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= Weight Loss (How  
to Go From Belly Fat  
to Belly Flat)

Join Our Mailing List!

Spring  
"Shape Up"  
Special  
Package!



Dr. Randolph has designed a special package to get you ready for beach season. In addition to a copy of his award winning book, "From Belly

## Ageless & Wellness News

Volume 3, Number 6

Dear Ageless and Wellness,



"When you are estrogen dominant, your body is unable to effectively use fat stores for energy, and your body's ability to metabolize or burn body fat for calories is compromised. The result is extra weight (especially around your mid-section) that won't go away, even with more

exercise or less eating." -- C.W. Randolph Jr., M.D.

This month we're ready to "shape up" for Spring by addressing a common type of hormone balance, estrogen dominance, that causes mid-section weight gain. Check out Dr. Randolph's three-step plan to tackle estrogen dominance and lose weight in **"Balanced Hormones = Weight Loss... How to Go From Belly Fat to Belly Flat!"**

Current Patients, please remember to sign up for our NEW Patient Portal to make appointments and access lab results. Check it out at [www.agelessandwellness.com](http://www.agelessandwellness.com)!

**Our "Spring Shape Up" special package (including the Belly Flat book and top supplements) is available for \$149 this month ONLY at the Wellness Store in Jacksonville Beach, FL, AND the [Wellness Store Online!](#)**

Please stay in touch!



Fat to Belly Flat",  
you'll receive five  
supplements  
specifically selected  
to jump start your  
personal weight loss  
plan.

**April ONLY \$149**  
(Reg. \$194)

SHOP NOW:  
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NEW!  
Personalized  
Hormone Tele-  
Consultations



Struggling with  
symptoms such as  
weight gain,  
irritability, fatigue,  
depression, and low  
libido? Need quick  
and private  
expertise that you  
cannot find locally?  
We now offer  
personalized  
"Hormone Tele-  
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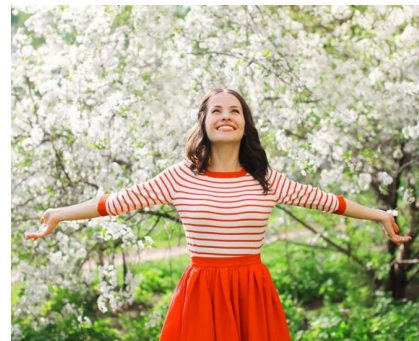
**SALE HELD OVER  
ANOTHER MONTH  
DUE TO POPULAR  
DEMAND!**

**Basic Kit \$159.99**  
(Reg. \$199)

## Balanced Hormones = Weight Loss

### *How to Go From Belly Fat... to Belly Flat!*

Spring is here! In our area of northeast Florida, that means temperatures are heating up and our short sleeves are on. If you feel like "spring cleaning" and shaping up your body, it's a great time to follow Dr. Randolph's three step "Belly Flat" plan (described in [From Belly Fat to Belly Flat](#)) to eliminate estrogen dominance and lose weight!



Many patients come to us with symptoms of hormone imbalance that also include mid-section weight gain. Estrogen dominance [read more [HERE](#)] is a common hormone imbalance that affects both women and men (as early as the 30s for women and the 40s for men) and causes those "love handles" to appear as you age. Too much estrogen circulating in the body increases body fat, and fatty tissue (which contains an enzyme that converts adrenal hormones into estrogen) produces and stores more estrogen. This causes a continuous loop: at a cellular level, body fat continues to produce more estrogen, and high estrogen levels cause the body to increase its storage of fat. When you are estrogen dominant, your body is unable to effectively use fat stores for energy, which means that your body's ability to metabolize or burn body fat for calories is compromised. ***The result is extra weight that won't go away even with more exercise or less eating.*** When high estrogen levels are unopposed (by progesterone, for example), it also impacts your body's fat distribution. In women, fat tends to be stored around the waist, hips, and thighs, and in men, estrogen dominance causes the classic "spare tire."

Dr. Randolph's three step plan to tackle this common hormone imbalance has three parts: (1) Eat foods that help you metabolize estrogen, (2) Restore balance with bioidentical progesterone, which directly brings your estrogen levels back to normal, and (3) Take supplements that support (not sabotage) your hormone balance.

Recommended foods on the plan include *cruciferous vegetables* like broccoli, kale, and cauliflower -- they contain a phytonutrient called indole-3-carbinol (I3C) that helps reduce your estrogen load. Also recommended are *citrus fruits* with d-Limonene, and *insoluble fiber*, which acts as an estrogen binder. (You can find more detail and other examples of estrogen fighting "belly blaster" foods in the

[Wellness Store  
Online!](#)



Dr. Randolph



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

*Dr. Randolph's  
Pharmacy &  
Wellness Store*

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

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

Pharmacy:  
904-746-3046  
[rx@cwrandolph.com](mailto:rx@cwrandolph.com)

Wellness Store:  
904-249-4372  
[medshop@cwrandolph.com](mailto:medshop@cwrandolph.com)

Belly Flat book.)

The health benefits of bioidentical progesterone [read more [HERE](#)] go far beyond weight loss, but that is one of its many positive (and popular!) effects. Bioidentical progesterone neutralizes excess estrogen by triggering a metabolic response that allows weight loss to occur. Thyroid function returns to normal, and the rapid release of insulin is reduced, resulting in normalized blood sugar levels and fewer food cravings.

Supplements that support hormone balance and weight loss include several of the top choices in our [special package](#) this month at the Wellness Store:

**7 Keto:** a natural hormone metabolite of DHEA that helps to reduce body fat through thermogenesis.

**Chito-Slim:** aids in weight loss by suppressing appetite and converting the fat molecules into a form that the body does not absorb. Because Chito-Slim causes less fat to enter the body, the body has to turn to previously stored body fat to burn for energy. Recommended for food cravings, unwanted weight gain, belly fat, inability to lose weight, general symptoms of estrogen dominance.

**Estrodim CDG:** combines the benefits of the cruciferous vegetable metabolites Indole-3-carbinol (I3C) and diindolylmethane (DIM) to support proper estrogen metabolism.

**Cal-Mag Plus D:** Calcium is best known for its part in the development of bone and teeth but it also plays a role in keeping the heart and muscles functioning by regulating muscle contractions. Magnesium is also a component of bone and controls potassium and calcium uptake, assisting electrical nerve activity, and managing the metabolism of carbohydrates.

**Super B Complex:** contains the entire spectrum of B vitamins to support adrenal and neurological functions. It features activated forms of vitamins B2, B6, and B12; benfotiamine, a fat soluble, more physiologically active form of thiamine; and folate as Quatrefolic®, which is proven to have greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF.

(Discover more details -- including a month of recipes -- in Dr. Randolph's book [From Belly Fat to Belly Flat.](#))

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

Employee of  
the Month  
(March)



**Zadhi Brown**

**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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