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by *Stavess Jonckas*

newsletter



April 2014

*Letter from  
the editor*

### Gourmet Food Giveaway from BistroMD!



One lucky woman will receive the bistroMD 5-Day Program (value \$150+).

This includes 5 breakfasts, 5 lunches, and 5 dinners— all scientifically designed for you!

Registered Dieticians at bistroMD will help you plan the best handmade meals for you. What's better? The meals are delivered to your door.

**ENTER TO WIN!**

### Yummy Recipe **Eat Like a Woman Approved**



This decadent Jerk Chicken with Mango Salsa is made with the freshest ingredients, and it has just enough of a kick to satisfy anyone's spice level.

The sweetness of the mango salsa offsets the spice of the jerk seasoned chicken for a perfectly balanced flavor profile.

It is so yummy and easy-to-make. [Enjoy this recipe](#).

It has been an exciting two weeks since the book launch.

First, "[Eat Like a Woman](#)" hit the best seller list after [my appearance on Fox and Friends](#) last Sunday.

Second, I wanted to find a food delivery service so the busy woman could start eating like a woman every day.

After a nationwide search, bistroMD was the only food delivery service that is Eat Like a Woman® approved, because their gourmet meals work as medicine to correct metabolic issues which can make losing weight and maintaining a healthy weight difficult for women.

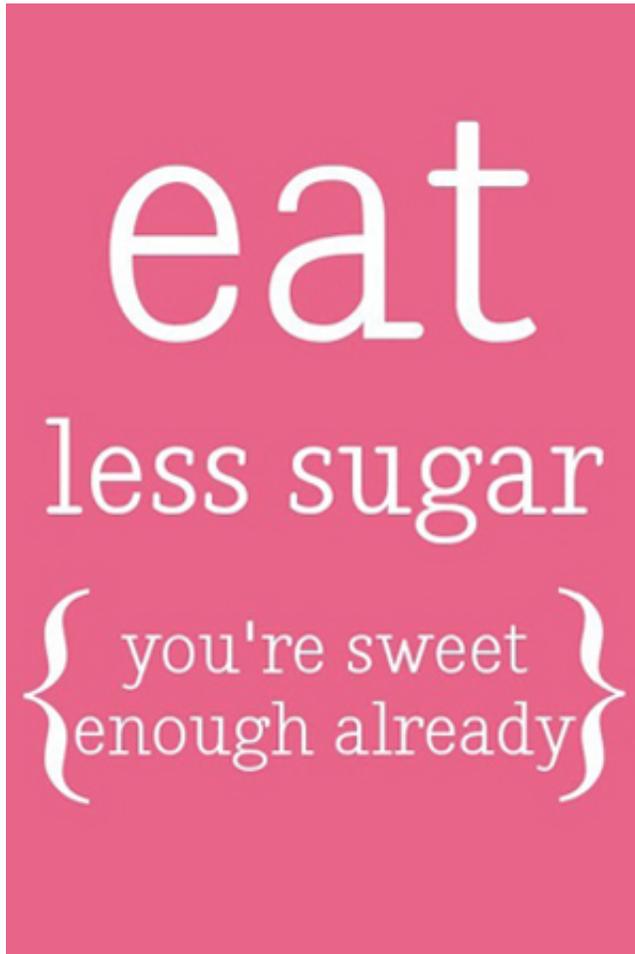
The only way to celebrate this new partnership is with a [5-day free bistroMD food delivery](#) giveaway. The meals are doctor-designed for women that are chef-prepared and made with the freshest ingredients. Thank you bistroMD!

I have also included one of my favorite bistroMD chicken recipes. It is easy to make and honors the Eat Like a Woman® Food Pyramid.

Third, the [Eat Like a Woman® nutrition bars](#) are now available in an assorted box of yummy flavors: chewy peanut butter, coconut crunch, berry blaster for my vegan and vegetarian sisters, and dark chocolate and date.



**Tip of the Day** **Replace sugar with cinnamon**



Cinnamon helps fight fat storage!

A woman's fat cell is five times larger than a man's.

New research revealed that diets rich in cinnamon (1 teaspoon a day) can help the body's negative responses to eating high-fat meals.

It can also help balance blood sugar managing mood.

Try sprinkling 1/2 to 1 teaspoon on your morning oatmeal or plain yogurt topped with berries.



[Check out eatlikeawoman.com](http://eatlikeawoman.com)

Look for More Tips and Expert Advice...  
See the Special Products and Contests!

Women metabolize food and lose weight very differently than men. The Eat Like a Woman® bars are made for women-on-the-go who demand yummy guilt-free nutrition.

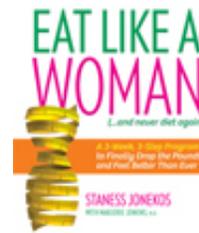
Over the next two weeks I will be sharing bistroMD dishes on our [Facebook](#) page and discussing the health benefits.

Thank you for your support and being part of our community! Gender matters when it comes to health. If you are a woman, it's time to eat like a woman.

Be WELL, be fearless, be YOU,

*Stavess Jones*

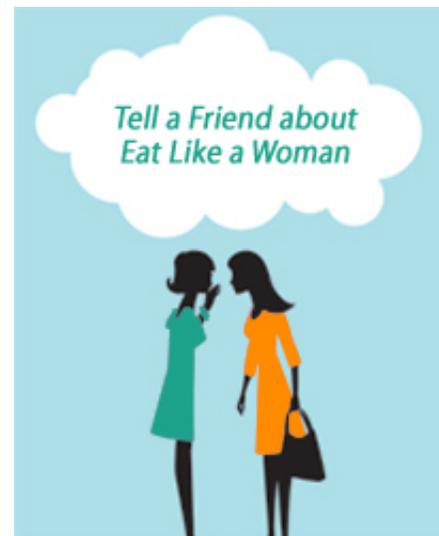
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*Eat Like a Woman*



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