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Special  
Promotion for  
Our Newsletter  
Readers



September is  
Digestive Health  
Month!  
Check out our "Daily  
Digest" for  
maintaining optimal  
digestive health,  
and our "Digestive  
Repair" for resolving  
problems.  
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\*Offer expires

## Ageless & Wellness News

Volume 2, Number 18

Dear Ageless and Wellness,



**"When hormone levels are in optimum ratio, you feel great inside and out. When hormone levels are out of balance, you typically feel lousy, you age more rapidly, and your health becomes at risk."**

**-- C.W. Randolph, Jr. M.D.**

We have had a great response to our "Hormone Story" series! It helps to get back to the basics: what are hormones, exactly? How do they work? **This month we wrap up our series on sex hormones with, "The Hormone Story, Part III: Estrogen."**

***Special Savings for Better Digestive Health!*** Most people at some time suffer from common gastrointestinal problems, such as nausea, bloating, heartburn, and constipation. To help you resolve and maintain a healthy digestive system, we are offering a "Daily Digest" pack, and a "Digestive Repair" pack to resolve problems. Visit the [Wellness Store](#) online or in Jax Beach, FL for more information!

Continue the conversation with us!



midnight EST,  
Sept. 30, 2015

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## Natural Balance Progesterone Cream



[For Women](#)  
and [For Men](#)

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

## The Hormone Story, Part III: Estrogen

### What is estrogen?

The word "estrogen" is really shorthand for a group of several different but related hormones that perform similar functions within the body: Estrone (E1), Estradiol (E2), and Estriol (E3). Estrogen circulates through the bloodstream and fits estrogen receptors throughout the body: in women, it affects not only the breasts and uterus, but also the brain, bone, liver, heart, and other tissues. Estrogen controls growth of the uterine lining during the first part of the menstrual cycle, causes changes in the breasts during adolescence and pregnancy, and regulates various other metabolic processes, including bone growth and cholesterol levels. Estrogen also plays a role for men in supporting healthy cholesterol, brain function, and bone health. In women, estrogen is produced in the ovaries, adrenal glands, and fat tissues. Men produce estrogen in the testes through a process involving an enzyme called *aromatase* that transforms testosterone into Estradiol (E2).



When all three "sex hormones," estrogen, progesterone, and testosterone, are in optimal balance, you feel healthy and energetic. However, when age and lifestyle factors throw your hormones out of balance, you feel lousy and can suffer a wide range of symptoms. Due to the added influence of "environmental estrogens," hormonal fluctuations can occur for women and men at any age.

One of the most common (yet severely underdiagnosed) types of hormone imbalance is "estrogen dominance." Dr. Randolph and our clinical team firmly believe that estrogen dominance is an unrecognized epidemic in modern life! To understand estrogen dominance, you have to discuss progesterone, too. Estrogen and progesterone operate like sides of a seesaw, shifting up and down during a woman's monthly cycle. When progesterone gets low, that "side" of the seesaw hits the ground, and negative symptoms arise: poor sleep, fatigue, anxiety, heavy periods, weight gain, uterine fibroids, irritability, and even rage. When the progesterone side of the seesaw gets "stuck" on the ground, the estrogen side is "elevated," relatively speaking. It's not (necessarily) that your estrogen is high -- it's that your progesterone level drops so low that estrogen effectively "dominates." As men get older, falling progesterone levels lead to a drop in testosterone levels. As both progesterone and testosterone decline, these levels are not enough to balance out the circulating estrogen, and men also become "estrogen dominant."

Estrogen dominance is the inevitable result of your aging body's inability to produce hormones efficiently. However,



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Dr. Randolph



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clinicians!

Employee of  
the Month!

daily exposure to "environmental estrogens," also called "xenoestrogens," can accelerate the aging process, and/or create a condition of estrogen dominance at an earlier age. There are many surprising sources of endocrine disrupting chemicals in products we use every day, from cosmetics and deodorants; synthetic perfumes (in dryer sheets, scented candles, etc); canned foods; conventionally produced meat and dairy; pesticides in vegetables and fruit; high-mercury fish; cleaning products, and more. You can limit your exposure as much as possible by choosing natural products and eating un- (or low) processed foods.

The solution for estrogen dominance in women and men is balancing estrogen levels with bioidentical progesterone cream. A "bioidentical" progesterone treatment is chemically identical to the kind your body naturally produces! This allows your hormone "seesaw" to shift back into equilibrium again, relieving and eliminating your symptoms.

Many people have found relief with Dr. Randolph's over-the-counter formulation of **Natural Balance Progesterone Cream** ([for women](#) and [for men](#)). However, for more severe problems, the best approach is to have your hormone levels checked. Our clinicians will evaluate your health and lifestyle issues, check your hormones with a simple blood test, and write prescriptions for exactly the hormones that YOUR body needs. Restoring hormone balance is intricate endocrinology, and often there are several imbalances at play. Each bioidentical hormone formulation we offer is compounded at our on-site pharmacy and can be picked up or shipped as needed.

## Prostate Cancer Awareness

Prostate Cancer is the second-leading cause of cancer death among American men. Most prostate cancers develop slowly, and do not necessarily cause other health problems. Often, prostate cancer has no symptoms, but if a man is having urinary difficulties or changes in erectile function, a screening may be appropriate.

To learn more about the risks, signs and symptoms of prostate cancer, (and how you can support the cause), check out these links:

Prostate Cancer Foundation:  
[www.pcf.org](http://www.pcf.org)

National Cancer Institute:  
<http://www.cancer.gov/publications/patient->





Susan Shee

[education/understanding-prostate-changes](#)

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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Jacksonville Beach, FL 32250  
904.249.3743

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

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

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

Pharmacy:  
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[rx@cwrandolph.com](mailto:rx@cwrandolph.com)

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*Cannot be combined with any other sale/offer. Not available online.  
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