



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



Ageless and Wellness News

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Clinician Chat With Dr. Lori Leaseburge



We sat down with one of the physicians at the Ageless and Wellness Center, Dr. Lori Leaseburge, and talked about how food affects your health.

We ask questions about nutrition, supplements and much more!

[Read More Here](#)

How Food Affects Hormone Balance: Leptin Resistance



Food and hormones are related. Find out how what you eat can affect your hormone health in this article.

What is Insulin Resistance?



Let's remember a simple truth: We are what we eat! It is always a great time to think about healthy eating. We know that a slice of pie is not going to ruin your life, but eating healthy good food is an important act of self-care, a gift that you can give to yourself every day.

[Read More Here](#)

[Read More Here](#)

Buy Dr. Randolph's Spring Detox Sale

10% Off Detox Products - Sale Ends March 31st at 11:59pm

Spring Detox Sale

Give your liver some love this March and get 10% off our detox products: Body Detox, Milk Thistle, and Liver Guard. All three support healthy liver function and put you on the path to feeling well.

10% Off Detox Products! Offer ends at 11:59pm EST 3/31/18



[Shop Our Sale](#)



Follow us on Facebook!

Every week we post articles and interesting facts about hormone health. Stay up-to-date on the latest news and reach out to us today. We'd love to hear from you!

[Follow Us](#)



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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