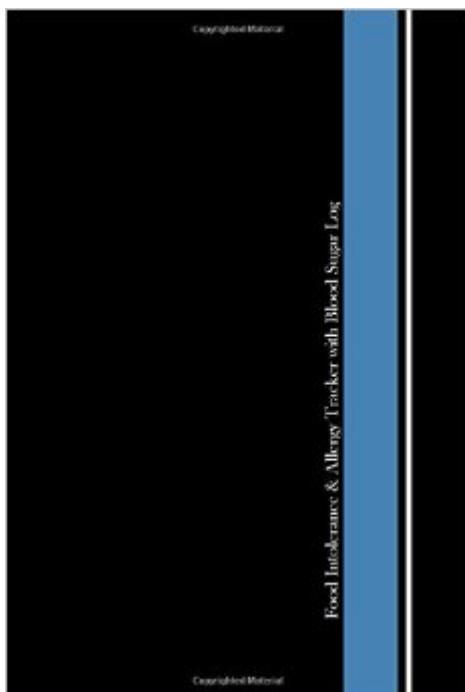


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# Food Intolerance & Allergy Tracker With Blood Sugar Log: (A Food Journal/Diary For Diabetics To Track Food Intolerances And Allergies)



## 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. *Food Intolerance & Allergy Tracker with Blood Sugar Log* 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. *Food Intolerance & Allergy Tracker with Blood Sugar Log* 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 Blood sugar levels, four times per day – before breakfast (fasting), after breakfast, before and after lunch, before and after dinner, and at bedtime Your symptoms and the time they occur Sleep patterns and physical activities

## Book Information

Diary: 212 pages

Publisher: CreateSpace Independent Publishing Platform (August 27, 2015)

Language: English

ISBN-10: 1517072336

ISBN-13: 978-1517072339

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

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Best Sellers Rank: #377,493 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #353 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #1787 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

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