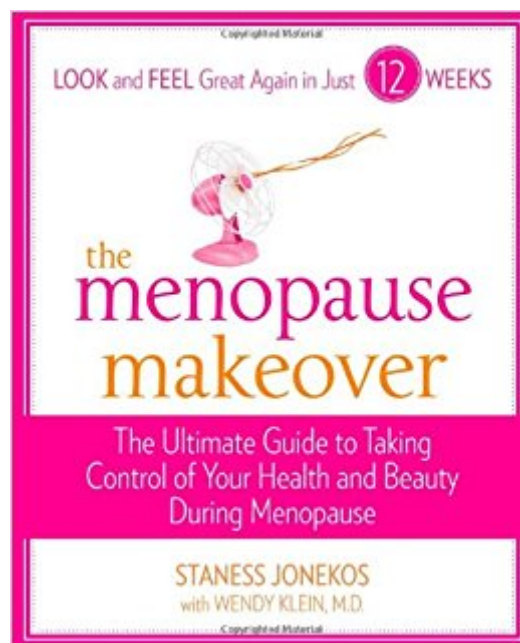




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The Menopause Makeover: The Ultimate Guide To Taking Control Of Your Health And Beauty During Menopause



Synopsis

Hot flashes and sleepless nights? Feeling anxious and irritable? Feel like you're losing your mind? Frustrated with weight gain? It's time for a makeover! Staness Jones knows all too well how you feel. Leading up to her wedding day at the age of forty-seven, she was sporting a not-so-sexy belly bulge, suffering from hot flashes and feeling in no mood for a honeymoon. Jones took drastic action and created the first-ever menopause makeover to get back into that little white dress and feel sexy again in just twelve weeks. Now she joins forces with leading menopause expert Dr. Wendy Klein to give you the relief you need, fast! Based on the latest scientific research, and designed for both pre- and post-menopausal women, The Menopause Makeover is a proven, eight-step program to help you reclaim your health and your life. Evaluate if hormone therapy is right for you • Beat belly bulge with The Menopause Makeover food pyramid and recipes • Tone up and trim down with The Menopause Makeover fitness formula • Boost your libido and learn to love intimacy again • Regain your vibrant, youthful glow with essential beauty tips • Manage stress and get off the mood-swing roller coaster • Stay motivated with self-assessments and tools to track your progress

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Customer Reviews

Staness Jones, author of *Eat Like a Woman* and *The Menopause Makeover*, is an award-winning television writer, producer, and director, as well as a women's health advocate. She was one of the original executive producers who launched the television network Oxygen Media, co-founded by Oprah Winfrey. Staness is married to her Prince Charming and has two 4-legged babies.

At forty-seven, I was busy planning my first wedding after thirty years of dating in Los Angeles. It was a joyful time, with the exception of hourly hot flashes, weight gain that made it impossible to preorder the wedding dress of my choice and a vagina that was in no mood for a honeymoon. I was desperate to find solutions to my miserable menopause symptoms so I could feel like myself again, and look like the woman my fiancé fell in love with. I prayed that my doctor would have a magic pill, but she did not. I began an urgent quest for answers that would allow me to regain control over my health and beauty before the big wedding day. I needed a Menopause Makeover! There were many books and Web sites about menopause, but none had an action plan to guide me through the confusing array of treatment options. During my search, I discovered that the actual process of planning my wedding held the key to my Menopause Makeover. For me, managing menopause was going to take the same amount of effort as planning a wedding. Since I had less than four months until my wedding, and there were no "menopause makeover" books available, I created a twelve-week plan to manage my uninvited wedding guest—the menopause. Inspired by my own wedding planner book, which offered succinct information, checklists, to-do lists, and a place to journal, set goals and track progress, my makeover plan helped me reclaim my health—and my life—in just three months. I ended up with two planners in my life—one for my wedding and one for my menopause. Marriage and menopause made an odd pair, but the dual-planner approach worked! My menopause makeover plan gave me the direction I needed to accomplish my goals in twelve weeks. Going through menopause was a wake-up call for me. I could no longer ignore my bad eating habits, lack of exercise, and health issues, such as high blood pressure and fading vision. Most of us are busy with family, career, children, home and parents, with no time left for ourselves. Menopause will demand your attention. Making a commitment to the 12-Week Menopause Makeover is the first step to taking control of your health and beauty at midlife. It is the key to a new and revitalized you! It took forty-six years for true love to find me and just six months for menopause to seize me. And when I said, "I do" to the man of my dreams, I said, "I don't" to hot flashes, a dry vagina and an ever-expanding waistline. Menopause hit me at full speed. Before getting married, I decided to get an FSH (follicle-stimulating hormone) test to determine whether or not I was still fertile. I had been on birth control pills for twenty-five years. Getting off the pill to get a "true" FSH test sent my body into chaos. Little did I know that over the years, my "natural" state had started shutting down and had entered a stage of menopause. My FSH test result was 72. Generally, any number over 40 mIU/ML indicates that the ovaries are not producing enough

