



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER



## Ageless and Wellness News

Volume 5, Number 1

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### 3 Ways Hormones Can Sabotage Weight Loss



One of the most common New Year's Resolutions every year is to lose weight. If you have trouble shedding extra pounds, your hormones could be getting in your way.

Find out how hormones affect your weight, and what to do about it!

[Read More Here](#)

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### Buy Dr. Randolph's \*New\* Get Fit Pack

Special Price - \$99 - Sale Ends January 31st at 11:59pm

# Get Fit Pack

Use in combination with our Natural Balance Progesterone Cream for best results!

Get the help you need to shed those extra holiday pounds with Dr. Randolph's new Get Fit Pack! Contains both 7-Keto and Estrodim CDG to help you go from Belly Fat to Belly Flat!

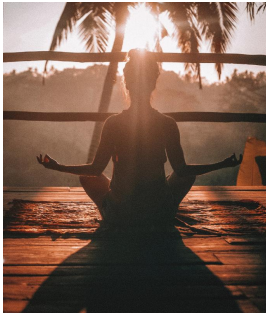
**\$99 Get Fit Pack**  
(Regularly \$114)

Offer ends at  
11:59pm EST 1/31/18



[Shop Our Sale](#)

## **WATCH:** **Yoga Can Improve Your Hormone Health**



This just in: yoga is really good for you. Yoga is all about finding balance, both external and internal. Not only an excellent form of exercise, yoga can also be a great way to improve your hormone balance!

Check out our latest video and discover 3 ways yoga is good for your hormones.

[Watch Now](#)



## **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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