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by *Stavess Jonckas*

newsletter



September 2014

*Letter from  
the editor*

**Eat Like a Woman® Nutrition Bars NEW FLAVOR!**



I am so excited to introduce "Fruit & Nut Delight" to our family of yummy nutrition bars: Chewy Peanut Butter, Dark Chocolate & Date, and Coconut Crunch.

More good news... all the nutrition bars are **certified GLUTEN-FREE!**

Women metabolize food and lose weight very differently than men. The Eat Like a Woman® bars are made for women-on-the-go who demand yummy guilt-free nutrition.

All of our bars are handmade using real foods. There are people, not mass manufacturing machines, making your bar that is delivered to you with fresh ingredients. These Eat Like a Woman® bars are as close as I could get to making them in my kitchen. The only difference is our kitchen is a FDA approved commercial kitchen and there are a few more chefs in the kitchen to keep up with the demand.

Eat Like a Woman® bars have the correct ratio of carbohydrates to protein that can stimulate neurotransmitter health - your emotional chemistry. When you feel good, grabbing healthier food choices and managing emotional eating can become a reality. This ratio also helps kickstart your metabolism, so you can obtain and maintain a healthy weight.

[Click here to order your yummy bars today and be automatically entered to win a box at no cost.](#)

Hello,

I had a great trip to Dallas this month to appear with Eat Like a Woman® co-author Marjorie Jenkins MD on Fox Good Day. We chatted about foods that help with depression, heart disease, sleep and bloating!



Ava King from Arizona is our giveaway winner who will receive a copy of the book, a box of Eat Like a Woman® nutrition bars and super healthy VROU water - CONGRATS!

If you purchase a box of nutrition bars you will automatically be entered to win another box of bars (the winner is randomly selected and announced October 30, 2014)!

You will love my favorite [matcha green tea latte recipe](#). It is so yummy with incredible health benefits.

Every day I discuss weight management with women. I started noticing that everyone had the same goal - lose weight to

**Inspiration Seven Reasons to Choose Healthy Foods**

## that have Nothing to do with Weight Loss



The majority of American women eat healthy so they lose weight or don't gain weight fueling a \$61-billion-dollar diet industry.

What happened to eating healthy foods to prevent

disease, promote healthy aging and lengthen life span, energize workouts, improve heart health and productivity?

Find out what the 7 non-weight loss reasons are to eat healthy. [Read more.](#)

look better. A great goal, but most are surprised to hear being healthy benefits more than your waistline. Check out my blog this month: "[Seven Reasons to Choose Healthy Foods that have Nothing to do with Weight Loss.](#)"

And if you are wondering, my BeFearless Newsletter is the mother to newborn Eat Like a Woman® newsletter. Both offer the latest science in women's health, delicious recipes, giveaways and inspiration.

Cheerio, and remember if you are a woman, eat like a woman every day!

*Stanness Jonekos*

## Recipe Matcha Green Tea Latte



Matcha green tea is a finely-milled green tea that has been used for the

Japanese tea ceremony for centuries. It is made from shade-grown tea leaves and has incredible health benefits! It is loaded with nutrients and antioxidants, can lower cholesterol levels and boost metabolism if drank regularly.

Pound-for-pound matcha green tea contains more antioxidants than blueberries, pomegranates, orange juice and spinach! One cup of matcha is the equivalent of 10 cups of green tea.

[Get the recipe.](#)

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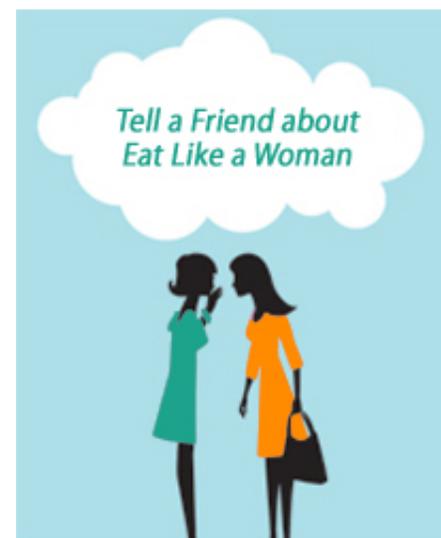
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