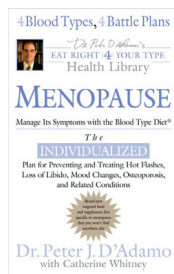




North American Pharmacal, Inc., 213 Danbury Road, Wilton, CT 06897
(877) 226-8973

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, click on “Online Support,” and scroll down to “Type Base Food Values.”

copyright © 2012, North American Pharmacal, Inc. All Rights Reserved
*These statements have not been evaluated by the FDA (U.S. Food & Drug Administration).
Our products are not intended to diagnose, cure or prevent any disease.
If a condition persists, please contact your physician.*

REV:030112:wst

Document downloaded from: <http://bodyandmindstudio.co.uk/menopause-manage-its-symptoms-with-the-blood-type-diet-paperback-book/>

Body and Mind Studio Limited
The Wellness Centre
16 Risbygate Street
BURY ST EDMUNDS
Suffolk IP33 3AA
United Kingdom