional therapy instead of drug store prescriptions, so I went to his AGELESS & Wellness Center. One of best decisions I ever made! Now I am stronger, more vibrant, and LEANER. I am a healthy patient of Dr. Randolph's--for life! -- Rodney G. Gregory, Esq.

Want to share YOUR story? Email us at
newsletter@cwrandolph.com.

Bone 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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