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HOT FLASH newsletter*

* Your companion to taking control of your health and beauty during menopause



brought to you
by the authors of
**the menopause
makeover**
STANESS JONEKOS
with WENDY KLEIN, M.D.

Welcome to our January 2011 newsletter!
In This Month's Issue...

- * Testimonial Jane's Incredible Menopause Makeover Updates
- * I've Still Got It! Elizabeth Somer, author of "Eat Your Way to Happiness"
- * News Menopause Makeover Tips
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*Letter
from
the
editor*



Staness Jonekos

The new year has already started with a Menopause Makeover BANG! Jane just shared her latest menopause makeover update! You will be blown away with her latest results, [click here](#) and see her NEW AFTER photo. She continues to inspire us. If YOU have an incredible Menopause Makeover story, I would love to [hear from YOU!](#)

More GREAT news! [Menopause the Musical](#) and the Menopause Makeover will continue our monthly contest to win 2 tickets to see this hilarious show - yahooo! [Click here to enter for tickets in your area.](#)

Linda from Pennsylvania won our holiday giveaway worth over \$300! Congrats! February we will have another wonderful giveaway to celebrate loving YOU!

Our friend Heidi Houston, the executive producer of Hot Flash Havoc the movie, has DVDs available and screening dates. Click here to [buy event tickets](#) and [order the DVD](#).

We had fascinating results from our "Goal Setting" survey. 81% of women set goals with over

Testimonial Jane's Incredible Menopause Makeover Updates



Last August we met Jane from the UK and read about her amazing menopause makeover. She lost over 40 pounds and today she has more good news! Since August, Jane has lost an additional TWO dress sizes!

Jane's incredible Menopause Makeover update is a story of determination and commitment. Congrats Jane and thank you for sharing your inspirational story! [Read Jane's update, click here.](#)



I've Still Got It! Elizabeth Somer, author of "Eat Your Way to Happiness"

Way to Happiness



Elizabeth Somer has written nine books, including her latest **Eat Your Way to Happiness**. We share the same fantastic editors at Harlequin. For the past year they have been raving about Elizabeth both personally and professionally, and I wanted to meet her myself.

You will love Elizabeth's "I've Still Got It!" moment! It is a reminder to embrace the surprises in life! Read Elizabeth's "I've Still Got It!" moment, [click here](#).



75% accomplishing most of their goals. Goal setting is a powerful tool that can be used in all areas of your life. If you write it down, you can make it happen!

We have a wonderful community of women on Facebook. Please join us for the latest on menopause, fitness, nutrition and beauty tips. It's easy, just [click here](#) or on the Facebook icon below. You will automatically be entered to win our next giveaway!

Happy 2011!

Stacey Jonckes

News **Menopause Makeover Tips**



Start the New Year with a Menopause Makeover! Take control of your health and beauty in 8 easy steps over 12 weeks!

I have met amazing women from Canada, England, South Africa, Australia and the USA who have transformed their lives with The

Menopause Makeover. Check out these easy tips to start your menopause makeover today, [click here](#).



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Expert Interview **Irregular Periods During Perimenopause**



One of the first symptoms you may notice during perimenopause is irregular periods. Read my interview with co-author Dr. Wendy Klein.

Are YOU perimenopausal? [Read more](#).



Click here to Enter Contest
Visit Menopause the Musical

Fitness Tip **How To Maximize Your Workout**



Once you commit to an exercise regime, your secret weapon is utilizing your target heart rate ensuring an effective and safe workout.

The target heart rate (THR) is your pulse rate per minute, and can be used to set goals and track results. **What's YOUR target heart rate? Click here.**



Recipe Edamame Succotash with Shrimp



Check out this Menopause Makeover approved recipe!

It's high in lean protein, low in calories, easy to make, high in vitamin C and A, and YUMMY! **Click here for the recipe.**



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