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eat like a woman®
and never diet again!
by *Stanness Joneskos*
newsletter



March 2014

* *Letter from
the editor*

Are you eating like a man and gaining weight like a woman?



Did you know that women metabolize carbohydrates differently than men?

Did you know women taste food differently?

The experts are already weighing in:

"This landmark book ... has the capability to profoundly change women's health, and women's lives." Lauren F. Streicher, MD, Associate Professor of Obstetrics and Gynecology, Feinberg School of Medicine, Northwestern University, Chicago, IL

"Finally, a book of lifestyle changes that women's health practitioners have been searching for!"

This book on healthy lifestyles for women is not only accurate,

Hello,

Exciting news! My new book "[Eat Like a Woman](#)" is available for pre-order now!

And to support the book's 3-step 3-week program, my new delicious Eat Like a Woman® [nutrition bars](#) are available for order today too!

A couple of years ago I was shocked to discover that the majority of scientific research had been conducted using men, with the exception of reproductive health (bikini medicine).

For example, the famous "Aspirin as a therapeutic agent in cardiovascular disease" study was conducted using only men!

Yet, more women die each year of heart disease than men.

Ready for another amazing gender difference? New science reveals that women make 30% less of the feel-good hormone, serotonin, than men. That means women are 2 to 3 times more prone to depression.

Ok, one more shocking factwomen metabolize drugs differently. Do we digest food differently too?

That is how my quest began to bring gender differences into the spotlight. Women are not small men!

Nutrition is the number one

but positive and supportive, following solid scientific and gender-specific reasoning as applied to women.

It is so refreshing that the authors have devised an eating and lifestyle plan that is specifically geared toward the female aspects of gender-specific theory – truly individualized healthcare for women." Janice Werbinski, MD, FACOG, Executive Director of the Gender Women's Health Collaborative

A 3-Week, 3-Step program to finally drop the pounds and feel better than ever.

Includes favorite recipes from famous chefs and celebrities: Sheryl Crow, Giuliana Rancic, Nancy Cartright, Cristina Ferrare, Dolly Parton, Lisa Lillien (my favorite Hungry Girl) and more. You will love these Eat Like a Woman® approved recipes.

Now Available for PRE-ORDER!

Introducing **deliciousness with none of the guilt!**



Enjoy a nutrition bar created for women. Four yummy flavors: Chewy Peanut Butter, Coconut Crunch, Dark Chocolate & Date, and a delicious Berry Blaster for my vegan and vegetarian sisters (but we can all enjoy them).

Designed for a woman, but men love them too!

Start eating like a woman TODAY

strategy for disease prevention and management, so how do we apply these gender differences to a woman's life?

"Eat Like a Woman" is the FIRST book to incorporate the latest science and apply it to a woman's lifestyle. I teamed up with a leader in gender-based medicine, [Dr. Marjorie Jenkins](#), who came with a 5-Star recommendation by co-author of "[The Menopause Makeover](#)," Dr. Wendy Klein. Every word is supported by science and credible references.

Dr. Jenkins says, "You have to know the difference to make a difference" and this is the heart and soul of "Eat Like a Woman."

Clearly I am passionate about this project, and today I get to share it with YOU.

During my journey I found a void in the market while searching for healthy snacks with the proper nutrition and correct calorie count for women. So, I created a line of [Eat Like a Woman® nutrition bars](#) to support a woman's health at each life stage.

The Eat Like a Woman® nutrition bars are packed with yummy guilt-free ingredients that provide lasting energy for the woman-on-the-go. There are no preservatives and no cholesterol. Each bar has calcium, iron and omega-3 from real ground flaxseeds. These bars are made with real food, and made fresh when you place an order.

You can pre-order the book, "[Eat Like a Woman](#)," today! And embrace our differences with my delicious new Eat Like a Woman® [nutrition bars](#).

Thank you for all the support, it has helped me get here today so I can spread the word-- women are not small men, eat like a woman!

Be well, be fearless, be YOU,

Stacey Jonckes



with delicious nutrition.

Buy Now

Be Fearless Today and Every Day

The 3 C's of life:
CHOICES, CHANCES, CHANGES.
You must make a
choice to take a chance
or your life will never change.

Check out eatlikeawoman.com

Look for More Tips and Expert Advice...
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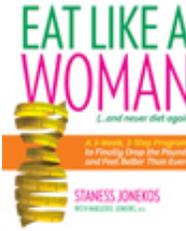
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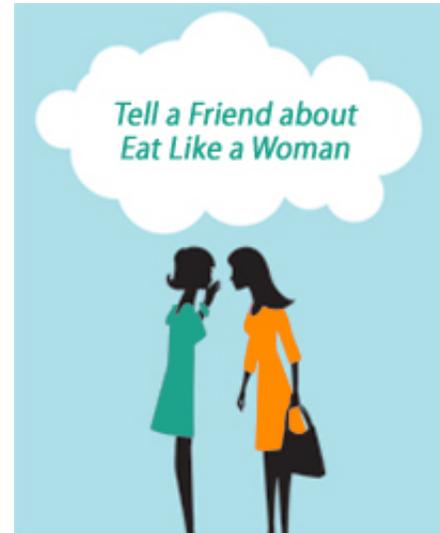
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