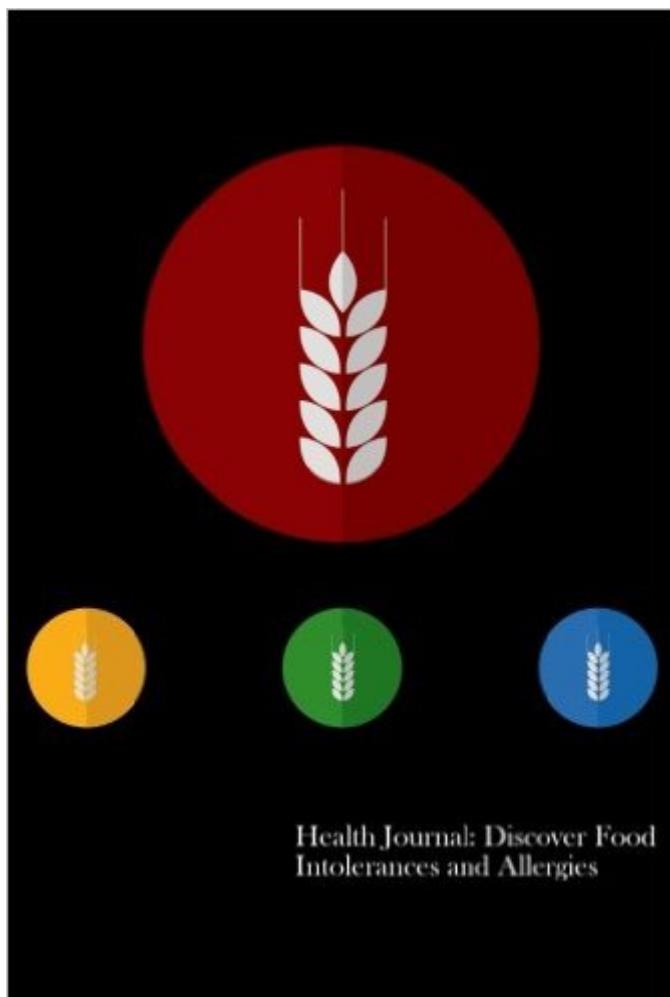


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# Health Journal: Discover Food Intolerances And Allergies: (A Food Diary That Tracks Your Triggers And Symptoms)



## **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**

This is a great journal for tracking 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 or 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.

I've been using this book for about a week, and my chief criticism is that it is hard to write in. I wish the format and binding were more like a journal and less like a trade paperback. I also wish it was a hair smaller, to make it more convenient to carry around. The pages themselves are decent, with sections to track the important stuff. If this book were moved into journal binding, it would be 4 stars.

This is the only book of its kind that I have found. So helpful for those trying to figure out what is triggering allergies, headaches etc. Each day includes an area for food consumed, other possible triggers (such as from the environment...household cleaners for example). There's an area for extra notes. Not for those concerned with calorie consumption....there are plenty of food journals out there for that. Only other tool I found for this purpose was an app called mySymptoms. Costs \$2.99. Not only can you log your food and symptoms, but it does analysis to give you possible triggers. It's a great app and a lot of people swear by it, but ultimately I found it too time consuming for me. Good luck!

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 at this low price, I wouldn't mind continuing to buy it .

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