

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 15

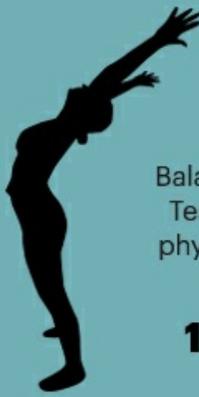
### The Truth About Estrogen Dominance & Breast Cancer

Women who develop breast cancer have higher estrogen levels than women without breast cancer.

Clinical studies have shown that "estrogen dominance" significantly increases your breast cancer risk.

Read more about how balanced hormones may decrease your risk of breast cancer. After decades of treating thousands of patients with different ages and backgrounds, only a handful have been diagnosed with breast cancer.





# Testosterone: it's not just for men.

Balanced testosterone levels help women stay healthy! Testo-Boost supports a healthy libido, overall vitality, physical strength, and endurance—all while helping to achieve a healthy mental well-being.

**10% off Testo-Boost for Women**

Offer ends 10/31/17 at 11:59 pm EST



## Testo-Boost

- Support Healthy Testosterone Levels
- Support Healthy Libido and Performance
- Support Overall Vitality
- Optimize Physical Strength and Endurance
- Support Sense of Healthy Mental and Physical Well-Being

**OCTOBER ONLY = \$45.90! (Reg. \$51)**

(\*Offer expires Tuesday, October 31st, 2017, 11:59pm EST.)

---

## October is Breast Cancer Awareness Month

**Reduce Your Exposure to Hormone Disruptors that Magnify Estrogen Dominance  
(and Contribute to Breast Cancer Risk!)**

Xenoestrogens (chemical contaminants in our environment that mimic estrogen) are in many everyday products. Being aware of what you consume and avoiding unnecessary exposure may help reduce your risk of developing estrogen dominance.

### Here are some helpful tips:

- Avoid pesticides, herbicides, and fungicides.
- Buy hormone-free meats and dairy products to avoid hormones and pesticides.
- Do not microwave food in plastic containers, using glass containers is a healthier alternative.
- Avoid the use of plastic wrap to cover food for storing or microwaving.
- Avoid freezing water in plastic bottles to drink later, try stainless steel water bottles instead.
- Use chemical free, biodegradable laundry and household cleaning products.
- Choose chlorine-free products and unbleached paper products (i.e. tampons, menstrual pads, toilet paper, paper towel, coffee filters).
- Minimize your exposure to nail polish and nail polish removers. "7 Free" or "5 Free" brands offer a much healthier alternative by removing the most harmful chemicals.
- Use naturally based fragrances, such as essential oils.
- Use chemical free soaps and toothpastes.

# 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:

