

## Errata

The following are errors (and their corrections) that have been identified in the first printing of *Medicinal Seasonings*.

Readers who identify errors other than those listed below are welcome to send these to: [info@medicinalseasonings.com](mailto:info@medicinalseasonings.com)

For further updates  
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- **Page 55:** paragraph 2, line 5: **ageing** should be spelt, *aging*
- **Page 56:** Table 2: **Blood Thinning** - spices under this heading should be: *Cloves, ginger, onion, oregano, rosemary, thyme* - not caper, cinnamon, coriander, fenugreek, garlic, ginger
  - **Blood Sugar Control** - spices under this heading should be: *Caper, cinnamon, coriander, fenugreek, garlic, ginger* - not cloves, ginger, onion, oregano, rosemary, thyme
- **Page 77:** paragraph 2, line 12: **pyroxide** should be spelt *peroxide*
- **Page 80:** second last line, should refer to Table 4, not Table 3
- **Page 90:** The bold arrow labeled “**LDL and triglycerides**” should point to the **right** and *not* to the left
  - The bold arrow labeled “**HDL**” should point to the **left** and *not* to the right
- **Page 167:** last paragraph, line 3: “**microbes are**” should read “*extract is*”
- **Page 191:** Under “General Notes”, first line ‘**fruit**’ should read ‘*buds*’
- **Page 216:** **glycaemic** should be spelt *glycemic*