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BE FEARLESS newsletter

Investigate. Illuminate. Inspire.

by *Stacey Jones*



September 2012

Can Red Wine Reduce Your Risk for Breast Cancer?



Breast cancer remains the leading cancer in U.S. women. Over the last decade headlines have warned us that alcohol consumption, including wine, can increase the risk of breast cancer.

A recent study in the *Journal of Women's Health*, found that chemicals in the skins and seeds of red grapes slightly lowered

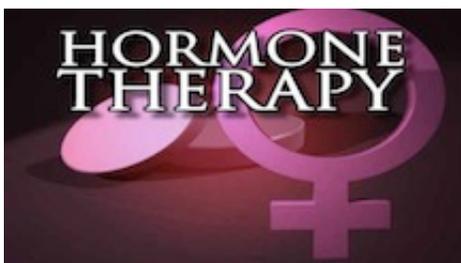
estrogen levels while elevating testosterone in premenopausal women who each drank eight ounces of red wine – just under two glasses – daily for about a month.

[Read more.](#)



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Hormone Therapy, Finally the Experts Agree



It's been ten years since the *Women's Health Initiative* hormone trials announced that there was an increase in breast cancer, heart attacks and strokes with the use of

hormone therapy.

Headlines warned women against taking hormone therapy without fully disclosing all the facts and issues pertaining to this study.

Letter from the editor

You have not heard from me the past six months because I was spending time with my father who recently died from brain cancer.

For many months I did not want to share this experience because it was deeply personal to me, and I was afraid.

Afraid that my father was dying. Afraid of life without him. Afraid that I would not be a good care taker. Afraid of being out of control. Afraid to expose my broken heart. Afraid of being afraid.

As healing and love slowly replaced grieving, and with my fear subsiding, I am better able to appreciate the lessons my father gave me before his passing. They have helped me live better.

In Dad's final months I noticed he had an abundance of joy in his life.

I asked, "What's your secret to living such a fulfilling life?" He quickly replied, as if these tips were his daily motto:

1. Take away something useful from every experience, even if it was bad, and apply it to better your life.

Finally [15 top medical organizations](#) have come together to issue a statement of agreement regarding the benefits of hormone therapy for symptomatic menopausal women.

Read more about the [latest hormone therapy recommendations](#).



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Conquer Menopausal Belly Fat



According to the North American Menopause Society, more than 70% of women ages 55 to 75, and 65% of women ages 45 to 55 are overweight (BMI greater than 25). More than 40% are obese (BMI

greater or equal to 30).

With the average age of natural menopause in the Western world being 51, it is no surprise many blame the menopause transition on that extra belly fat.

What can you do to conquer menopausal belly fat? [Read more](#).

Top Ten High-Protein Snacks



A recent study published in the Journal of the American Medical Association

shows that skipping high-protein foods may lead to overeating and is often one of the biggest causes of excess fat especially during the menopause years.

Eating high-protein snacks can help you burn extra calories without breaking a sweat!

Check out my [ten favorite protein snacks](#).

What should you weigh? If you are over 40 years old and within ten pounds, congrats! [Find out](#).



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2. Life is too short to spend it complaining; just work harder to get where you need to go.

3. Don't take yourself too seriously. Enjoy life even if your pants fall down in public (private joke).

4. Make a difference - it's a good reason for living.

5. Those who love you will always be there for you.

6. Know how to tell a good joke.

7. If you want someone to like you, buy them a drink.

8. Start something where friends can gather, because friendship is the thread of life.

9. Know how to survive: carry water, protein bars and a first-aid kit in your car. Know how to change a tire.

10. Be all that you can be (yes, those are his exact words, so appropriate from a Colonel in the military).

My life-changing lesson came during my efforts to keep Dad from dying, or in the very least, comfortable. I realized that regardless the extent of my efforts, whether it be planning, research, talking to the doctors, I had absolutely no control over the outcome. Learning to surrender to that reality while embracing the present has enriched my life.

As I watched Dad die slowly each day, I witnessed his incredible spirit hold strong to his daily motto. He never complained - not once. He told good jokes, he allowed those who loved him to be present and to say good-bye, he was there for us as much as

How many calories are you burning doing household chores?



Many of us under estimate our daily calorie burn when tracking food intake and exercise because we do not include household chores!

Today I moved some furniture then mopped the floor that burned 414 calories in 30 minutes, more than my daily walk. WAHOO!

How many calories are you burning while doing household chores?

Essential Planner Downloads so you can track your progress.



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Perimenopausal Depression



Depression is more common among women than men. An estimated one in eight women will contend with a major depression in her lifetime.

Biological, life cycle, hormonal, and psychosocial factors that women experience may be linked to women's higher depression rate.

Researchers have shown that hormones directly affect the brain chemistry that controls emotions and mood.

Are YOU clinically depressed or suffering from a depressed mood? [Read more.](#)



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we were there for him. He was fearless.

In the spirit of embracing my lessons and in dedication to my father's inspirational life, the "Be Fearless" Newsletter is born.

Ironically, ten years ago when I was producing for Oxygen Media, my advocacy partner, Cheryl Mills, and I created a "Be Fearless" campaign to inspire women to celebrate their unique qualities and to live a life of passion and purpose. How interesting this same concept knocked on my door again many years later.

Then just days before Dad's brain surgery Samantha Collins, founder of Aspire Women's Leadership Organization, asked me to speak at her event on this topic: "Be Fearless - How to break through to the next level in life and work."

No doubt 'third time's a charm' because it took Dad to deliver the message loud and clear ... BE FEARLESS!

The Hot Flash Newsletter has served our community well, and you will continue to receive information and tips about menopause, as well as yummy recipes, giveaways, nutrition and fitness tips.

My co-author, Dr. Wendy Klein, made an amazing contribution to "The Menopause Makeover," but she also pulled back a curtain to reveal that women's health continues to be underserved in the both the scientific and political community. Despite the progress this past decade, we must continue to march for women's health.

Committed to each stage of womanhood from our teens to menopause and beyond, I will share the latest news on women's health and how you can apply it to all areas of your life.

Thank you to our caregivers and

Inspiration



Today I hit the "send" button for this newsletter.

How about you? What will you do today that is outside of your comfort zone?

Let me know, and share your BE FEARLESS moment on our Facebook page. [Can't wait to hear from you!](#)



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How to Find Reliable Menopause Information Online

Seventy-two percent of women have not received any treatment for menopausal symptoms, according to recent study conducted by Lake Research Partners for the Endocrine Society.

Of those polled, 45 percent said they thought current available information was confusing and 41 percent weren't sure what to trust.

[Read more and find out how to find reliable menopause information online.](#)



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hospice teams; you are doing angel's work. And to my friends who have lost a parent, we walk a new path together.

Thank you Dad for teaching me not to take life too seriously!



Stacey Jonckas

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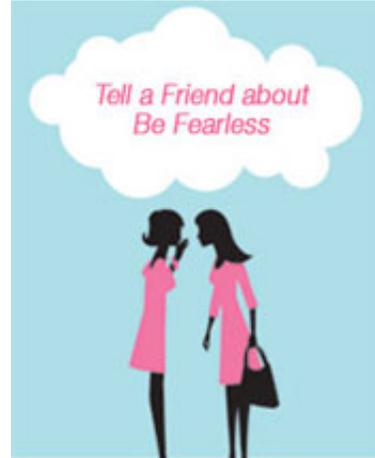
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