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Jane's Menopause Makeover Story

At the start of the year I was depressed, stressed, and way over a vaguely healthy weight, let alone my ideal weight.

Hot flashes were exhausting me, my joints hurt, my blood pressure was creeping up, I looked and felt like a frump. I was a doormat to everyone in my life, and I felt powerless to change.

It took a night in the hospital with a heart attack scare (thankfully not!) to make me realise no-one else was going to change my life for me.

Thanks to Staness' help I've lost over 40 pounds in six months, and become far more confident and assertive. I look and feel 10 years younger, my joints don't hurt, my blood pressure is back to normal

Read Jane's incredible story ...

ask the expert



Chrisandra Shufelt, M.D.

Assistant Director of the Women's Heart Center at the Cedars-Sinai Heart Institute.



Jane from the UK shares her inspirational makeover story that resulted from a heart attack scare. It is exciting to witness incredible Menopause Makeover transformations happening all over the world.

This month we have an outstanding giveaway! Just tell a friend about the Menopause Makeover and you will automatically be entered to win fabulous gifts provided by our meno-sisters! The Menopause Makeover supports women in business.



Dear Dr. Shufelt: I keep reading about the benefits of hormones. My doctor, however, says I don't need them. Why?

Some women do not need hormone replacement therapy during menopause transition because they do not experience moderate to severe hot flashes or night sweats. That is the only reason to prescribe hormones. Patients and their healthcare providers need to weigh the severity of each patient's symptoms and consider the individual's risks and benefits.

Hormone replacement therapy can result in an increased risk of breast cancer, heart disease and stroke for some patients. When I prescribe hormones, I prescribe the smallest dose possible and assess each patient's risk factors annually. Using hormone therapy as a way to remain looking youthful is not only futile - it's dangerous. The best way to stay healthy and youthful is to exercise and eat a healthy diet.

Read Dr. Shuflet's reply ...

contest



Tell a friend about the Menopause Makeover and WIN this fabulous giveaway:



Yummy treats by

[Two Sisters and The Other One](#) .

This sinful collection

includes: Eight Little "Bee" Cakes, [Sea Salt Caramels](#), Chocolate Sea Salt Caramels, Balsamic Fig Jam, Queen Bee Honey and Buddha Bite Truffles. A very SWEET treat, and it is Menopause Makeover approved for your special occasions!



Stay cool, dry and comfy all night with [Cool-jams!](#) You will love these jammies*. If you visit the [Cool-jams!](#) website you can enter their weekly PJ giveaway and receive a complimentary cooling meditation! NICE! We love Cool-jams! *Style and size subject to availability.

Share your product in the next giveaway and spoil our community. Last month Chris from Nevada won - congrats Chris!

[Buy The Menopause Makeover TODAY](#)



Dr. Wendy Klein and I discuss menopause symptom management options from alternative to hormone therapy with baby boomer, Eileen Williams, creator of [Feisty Side of Fifty](#) and contributing author to *Chicken Soup for the Soul in Menopause*. [Click here](#) to listen to this insightful interview.

Our "Ask the Expert," [Dr. Chrisandra Shufelt](#) a leader in women's health and menopause expert, answers your question about hormone therapy. Send your questions and have our monthly medical expert answer them! [Click here to submit.](#)

Do you know how much water you should be

Giftie bag full of stylish goodies compliments of [Fashionista](#).



WIN!
A Fashionista Goody Bag

[Sandy Johnson, Mary Kay Independent Sr. Beauty Consultant](#) from Redondo Beach, CA, wants you to be protected this summer! It's going to be a long summer, take care of your lips using proper protection with Mary Kay's [Sun Protection SPF 30](#) AND [Lip Protector Sunscreen SPF 15*](#)! Have fun in the sun and keep those kissers protected.

Hurry and enter to win today!

Tell a friend, and [click here for this GREAT giveaway!](#)

Winner randomly selected and announced September 15, 2010.

