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Special
Promotion for
Our Newsletter
Readers



For the month of
May, use the code
STRONGBONES
at checkout to
receive 10% off your
order at the [Wellness
Store Online!](#)

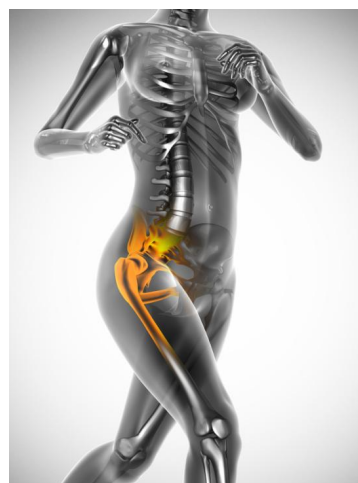
Ageless & Wellness News

Volume 2, Number 10

Dear Ageless & Wellness,

**"Do what you love. Know
your own bone; gnaw at it,
bury it, unearth it, and gnaw
it still."
-- Henry David Thoreau**

Bone health is fundamental
framework for our body's health.
A healthy body helps you do
everything you love in life! This
month we take a look at how to
improve bone health and
prevent osteoporosis. Check out
our "Top 4 Supplements for
Bone Health" and the latest
installment of *Behind the Front Desk* to learn more about
our Scheduling Department, 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](#) ;-)

Bone Up! Dr. R's Top 4 Supplements

Join Our Mailing List!

Dr. Randolph's
Pharmacy &
Wellness Store

Shop Online
or Visit the
Wellness Store
in Jax Beach, FL!

~

Bone Health Package:



**CalMag w/D,
Vitamin K2,
Strontium,
& Super D 2000**

For Osteoporosis
Prevention Month, Dr.
Randolph is offering
four of his most
popular bone health
products at a special
price.

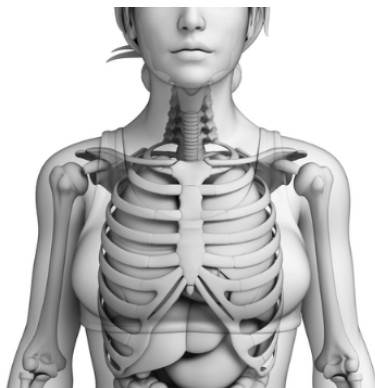
Now ONLY \$69!
(Regular Price \$77)

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NEW
Shipping Rates
at Dr. Randolph's
Pharmacy!

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Pharmacy refills &
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orders from
Jax Beach, FL**

for 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 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](#)

we offer

**FREE SHIPPING for
all orders \$50+**

Orders under \$50
have a \$8 flat fee for
shipping

***Sexual Health is
Important for
Quality of Life!***



We offer
O-Shot® &
Priapus Shot®
Sexual Vitality
Treatments

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

8am-6pm Mon-Fri

[the Wellness Store](#) (online or in Jax Beach, FL) during the
month of May.

Behind the Front Desk: Learn More About... Our Scheduling Dept



Kara (left) and Nikki (right)

Our Scheduling
Department is open from
8am to 5pm Monday
through Thursday, and
8am to 12noon on Friday.
It is staffed by two front
office employees (on
rotation) and together they
may answer up to 350 calls
a day!

The busiest days of the
week are Monday and Tuesday. Scheduling appointments is
a complicated process as each one of our medical providers
offers different services and specialties on different
schedules. For example:

- Dr. Leaseburge's gynecology appointments include advanced procedures like IUD insertions and colposcopies, as well as hormone consults (women only). Her appointments are available starting at 8am every day.
- Nicole Thomas, ARNP, MSN, offers gynecology appointments (not including advanced procedures), and hormone consults (women only), starting at 9am every day.
- Kristin Byers, ARNP, offers gynecology appointments (not including advanced procedures), hormone consults (women and men), starting at 8:20am every day.
- Steven Garces, ARNP, MSN, provides hormone consults for men and women and transgender patients, as well as sexual vitality treatments for men, starting at 7:40am every day.
- Jenifer George, ARNP, MSN, FNP-BC, provides hormone consults for women and skin treatments (Xeomin + chemical peels), starting at 7:40 every day.
- Dr. Randolph provides hormone consults for women and men, as well as sexual vitality treatments for women, starting at 9am Monday, Tuesday, and Thursday, and starting 10am on Wednesday. On Thursdays, Dr. Randolph can only be scheduled until noon.

Our Scheduling Team is trained to listen to each patient's concerns and decide which medical provider would be the best choice to be able to help them. Having such diverse

9am-2pm Saturday

Suite 100
1891 Beach Blvd.,
Jacksonville Bch, FL
32250

Pharmacy:
904-746-3046
rx@cwrandolph.com

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

Dr. Randolph



Click [HERE](#) to learn
more about
Dr. Randolph and our
outstanding team of
clinicians!

In Our Next
Issue...



Men's Health!

providers also means we try to match patients' and providers' personalities! Occasionally, the first choice of provider is not a good fit for the patient. When that happens, we reassign their care to a different provider, but we are always confident that we will find the right match!

Remember, schedulers do NOT have clinical expertise and cannot give out clinical advice. They have many responsibilities in the scheduling process, including:

- Making sure our appointment reminder service is working appropriately
- Calling back patients who cancel appointments through the appointment reminder service
- Working our recall lists, which means when we set reminders that a patient's annual is due, they call them to let them know and schedule that appointment
- Calling patients to let them know their labs are in and they need an appointment to come and discuss the results with their providers
- Calling patients to reschedule appointments when providers' schedules change
- Discussing and solving insurance and financial problems/situations with sometimes frustrated patients. This includes discussing our No-Show Fee, which is charged if patients fail to arrive for their scheduled appointment.

Scheduling is a demanding job that requires patience, empathy, and attention to detail. We believe our Scheduling Team offers professional and friendly service and are excellent representatives of the practice!

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

SAVE
10%

On ALL Supplements!

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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