



# The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause

By Staness Jonekos

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*You can feel like yourself again*

Hot flashes and sleepless nights? Feeling anxious and irritable? Frustrated with weight gain? It's time for a makeover—a menopause makeover!

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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