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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 December 2010 Newsletter!  
In This Month's Issue...

- \* I've Still Got It!
- \* Ask the Expert
- \* Nutrition Tip
- \* Holiday Giveaway
- \* Take Charge
- \* Fitness Tip

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*Letter from the editor*



Staness Jonekos

## I've Still Got It! Geri Brin founder of [FabOverFifty.com](#)



Geri was Vice President of Publishing at Fairchild Publications for 23 years. She also wrote two books and freelanced for publications including New York Magazine, Cosmopolitan, Harper's Bazaar, Town & Country, Parents Magazine and the New York Daily News Magazine. When most think of retiring, Geri realized she still had it and launched [FabOverFifty.com](#). [Read more....](#)

As we say goodbye to 2010 and hello 2011, we are celebrating with a wonderful [giveaway](#) and holiday [discount coupon](#). Hurry and enter to win today and [download](#) the discount coupon.

We have gotten such great response from our "I've Still Got It!" interviews that we would like to invite you to nominate someone you know who still has it! Leave a reply with your suggestion at the end of Geri's interview, [click here](#).

## Ask the Expert [Are you suffering from perimenopausal depression?](#)



Are you suffering from hopelessness, apprehension, and deep sadness for prolonged periods?

If so, you may be suffering

Many of us suffer from depression or feeling blue, throw in menopause and it can ruin the holidays. Dr. Klein discusses the signs of depression, and what you can do to manage it.

During the past year of coaching women going through menopause, I discovered that most have to



from depression. Most perimenopausal women do not experience major depression, but many have symptoms of feeling depressed, stressed, and anxious. [Read Dr. Klein's interview about perimenopausal depression, click here.](#)

**Nutrition Tip** Why Breakfast Is The Most Important Meal of the Day



According to research, skipping meals, especially breakfast, can actually make weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger.

Several studies suggest that people tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals. Eating breakfast plays an important part in maintaining good health and preventing obesity. [Start your day with healthy Menopause Makeover approved breakfast recipes, click here.](#)

**Holiday Giveaway!** Celebrate YOU with a giveaway worth over \$300!



Enjoy natural hot flash relief from One Haute Chick, healthy sweet treats from Two Sisters and the Other One, a DVD of Hot Flash Havoc, Natiqie skin care system, therapeutic grade essential oils from Ganesha Center in Las Vegas, a copy of The Menopause Makeover, and our favorite intimate lubrication from YES! [Click here and enter to win.](#)

**Take Charge** What are your goals for 2011?

Setting goals can make the

retrain themselves to eat breakfast. Once they started having breakfast within an hour of waking they were able to lose weight, were less grumpy and had more energy.

Check out our [Menopause Makeover approved breakfast recipes.](#)

Before greeting the new year, spend time setting personal goals. I find that setting goals helps me focus on what is important and motivates me to move forward living my dreams.

Goal setting can get you unstuck, help boost self-esteem and fuel happiness.

After the New Year my husband and I discuss our goals as a couple and as individuals. We have witnessed incredible transformation. Share your big yearly goal and take our ["Accomplishing Goals" Survey.](#)

For women, getting a great set of abs can be almost impossible especially during the menopause years. I found doing a [few simple exercises](#) daily took 4 inches off my waistline. It's easy, you just have to do it! Make it a goal, you will love the results!

I hope 2010 was a fantastic year and I wish you a FABULOUS 2011!

Happy Holidays.

*Stacey Jonckas*

**BUY THE BOOK**



Setting goals can make the difference between living your dreams or just sliding through life unfulfilled.

Properly setting goals can be motivating and build confidence. As the year ends, sit down and make a list of your dreams.

Create 3 columns: short-term goals (weekly/monthly), annual goals, and 5-year goals. Include these goal categories: personal, lifetime, financial, career, family, health, pleasure, education, relationship, travel, and public service. Be specific and realistic. Set priorities and track results. Take control of your health and life with personal goal setting. [Take our "Accomplishing Goals" Survey. Click here, survey in the right hand column.](#)

**The Menopause Makeover**



[About the Book](#)  
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**Buy NOW!**

**Share Menopause Makeover with a friend!**



**Fitness Tip The Ultimate Belly Busters**



If you want a great set of abs, roll out the ultimate belly busters. A great set of abs has always been a fantasy for me.

For years my youthful estrogen-rich skin held my belly so it appeared toned. As the years have passed with too many responsibilities and too little time for exercising, my gut has just started pouching out. Then menopause took the fat from my hips and thighs and redirected it to my belly. [Find out how to get a great set of abs, click here.](#)

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