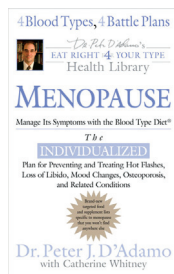




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## Errata Sheet for Menopause Book



1. Page 50: Delete Garlic from “NEUTRAL: Allowed Frequently” in the Vegetable Section, and place it under the “SUPER BENEFICIAL” heading.
2. Page 50: Delete Tomato from “AVOID” and place under “NEUTRAL: Allowed Frequently” heading.
3. Page 81: Delete Beets from “BENEFICIAL” in Vegetable Section, and leave it as “NEUTRAL: Allowed Frequently” on page 82.
4. Page 84: Delete Canteloupe from “NEUTRAL, Allowed Frequently,” and place it under the “AVOID” heading.
5. Page 87: Under the heading “Special Variants: Non-Secretor,” list Sugar as an “AVOID.”
6. Page 88: Delete Goldenseal from “NEUTRAL: Allowed Frequently” in the Herbal Teas Section, and list it as an “AVOID.”
7. Page 106: Salmon (smoked) is okay as it is written as a “NEUTRAL: Allowed Infrequently.” No change required here.
8. Page 148: Delete silver dollar (under Mushroom) from the “SUPER BENEFICIAL,” and add it under Mushroom as a “NEUTRAL: Allowed Frequently.”

*To verify any food values, go to [www.dadamo.com](http://www.dadamo.com), click on “Online Support,” and scroll down to “Type Base Food Values.”*

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