

Join Us - For A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



Ageless & Wellness News

Volume 4, Number 4

We believe that optimal health is something everyone deserves!

If you know someone who needs hormone expertise that they cannot find locally, or someone who lives too far away to become a regular patient of our medical practice, pass along the link to our **Personal Hormone Tele-Consultations**. Our **Basic Hormone Self-Test Kit**, which includes a phone consultation with one of our clinicians, is **20% off during the month of February!**

You may have noticed a change to our layout. Nearly 60% of our readers open our newsletter on a mobile phone, so we're streamlining our look to make it more mobile-friendly. Additional changes are in the works for March. Let us know what you think! Email us at newsletter@cwrandolph.com.

Can You Boost Your Brain Power with BHRT and Supplements?

Your brain is the largest and most important organ in your body -- without it, "you" cannot function! But it needs support to function optimally. Balanced hormones and nutritional supplements can provide powerful brain support.



Your brain is made up of trillions of nerve cells called "neurons," and the spaces between neurons are called "synapses." These synapses act as communication pathways for chemicals called "neurotransmitters," which relay information between brain cells. Neurotransmitters operate like a series of switches, turning on and off to activate neurochemical pathways. **This the command center of your body, which operates and maintains all kinds of processes from stress management, to temperature regulation, to a woman's menstrual cycle (yes, that happens in the brain!)**

Hormone imbalances can have serious effects on the brain. Concentrations of estrogens, progesterone, pregnenolone, testosterone, DHEA, and other hormones can be higher in the brain than in the bloodstream. Hormones directly affect neurotransmitters, and neurotransmitters directly affect your memory and cognitive abilities. That is why your hormones must be in balance for your brain to function at its best! **READ MORE to learn how a combination of bioidentical hormone replacement therapy (BHRT) and targeted supplements offers the best approach for lifelong brain health.**

In-Office Blood Draw for Your Convenience!

- All labs
- \$20 fee includes a copy of your results
- Specimens are sent to your insurance preferred lab
- All walk-ins welcome
- No appointment needed



Lab Hours

Monday to Thursday - 7:15am to 3:30pm

Friday - 7:15am to 12:00pm



What Are Pharmaceutical-Grade Vitamins?

You may have noticed the term "pharmaceutical-grade" used to describe the vitamins and supplements available at Dr. Randolph's Pharmacy and Wellness Store. But what does it mean? Dr.

Randolph's background in pharmacy provides him with a depth of knowledge about how vitamins and supplements work -- as well as an insider's expertise on the industry. Vitamins and supplements are **not** regulated by

the FDA like food and drugs. As a result, many vitamins and supplements sold in chain health food stores, big box stores, and grocery stores **do not** contain the ingredients listed on the bottle.

However, purity-tested, high-quality vitamins and supplements can be extremely effective in supporting the restoration of hormonal balance, the revitalization of energy, and the normalization of many important bodily functions. **We choose to offer only "pharmaceutical-grade" products because they provide our patients and customers with the highest verifiable quality and efficacy available on the market.**

These are Dr. Randolph's criteria for every product we offer:

- (1) All ingredients meet U.S. Pharmacopeia standards
- (2) Manufacturer requires extensive in-house testing
- (3) Manufacturer uses a third-party verification system
- (4) Intended use of product is established in medical literature or current research

Stop by the Wellness Store to learn more about the difference between grocery store brands and the pharmaceutical-grade products we source for you!

SAVE 10% EVERY SATURDAY



Every Saturday is "Supplement Saturday" at the Wellness Store in Jacksonville Beach. Stop by our store on any Saturday and receive 10% off your supplement purchase!

Location: 1891 Beach Blvd., Suite 100, Jacksonville Beach, FL 32250

We're open Monday - Friday 8:00 a.m. - 6:00 p.m. and Saturday 9:00 a.m. - 2:00 p.m.

Call us at 904.249.HERB (4372)

[Offer ONLY available at the Wellness Store in Jacksonville Beach, Florida. Offer not available at online store.]

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STAY CONNECTED:



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