estrogen to keep monthly periods normal (see Chapter 1 for more information). I was in a state of shock at the results. No one told me how dramatic it would be to experience "the change." When my mother's hormones started changing in her forties, she had a hysterectomy and immediately began taking a hormone therapy drug called Premarin, an oral form of estrogen. My family never saw any "changes" in my mother, other than that she seemed happier. All my friends got married much earlier than I did, had their children, and were nowhere close to menopause. Feeling terribly unprepared, I entered one of the most challenging phases in my life, getting married and "getting" menopause alone. As any bride knows, the day you get married is the day you want to feel like a princess. We spend months preparing for the big event. Beautifying, pampering, slipping into wedding gowns, hoping to discover the one dress that makes us feel special. I eventually found the perfect gown. But three months before the wedding, I started gaining weight. I gained seventeen pounds in three months. Just to give you a tiny taste of my dismay, I no longer fit into my wedding gown, and I could not afford to buy another dress two sizes larger. I was so confused that I started feeling depressed. My fiancé was beyond mystified. What happened to his carefree, loving, supportive, spontaneous and fun wife-to-be? Who was this raging madwoman who "lost it" over the most minor events and attacked him unprovoked? I certainly didn't know. No doubt, the man of my dreams didn't know, either. Something was wrong. I was not the same person. I was not comfortable in my own skin. All I wanted to do was hide in a cave and hope that when I emerged, the nightmare would be over. I was two sizes bigger, cranky, bloated, sleepless and sweaty. In full panic mode four months before my wedding—the day I had dreamed about my entire life—I scrambled to find answers. It was countdown time, with no room for error. I needed results—and fast! As an executive producer and writer for television, I have a career that requires me to become an expert on many different topics in a short period. Being one of the original executive producers to launch the television network Oxygen Media, cofounded by Oprah Winfrey, I was profoundly committed to producing stories about incredible women, such as Gloria Steinem, Ann Richards, Anna Deavere Smith and Julia Louis-Dreyfus. I had the tools, contacts and passion to find answers. Desperate, I started reading books, researching the Internet, and speaking to experts. I discovered that nothing was changing but me! I was doing everything the menopause books and Internet articles suggested, from dieting to exercising, yet nothing seemed to be working. I searched online and in bookstores for the one book that would explain what was happening to me and show me the way out. I read nearly fifty books, but even though they were loaded with all the medical information I needed to understand menopause, none gave me the solution—the program—that I needed to take back my life. What was a menopausal bride to do? I wanted one-stop shopping. I wanted an

ultimate plan. And it was up to me to create it. Inspired by the wedding planner books I used for my wedding, I decided I really needed a menopause planner to help me keep track of hormones, exercise and my diet the same way I kept track of caterers, florists and dress fittings. Through extensive research, interviews with medical experts and trial and error, I developed an eight-step program and menopause planner that really worked. My menopause planner gave me the tools I needed to look and feel better in twelve short weeks, and it will do the same for you. This book is your survival guide to menopause. It will take the mystery out of menopause, offer you proven solutions to your symptoms, and help you stay sane and organized. With my twelve-week program for managing symptoms and regaining your health and beauty, you will feel like yourself again in no time!

Thanks to this unusual combination of life transitions—“marriage and menopause”—I discovered a wonderful connection: Just as you commit to loving the partner of your dreams, you need to commit to loving yourself. This is especially true during menopause. With *The Menopause Makeover*, you can say “I do” to the new you.

My Commitment to You

The Menopause Makeover produced incredible results, and everyone wanted to know my secret. After my wedding day, I repeated the 12-Week Plan with great success. Knowing that I couldn’t be the only one having trouble with menopause, I decided to share what I’d learned to help other women manage menopause. Taking this commitment seriously, I launched a Web site and Hot Flash newsletter to reach out to menopausal women worldwide. The first month, over ten thousand women searching for menopause solutions found the Web site, women from the U.S.A., Great Britain, Canada, the Bahamas, and Australia. They openly shared their frustrations and concerns. Women wrote to my advice column, “Dear Crabby,” revealing their deepest fears. I discovered that women were struggling most with weight gain and aging, the very same frustrations I was experiencing. Miserable menopause symptoms, like hot flashes and dry skin, usually came second or third on the list of menopause complaints. Hearing from other women going through menopause helped me refine the *Menopause Makeover* program to encompass all their needs and concerns. The *Menopause Makeover* offers eating and exercise advice, beauty tips, and emotional and relationship support, topped off with a splash of spirituality and a dash of happiness—you need to work on all areas of your life in order to truly manage menopause.

