

Menopause

Suggested Dietary Changes:

- Diet high in plant foods for hormone balancing affect – 50% raw foods
- No animal products except for salmon, sardines, white fish – dairy and meat promote hot flashes and contribute to calcium loss
- Avoid alcohol, caffeine, sugar, spicy foods, hot soups and drinks – can trigger hot flashes and also make blood acidic
- Water every 2 hours

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.