

Having trouble reading this email? [View it on your browser](#). Not interested anymore? [Unsubscribe Instantly](#).

# BE FEARLESS

## newsletter

Investigate. Illuminate. Inspire.

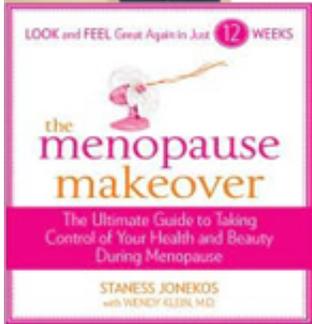
by *Stanness Joneskos*



September 2014

\* *Letter from the editor*

### Giveaway: Menopause Awareness Month



**GIVEAWAY  
HURRY  
ENTER  
TODAY!**

Chill out with great music from the new Tori Amos album, keep cool with coldfront and get inspired to take action with "The Menopause Makeover."

Let me know on [Facebook](#) that you want to win. The winner is randomly selected and announced October 30th!

[ENTER NOW](#)

[Read more](#)

### Is vaginal dryness out of the closet?

### It's Menopause Awareness Month!

This issue is loaded with fun, information and inspiration!

You will love our [giveaway](#) this month.

The winner will receive the new album by **Tori Amos** who turned 50 this year- she looks and sounds amazing. Tori's new album, *Unrepentant Geraldines*, features a duet and accompanying music video with her daughter, Tash.

Also included in this giveaway is a wonderful product called **coldfront** for those pesky hot flashes, and a copy of *The Menopause Makeover*.

My blog about vaginal dryness has the latest updates, and if you think you are shaking too many martinis, read *Do menopause and alcohol mix?*

I receive emails weekly from women asking about the latest menopause hormone therapy updates. The National Institutes of Health released a useful [brochure](#), that simplifies complicated information so you and your healthcare provider can create a menopause management strategy that honors your personal preferences, family history and risk factors. We are all different.

Becoming obsessed with food this



This

month is **Menopause Awareness Month**, and I am excited to say that I have personally witnessed the word *menopause* come out of the closet of shame. The topic has starred in media headlines and eased into everyday conversation, because women started talking about it publically.

However, while it may be easier now to discuss hot flashes and menopausal weight gain, there is still one symptom many are still embarrassed to discuss with their doctor and partner... postmenopausal vaginal dryness.

Since adding *vaginal dryness* last year as a bookend to my *menopause* mission, I am happy to report that I feel there has been progress publically, scientifically, and medically.

[Read more](#)

I am a member of GLAM™ (Great Life After Menopause), a woman's health initiative sponsored by Novo Nordisk.

.....  
**Do menopause and alcohol mix?**



You've probably heard that moderate drinking is good for your heart. But you've probably also heard that it's a danger for breast cancer and that it can trigger hot flashes. Here are the facts that can help you make decisions about drinking.

[Read more](#)

year after the release of [Eat Like a Woman](#), I am discovering new studies that can help us through menopause. **My health tip today could be a life saver.**

While I am thinking of food, check out Menopause Makeover approved, **chef-prepared**, doctor-designed food delivery service, [bistroMD](#).

The food is delicious and delivered to your front door. I love love love the strawberry shortcake crepes with chicken sausage for breakfast! Yummers.



Strawberry Shortcake Crepes with Chicken Sausage

This [Coffee Mocha Protein Shake](#) is a great mid-afternoon pick-me-up!



The recipe is easy, and loaded with protein to kickstart your metabolism.

Be fearless today and every day, and remember: "Not all those who wander are lost." by J.R.R. Tolkien

Be WELL,

*Stacey Jonckas*

.....  
**BUY THE BOOK**  
*The Menopause Makeover*

---

## Hormone Therapy & Menopause: the latest updates



Ladies, finally an easy-to-read brochure that shares the latest science on hormones and menopause. A MUST read!

This information is based on research and approved by leading scientists in women's health, so you can be sure it's reliable.

[Read more](#)

---

## Health Tip



Postmenopausal women who eat foods higher in potassium are less likely to have strokes and die, according to new research in the American Heart Association's journal Stroke.

[Read more](#)

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

---

Look for More Tips and Expert Advice...

See the Special Products and Contests!



[About the Book](#)  
[View Trailer](#)

[Buy NOW!](#)

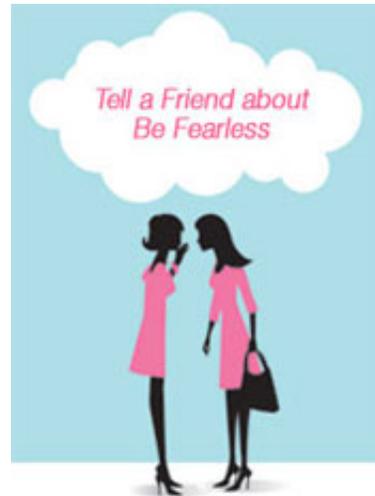
Share Menopause Makeover  
with a friend!

**BUY THE BOOK**  
*Eat like a woman*



[About the Book](#)  
[View Trailer](#)

[Buy NOW!](#)



[Tell your friends](#)



[Miss an Issue? Go to our Newsletter Archive](#)

[Staness Jonekos | 4000-D West Magnolia Blvd. | Suite 105 | Burbank | CA | 91505](#)

[about staness](#) [subscribe](#) [contact](#) [contests](#) [media](#) [testimonials](#)

[hormones](#) [nutrition](#) [fitness](#) [beauty](#) [emotions](#) [relationships](#) [spirituality](#) [happiness](#) [ask the expert](#) [tips](#)

[FAQs](#) [newsletter archive](#) [recommendations](#) [tell a friend](#)



Copyright © 2006 - 2014 Staness Jonekos Enterprises, Inc. All Rights Reserved.