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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 February 2011 newsletter!
In This Month's Issue...

- * I've Still Got It! Interview Nancy Cartwright, Voice of Bart Simpson
- * Health Tip How To Feel Sassy During Menopause
- * CONTEST Giveaway worth over \$250!
- * Ask the Expert Menopause and Kidney Infections
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*Letter
from
the
editor*



Staness Jonekos

Happy Valentine's Day!

Nancy Cartwright, the voice of Bart Simpson, is our featured interview this month! She shares her incredible "[I've Still Got It!](#)" moment and fascinating insight into her magical world. Cowabunga!

Valentine's Day has always been a day I gauge my love life. I met my husband on Valentine's Day - the ultimate romantic beginning! Then I slammed into menopause, lost my groove and got frustrated with a long list of uninvited changes in the love making department! This issue is dedicated to all things in the VaVoom room!

If making whoopi has become painful, or you are dissatisfied with your relationship, or you are not feeling good about yourself - there is hope! Check out my latest articles on "[How To Feel Sassy During Menopause](#)," and "[Will Your Marriage Survive Menopause?](#)" Getting our groove back can be a challenging road to travel. We must look at our emotions, relationship, and address physical changes. Throw in mid-life changes and it is no

I've Still Got It! Interview Nancy Cartwright, Voice of Bart Simpson



Some know her as "Mom," a few lucky ones have known her as "Sweetie," most know her as "the voice of Bart Simpson," but I know her as "my friend!" We went to UCLA in the late 70s. Although back then you could hear us chatting about boys and dating in Sproul Hall dormitory, we mostly spent the last three decades supporting each other's dreams and passions. Nancy may be the voice of a rebellious young boy, but good-girl Nancy STILL HAS IT and is going strong!

Check it out, [click here](#).

Health Tip **How To Feel Sassy During Menopause**



The baby boomers may have been the generation of free love, but for many slamming into menopause, making whoopi is the last thing on their minds! As we age, both men and women can suffer from a declining libido, but women don't have a little blue pill to pop to get their mojo back. What's a menopausal girl do to reignite the flame of desire?

Tips for getting your groove back, [click here.](#)

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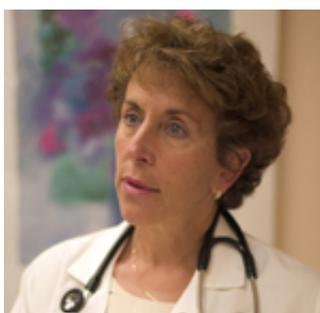


Celebrate YOU for Valentine's Day! Enter to win this fabulous giveaway worth over \$250! Wahooo! A FREE copy of The Menopause Makeover, homemade sweet treats, a DVD of the sensational Hot Flash Havoc, a sensuous love

product, protein cookies, spiritual essential oils, and a perimenopause relief kit that includes a gorgeous pearl necklace.

Leave a comment on our [Facebook](#) page and be entered to win. It's easy, [click here!](#)

Ask the Expert **Menopause and Kidney Infections**



Expert: Dr. Wendy Klein, co-author of [The Menopause Makeover](#)

As you go through the change of life, is it normal for you to have an increase in bladder/urinary tract/kidney problems?

Read Dr. Klein's answer. [Click here.](#)

surprise that making whoopi is last on the list. Don't give up, with a few changes you can reignite those loving feelings again.

I would like to invite you to take our current intimacy survey. Your input will help with my research on love after 40. [Click here.](#) the survey is in the right hand column.

To properly celebrate Valentine's Day we have another fabulous giveaway worth over \$250! Post a comment that you want to win on our [Facebook](#) page and automatically be entered to win.

More exciting news! [Menopause the Musical](#) is giving away TWO free tickets to see this hilarious performance every month. [Click here to enter.](#) Sharmyne from Daytona Beach, Florida just won and she is seeing the show on her birthday - CONGRATS!

Enjoy a romantic Menopause Makeover approved dinner today! Read my Valentine's Day Tip with the menu at the bottom of this newsletter.

Have a wonderful day celebrating YOU and love in your life!

Stacey Jonckas

BUY THE BOOK *The Menopause Makeover*



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Share Menopause Makeover with a friend!



Yummy Recipe Red Quinoa Salad



Pat Shepard, our favorite sweet treats maven, is sharing one of her favorite easy-to-make recipes AND it is Menopause Makeover approved!

Enjoy this fabulous salad for lunch or dinner! [Click here](#) for this yummy recipe.



[Click here to Enter Contest](#)
[Visit Menopause the Musical](#)

Relationship Tip Will Your Marriage Survive Menopause



Over 60 percent of divorces are initiated by women in their 40s, 50s, or 60s -- the menopause years -- according to a recent survey conducted by AARP Magazine. Why are women running away from marriage?

Read more, [click here](#).

Valentine's Day Tip Romantic Dinner Menu



Enjoy a Menopause Makeover approved dinner for Valentine's Day: sauteed salmon, with steamed asparagus, brown rice, and a glass of your favorite wine. Try these wonderfully delicious chocolate dipped strawberries for desert.

Start your Menopause Makeover using [FREE essential planner](#) downloads. Set your goals, track your progress and celebrate your results. Celebrate YOU for Valentine's Day!

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