Before publishing this book I spent two years fine-tuning the program, collaborating with medical experts and eventually teaming up with a leading expert on menopause, Dr. Wendy Klein, Associate Professor of Medicine, Obstetrics & Gynecology at Virginia Commonwealth University School of Medicine. As a pioneer in women’s health, Dr. Klein shared my passion for helping women manage menopause. We spent months discussing menopause symptoms and treatment solutions, from complementary remedies

to hormone therapy, along with the latest scientific evidence on hormone therapy, bioidenticals and compounded hormones. We read the latest studies from the Women's Health Initiative and leading medical journals on risks associated with hormone therapy, from heart disease to cancer. I was astonished at the misinformation out there in bookstores and online! Dr. Klein's dedication to accuracy ensures that you have the most up-to-date information at your fingertips. In order to design your own successful Menopause Makeover, you need to be informed and understand all your choices. In her mission to educate both practitioners and patients, Dr. Klein is committed to healthy solutions based on sound scientific research. I discovered that traditional medicine is not only aggressively researching treatment choices for women, but there are already many FDA-approved options available, all of which are discussed in this book. There's a lot of confusion out there about menopause treatment—what's safe, what isn't, what works and what doesn't. With the help of Dr. Klein, this book provides clear, simple explanations about menopause symptoms and treatment choices. The Menopause Makeover is more than a girlfriend's guide to menopause; it is a book built on a foundation of sound science. This book is dedicated to your meno-pausal journey. You have all the tools needed in The Menopause Makeover to go through "the change" informed with the latest scientific evidence, so you can celebrate your new beginning. The Menopause Makeover IS for You When the word menopause is used in this book, I am speaking to all women going through perimenopause, menopause, postmenopause and surgical menopause.

There is a lot of information in this book. The information here is not new, but it is presented in an organized and fun format. Some may find there is too much information. For non-medical women, this is a great resource, but if you come from a medical background and know about hormones and endocrinology, you will find it over simplified. It's divided into different sections so you can skip around and read the part you are more interested in at the moment. The worksheets are useful and eye-opening. The idea of a 12 week planner is great, but to do that part of it will take some effort on your part, you will have to be committed to writing things down regularly. If you are expecting an easy, quick fix, or a new revelation, this book is not for you. If you want to understand the science behind what is happening to your body and what you can do about it, this is a great resource. It boils down to the basics: Eat right, exercise regularly and take care of yourself. ***IMPORTANT*** I would not recommend buying this book for your Kindle, there are worksheets and "diaries" which you won't be able to fill in and additionally, the charts and graphs cannot be read even when the font on the kindle is enlarged to the largest it can go. If you want to get the most out of this book, get the print version.

I bought this book since I too found myself struggling with the effects of menopause. It was a great read and I appreciated all the work Staness Jonekos put into designing her menu's and workouts. Unfortunately, her suggestions did not work very well for me. It did however, get me started on looking at what WASN'T working for me. I found the right combination of food/exercise that is right for my body type, though not quite what is outlined in the book (menu). I strongly suggest this book as a great read and to understand fully what to expect with menopause, but please pay attention to your own body and what is working and not working. We are all individuals. Not all menu's work for all people.

Menopause is the big secret that we women don't discuss. It is hardly dinner conversation! I was thrilled to find this book and have so many questions answered and mystery's solved (that don't need to be so frighteningly mysterious!) I am at the very beginning of menopause and feel that armed with this information from Ms. Jonekos I might be able to get a head start and avoid some of the pitfalls! This is a quick read and is filled with great tips and advice on everything from diet to hormone therapy. I would recommend it to any woman over 30 and have bought copies for my mother and mother in law who are both in their 70's-well past menopausal age but they are both starving for information on how to get their bodies back in their control! Bravo for writing this..and thank you!

Sometimes it's hard to determine the focus of a book when buying online, and while I'm sure this book is full of information, I already know that I can go to the doctor and have my hormones tested. I was looking more for the little everyday things that I can do on my own. I'm not saying it's a bad book, it just wasn't what I was looking for.

This is an excellent read for women who want to get to know their bodies, and want to do to feel better. It will give you a whole new prospective of life and hope for a better future mentally and physically. If you are 45 years old and up this is a book that will help you navigate through chemicals internally changing your make up because you are losing estrogen and progesterone. You will totally understand your mood swings and highs and lows. Excellent read!

I liked this book, it was full of information that women need to be proactive in their health. I did go up to the website, I didn't care for it, it was not easy to get around in, and it didn't figure in whether you

had purchased the book, would have been better if it were more user friendly. I would suggest this book to anyone with loved ones that are of "a certain age" so they can understand what is happening, also to any women who has questions, Ms. Jonekos covers the issue very well.

Why do I love this book? Three reasons. It's written by a woman, Staness Jonekos, who knows what it's like to find yourself falling apart during menopause and having no idea how to stop it from happening. In her words, a "hellish abyss of self pity". She gets it. Finally, a woman speaking from experience who really wants to make a difference in other women's lives. Second, the commitment to The Menopause Makeover is twelve weeks. Enough time to make some big changes without feeling like it was going to take forever. And most importantly, the book contains a step-by-step plan on how to change yourself physically, spiritually and mentally. It's the whole package.

This book provides explanations that are understandable to the average person. As women age altering your diet is a must for most women and this book helps explain why and more importantly how and what. How. Each person handles menopause is a personal decision but she offers suggestions for those who opt for HRT and those who don't opt for HRT. If menopause is confusing or scary in some way read this book it will ease your fears

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