

Dear Editor/Producer:

Every women of a certain age knows the misery of menopause--the hot flashes, the mood swings, the weight gain. But for award-winning television producer Staness Jonekos, the onset of menopause was the rudest of awakenings. At 47, just four months away from marrying for the first time, and in the throes of planning her dream wedding, Jonekos slammed head-on into menopause and realized that if she didn't do something quick, the honeymoon would be over before it even started. Taking a page from her own highly efficient wedding planner, she decided to create a personal menopause planner in order to keep track and take charge of the changes she was experiencing. **THE MENOPAUSE MAKEOVER** was born.

THE MENOPAUSE MAKEOVER: The Ultimate Guide to Taking Control of Your Health and Beauty during Menopause (Harlequin; February 2010; \$16.95), written with Wendy Klein, M.D., is an innovative, user-friendly sourcebook that offers a woman all the information she needs to design a personal plan for navigating the rough waters of menopause and transforming her life in just three months. Jonekos' eight-step, 12-week program allows women to sift through the mountain of information and misinformation to reclaim the health and beauty they enjoyed before "the change." In a easy-to-use format, **THE MENOPAUSE MAKEOVER** details:

- Facts and misconceptions about hormonal changes, including 8 Hormone Therapy Facts that every woman needs to know
- The Menopause Makeover Food Pyramid, a nutrition guide that will help menopausal women take off the pounds and fat and conquer the ever-expanding menopause mid-section
- Important changes to a skin care regimen during menopause
- A personalized approach to exercise and fitness
- Ways to deal with the emotional roller coaster
- Changes in sexual desires and activity
- Finding spirituality and balance during a stressful life change.

Staness Jonekos is an advocate for women's health, wellness and empowerment. She was one of the original executive producers who launched the television network Oxygen Media, cofounded by Oprah Winfrey. Staness delivered five series and cocreated Oxygen Media's "Be Fearless" campaign to empower women. Staness co-executive produced the premiere season of VH1's *Celebrity Fit Club* and postproduced Lifetime's *Speaking of Women's Health*. She earned a Cindy Award for her role producing and directing an anti-smoking PSA for the State of California. Jonekos is president and founder of Krystal Productions, an award-winning film and video production company based in Los Angeles.

Staness teamed up with co-author, Dr. Wendy Klein, who is a national leader in women's health and Associate Professor Emeritus of Medicine, Obstetrics & Gynecology at Virginia Commonwealth University School of Medicine.

I hope you seriously consider Staness Jonekos' pioneering **THE MENOPAUSE MAKEOVER** for a feature or interview. I look forward to talking with you about the possibilities.

Sincerely,

Shara Alexander

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