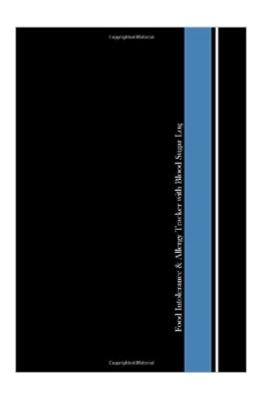
The book was found

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 donâ ™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 â "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)

Average Customer Review: Be the first to review this item

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

Download to continue reading...

Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) Food Journal & Blood Sugar Log: (A Food Diary for Diabetics) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a,

blood type o, blood type ab, blood type b, blood type diet success.) Health Journal: Discover Food Intolerances and Allergies: (A Food Diary that Tracks your Triggers and Symptoms) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Diabetes Journal Log Book: Portable 6in x 9in Diabetes, Blood Sugar Log. Daily Readings For 53 weeks. Before & After for Breakfast, Lunch, Dinner, Snacks. Bedtime. With Daily Notes (Fitness) The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes (Mediterranean ... blood sugar diet, the blood sugar solution,) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes (Beginners Guide to Reverse Type 2 Diabetes, insulin Resistance, Inflammation) ... blood sugar diet, the blood sugar solution,) The Garden Journal, Planner and Log Book: Repeat successes & learn from mistakes with complete personal garden records. 28 adaptable year-round forms, ... (The Garden Journal Log Books) (Volume 1) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet, smart blood sugar, sugar detox) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities