

We Can Help You Find A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER



## Ageless & Wellness News

Volume 4, Number 12



### The How-To Guide for Getting Fit and Flat!

*"Are your clothes getting a little tight?"*

...It could be "estrogen dominance"!

**Symptoms of hormone imbalance often include mid-section weight gain.** Estrogen dominance is a common hormone imbalance that affects both women and men and causes those "love handles" to appear as you age. For women, this can happen as early as your 30s {muffin tops, anyone?}, and for men, that "spare tire" can develop as early as your 40s. **How does a hormone imbalance cause body fat to increase and accumulate?** 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. **FIND OUT** what you can do to restore hormone balance and eliminate estrogen dominance!

---

**Dr. Randolph's  
Shape Up Pack!**  
(On Sale Until July 31st)

Dr. Randolph has designed a special package to help you restore hormone balance and lose weight! In addition to a copy of his award winning book, you'll receive five supplements specifically selected to jump start your personal weight loss plan.



- **From Belly Fat to Belly Flat:** How Your Hormones Are Adding Inches to Your Waist and Subtracting Years from Your Life – the Medically Proven Way to Reset Your Metabolism and Reshape Your Body
- **7-Keto** DHEA is a natural hormone metabolite of DHEA, that can restore hormonal balance through natural conversion to hormones as needed by the body; safely boosts immune function, slows rapid aging and 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 human body does not absorb. Because Chitoslim 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** is a targeted supplement that combines the benefits of the cruciferous vegetable metabolites Indole-3-carbinol (I3C) and diindolylmethane (DIM) to support proper estrogen metabolism. I3C and DIM together create the ideal combination of beneficial metabolites that work together to support estrogen balance, breast and prostate health.
- **Cal-Mag Plus D** (100 count): 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.

[\*\*Take Me to the Wellness Store!\*\*](#)



## **Nutritional Blood Analysis at the Wellness Store**

*If you are feeling tired, stressed out, or just not sure what's out of balance, our Nutritional Blood Analysis can reveal underlying nutrient deficiencies and give you the information you need to feel better!*

Get a Personalized Diet, Exercise, and Vitamin Plan at the Wellness Store in Jacksonville Beach, on Friday, August 4th, 2017! Pre-Registration and deposit required. Seating is limited. [\*\*CLICK HERE to see the full description\*\*](#) on our Facebook page, and call (904) 249-4372 to reserve your spot!

# 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.]

© C.W. Randolph M.D., P.A.

904.249.3743 | [newsletter@cwrandolph.com](mailto:newsletter@cwrandolph.com) | [www.agelessandwellness.com](http://www.agelessandwellness.com)

STAY CONNECTED:

