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(Ollie Balistreri)

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Easy Diabetes Blood Sugar journal this 50-page journal is filled with crisp clean pages that have been specifically designed for those with diabetes and food allergies. Contractor triggers symptoms and blood sugar levels. The pages have been categorized alphabetically. If you are looking for a specific food allergy, but also by date so that you can simultaneously find your blood sugar level for a specific day so that you can adjust. This handy little journal will help you with a healthy and active lifestyle and become a trusted part of your health and dietary routine for many years to come. The Diabetes Log contains enough space to monitor your blood sugar up to 4 times a day (before and after meals and bedtime) for one full year. Covers more than 52 weeks of readings (includes bonus weeks), up to four times per day. Record oral medications (pills). Includes area s for Daily, weekly and monthly record. provides great record keeping to share with your physician . Keep all of your results in one place Accordingly, when eating specific foods each page has a section where each meal of the day can be listed as well as your blood sugar level before and after the meal, and allergy triggers and symptoms, if any. -Acid-free archival paper takes pen or pencil beautifully. -5.5 inches wide by 8.5 inches high; fits in most purses, backpacks, and totes. -Give yourself or someone you love this wonderful gift -Order this elegant journal TODAY! - Scroll to the top of the page and click the BUY WITH 1-CLICK Button!.



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