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# Health Journal: Discover Food Intolerances And Allergies: (A Food Diary That Tracks Your Triggers And Symptoms)



## Synopsis

Many of us have adverse reactions to food and have lived with the symptoms for years, even though we don't have to. We could get better if we could identify the problem foods and cut them out of our diets. This process can be straightforward for some but incredibly difficult for others, depending on what their symptoms are, how quickly they appear after eating, and which foods are causing the problem. *Health Journal: Discover Food Intolerances and Allergies* can help you identify your food triggers, allergens, and symptom patterns and can be used by you and your doctor to develop a suitable management plan. *Health Journal: Discover Food Intolerances and Allergies* allows you to track: Meals, medication, vitamins/supplements, and herbs Weather patterns and how it affects your health Possible irritants, including toiletries/cosmetics and household cleaners Sleep patterns and blood sugar levels Your symptoms and the time they occur Physical activities

## Book Information

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## Customer Reviews

If you decide to undertake an elimination and reintroduction diet, do not avoid foods or food groups for an extended period of time without seeking help from a health professional. This will ensure that your diet remains nutritionally sound.

Available June 2015: *Health Journal: Living with Fibroids*

This is a great journal for tacking allergies, the pages have a nice set up so you can track all the

times of day you ate what. What items you have used in the day like cleaners on toiletries. It has a spot for blood pressure and blood sugar and sleep. It has a page for symptoms, triggers, medication, physical activity and notes. Each day is covered on a two page section, when you open the book the side to list food is on the left and the symptoms is on the right. This is helpful because you can see the full day in a glance.

It allows you to record all meals, as well as potential environmental triggers or allergens, symptoms, and times. it even has room in the back for medical history, keeping track of lab dates and test results and your own notes and questions. I really like it and how comprehensive it is. I only wish it was a bit smaller to make it easier to keep in a small purse (it measures about 9inX6in), however I understand that if it was smaller it wouldn't hold as much info as each page does. I needed something to document a lot of info, and this works great for that purpose.

This is exactly what we needed to identify the cause of my son's "tummy troubles". It organizes all the info about your day including food, weather, medication, symptoms, etc.. I took it to the GI when we went to see him and he was impressed with the format. He was able to quickly identify a few likely triggers to test. Saved us months of time.

This journal is everything I was looking for in a food journal. The format is nice, each day is spread between two pages, so there is plenty of room to write. It is customizable to a degree, in that you can put in your own information that you want to track, along with the settings they provide. It is perfect for tracking your diet and habits, and has already allowed me to notice some foods that are triggering allergies, intolerance, etc. it is also great at keeping me accountable. It is book sized, not pocket sized, but that was ok with me because it was much easier to write in and read, and I'll gladly trade the convenience of size for usability. It has enough entries for about 3 months, and that this low price, I wouldn't mind continuing to buy it .

After a year long battle with digestive issues, this book helped me identify my food intolerance and I am so grateful to have found it. I would definitely recommend if you are experiencing issues and need to find the cause.

This is a good journal, but I wish I had gotten one with a spiral binding.

They've thought of everything in this journal. If your looking for a journal to list the foods you eat, supplements/medicines you take, any symptoms or side effects, your sleep, weight, the weather and so much more!

Perfect specific spots for all the areas to properly document everything you can think of. Clean and neatly set up

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