



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER



## Ageless and Wellness News

Volume 5, Number 5

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### How to Beat Stress & Adrenal Fatigue



Mothers have the toughest job in the world. Often they're managing their house, their family, and a job. That kind of multi-tasking can lead to fatigue and stress.

This month we look back on how managing your hormone balance can help your body deal with stress and overcome fatigue. Check out the article to learn more!

[Start Fighting Fatigue](#)

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### Dr. Randolph's Top 4 Heart Health Supplements

Your heart is super valuable!

Obvious of course, but yet so often it gets neglected. Check out these supplements to keep your heart in great shape!.



[Check Out These Heart-Happy Supplements](#)

## Buy Dr. Randolph's Newest Product: Bi-Est Cream

10% Off Bi-Est - Sale Ends May 31st at 11:59pm

### New Product! Bi-Est Cream

Try our latest product: Bi-Est Cream!  
Bi-Est is bioidentical estrogen that improves hot flashes, night sweats, and other menopausal symptoms. Promote healthy estrogen levels with Bi-Est Cream today.

**10% Off Bi-Est Cream!**

Offer ends at  
11:59pm EST 5/31/18



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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