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health



The Hormone Whisperer

10 Hormone Therapy Facts Every Woman Should Know

Some know her as the sexually outspoken Samantha Jones, but today her three closest gal pals from Sex and the City 2 call her, "The hormone whisperer." The oldest of four friends, Samantha is finally a fifty-something woman who is not about to give up her uninhibited lusty appetite or her youth to menopause.

To survive the inconvenience of menopause, Samantha takes daily doses of supplements by the handful and rubs hormones on her arms and privates. When Miranda asks Samantha about the logic of taking so many supplements, and where she got her menopause treatment strategy, she replies, "from Suzanne Somers." Surprised, Miranda asks, "you are getting information from someone who invented the thigh master?"

Read entire article

nutrition



TODAY I am appearing on "View From The Bay" in San Francisco on ABC at 3:00 pm to discuss the Menopause Makeover's 8-step 12-week plan. You can also watch the show online live, click here.

After seeing Sex and the City 2, I was disappointed that the Samantha Jones character continued to send confusing messages regarding hormone therapy. Dr. Wendy Klein and I worked closely to assemble the top 10 hormone therapy facts every woman should



The Thermic Effect of Food

When you follow the Menopause Makeover Food Pyramid, you will be using the thermic effect of food to help burn off that stubborn menopause belly fat. The thermic effect of food is the amount of energy it takes your body to digest food.

Thermic Effect for:

Proteins: About 30%

Carbohydrates: About 20%

Fats: About 3%

Your body is using more energy to digest protein, helping you speed up your metabolism. A higher metabolism is your secret weapon to shedding menopause pounds.

[Click here to read ...](#)

in the news

Increased consumption of white rice associated with increased risk of type 2 diabetes

People who consume 5 or more servings of white rice per week appear to have an increased risk for type 2 diabetes, whereas people who consume 2 or more servings of brown rice per week have a decreased risk.

Researchers at Harvard School of Public Health and Brigham and Women's Hospital pooled data on 39,765 men and 157,463 women without diabetes at baseline previously included in the Health Professionals Follow-Up Study (HPFS), Nurses' Health Study I (NHS I) and Nurses' Health Study II (NHS II) to assess the association between diabetes risk and type of rice consumed. Participants were diabetes free at original study enrollment.

When the researchers assessed the replacement of 50 g of white rice per day with 50 g of brown rice per day, brown rice was consistently associated with a decreased risk for type 2 diabetes.

Most carbohydrate intake should come from whole grains rather than refined grains to help prevent type 2 diabetes.

Provided by Endocrine Today. Read entire article, [click here ...](#)

know. [Click here](#) to read these important tips on [The Huffington Post](#). Being informed is your first step to managing menopause.

[Buy The Menopause Makeover TODAY](#)



For those struggling with that frustrating menopause middle, the [thermic effect of food](#) can be your secret weapon. The Menopause Makeover Food Pyramid is built using lean protein, low-glycemic carbohydrates and healthy fats at each meal maximizing the benefits of the thermic effect of foods.

Another nutrition tip: replace white rice with brown rice. Not only does this honor a medium glycemic serving, but it can also reduce your risk of type 2 diabetes. [Check out the latest study](#)--incredible results.

Are you standing proud and practicing good posture? Not only can you look slimmer, your posture is a reflection of emotional health. Focus on [good posture](#) both

fitness tips



Are You Practicing Good Posture?

You can look pounds thinner and more confident with good posture.

You know you have good posture when you can draw a straight line from your ear through your shoulder, hip and knee. Sucking in your tummy and tucking in your tush on a regular basis will help strengthen your muscles and improve your appearance and mood. Practice good posture when going through menopause.

When standing:

1. Hold your chest high.
2. Keep your shoulders back, relaxed.
3. Suck in your tummy and tush.
4. Keep your feet parallel.
5. Balance your weight evenly on both feet.

Practice good posture daily. Think about it when you are at the office, making a meal, doing chores, at the store, getting out of the car, and during exercise.

How is your posture sitting? [Click here and find out](#)

contest



Submit a recipe that honors the Menopause Makeover Food Pyramid and you could win a **FREE** one hour Menopause Makeover consultation with Stanness.

[posture](#) both standing and sitting - it is great for your body and spirit.

Win a free menopause makeover consultation session with Stanness! Submit your recipe that honors The Menopause Makeover Food Pyramid. I am excited to share your recipes. Over time we will have a collection of fabulous recipes for your menopause makeover. [Click here](#) and submit your recipe.

Last week I saw the best film ever produced on menopause - *Hot Flash Havoc*. This film covers everything menopause, and it is support by science. [Click here](#) to find out how you can get this film previewed in your city.

My new cougar gal pal, Linda Franklin, wrote an empowering book [Don't Ever Call Me Ma'am](#). It is inspirational and lots of fun.

Ask your friends to join The Menopause Makeover on [Facebook!](#) I post daily tips and useful information. If you have a question, suggestion or tip, share with us on Facebook.

Rules: Your recipe must honor The Menopause Makeover Food Pyramid guidelines:

35% Calories from Lean Protein

40% Calories from Low Glycemic Carbs

35% Calories from Healthy Fats

You may submit a recipe and/or a menu. If accepted, it will appear on MenopauseMakeover.com.

Inspire others with your delicious Menopause Makeover Approved healthy dish!

Winner randomly selected and announced August 1, 2010.

Submit your recipe TODAY...

check it out



I just saw the best film ever produced on menopause!

Hot Flash Havoc, a film of menopausal proportions, is a "MUST SEE" movie. This movie engages and enlightens the audience. *Hot Flash Havoc* is an entertaining, amusing and controversial film about what a woman needs to know for the "Second Act" of her life to stay vital, alert and sexual well into her 80's. Audiences across America are saying, "It about time we got the straight truth!" [Click here to watch the trailer.](#) You will laugh out loud.

To get the movie played in your city or state, [click here.](#)

Watch the trailer ...

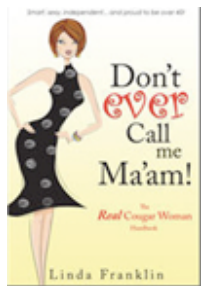
let's go shopping

Have a great July 4th celebration,

Stanness

The Menopause Makeover

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Check out, [Don't Ever Call Me Ma'am](#), the real cougar handbook. Every woman has a Real Cougar inside just waiting to be released.

Linda Franklin is the founder of The Real Cougar Woman, a company dedicated to educating women over 40 on how to be strong, sexy and independent.

Join the cougar online conversation, and meet great women! [Click here](#).

Order your copy today...




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

[Click here to become a Facebook FAN ...](#)

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