Enter TODAY...

beauty



Sharpen Your Pencil

By Mary Marino of [Fashionista](#)

The general wisdom for a fashion trend is, if you wore it the first time, you're too old to wear it again.

While that's true for miniskirts, short shorts (nee 'hot pants'), and 6 inch platforms, the current obsession for updated classics reminiscent of the 1960s, seems almost ageless.

The influence comes from the hugely popular *Mad Men*. Fashion has become *maddicted*.

Successfully adopting the modern version means embracing polished separates and avoiding schmaltzy suits and

consuming daily? Check out five easy tips to ensure you are getting a healthy dose of water every day.

Mary Marino, creator of [Fashionista](#), shares her styling tips with us this month! I love the pencil skirt, and after reading her fantastic tips I dusted off an old black pencil skirt to wear again.

Catherine S. Katz, recipe and menu contributor to [The Flavor Full Diet](#), joins the Menopause Makeover family. Her Orange Grilled Tuna is awesome and menopause makeover approved!

Pam Floyd, founder of [Snap4Kids](#), just released a Celebrity Cookbook, "The Heart of Cooking," that includes 125 recipes from over 100 of your favorite romance authors. Proceeds go to children with special needs. Order a copy today, [click here](#).

Next month is Menopause Awareness Month and we have an impressive giveaway in association with the Cleveland Clinic's [Speaking of](#)

matching hats.

We picked one look we particularly like for fall 2010. It centers on a basic pencil skirt. But if a skirt just isn't your thing, don't worry, all of the following choices work just as well with a perfectly fitted pair of pants.

Read Mary's styling tips ...

nutrition



How much water should you consume?

Two thirds of our body weight is water. Blood is 83 percent water, muscles 75 percent, bone 22 percent and the brain 74 percent - water is obviously good for you. Without water you would dehydrate, and your vital organs would shut down. Water is a necessity for life. Water is the most important molecule, second to oxygen, to live.

Benefits of drinking water

Keeps skin healthy and radiant.

Helps regulate body temperature.

Transports nutrients to your organs.

Removes waste.

Maintains overall health.

Click here to read how much water you should consume...

yummy recipes



Orange Grilled Tuna by Catherina S. Katz, Ph.D.

Contributor of [A Better Bag Of Groceries](#)

Developed the recipes and meal

[Women's Health](#) to celebrate.

I am also launching a new awareness campaign to inspire transformation - can't wait to share it with you next month!

For those of you living in the DC area, our favorite menopause film, "Hot Flash Havoc," is premiering hosted by the Society for Women's Health Research - [click here](#) to order tickets!

Happy hugs,

Staness

PS #1 - Share your inspirational Menopause Makeover story! [Click here.](#)

PS #2 - Send your favorite recipes to be included in the Menopause Makeover recipe box for others to enjoy. [Click here.](#)

The Menopause Makeover

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plan for [The Flavor Full Diet](#)

You can throw this dinner together in just 15 minutes. You can also make with chicken. This recipe is Menopause Makeover approved! YUMMY and good for you.

Per serving

239 calories, 3 g fat (<1 g sat fat), 40 g protein, 11 g carbohydrate, 0 g fiber, 77 mg cholesterol, 185 mg sodium

[Click here for Catherine's recipe ...](#)

check it out



[Hot Flash Havoc](#)

A film of menopausal proportions!

Special premiere in Washington DC September 28th with the [Society for Women's Health Research](#) (SWHR). A national non-profit organization recognized as the thought leader in research on sex differences and is dedicated to improving women's health through advocacy, education, and research.

A special Q&A after the screening - check it out if you are in the area!

The Menopause Makeover supports SWHR - make a donation today! [Click here.](#)

[Click here to attend the amazing Hot Flash Havoc film ...](#)



Become a Menopause Makeover FAN on [FACEBOOK](#) it is great fun, loaded with daily tips, inspiration, and a GREAT group of women.

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