



MemoryMinder Personal Health Journal (A Wellness Diary & Symptoms Log)

By F. E. Wilkins



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The MemoryMinder is an easy-to-use, "checklist-format" health diary. It provides an organized and accurate way to track vitamins, herbs, medications, diet, exercise, blood pressure, symptoms, progress, and all the other factors that make up one's health picture.

The MemoryMinder has 224 pages, an attractive leatherette cover, spiral binding, and measures 8.5 x 6 inches. The "heart" of the journal consists of repeated daily pages. (Each day is a two-page spread.) There are also two human figure outlines (front and back) for each day. This makes it easy to note pain location and intensity as well as skin changes or conditions.

The MemoryMinder does not necessarily need to be used every day. However, when a symptom appears or changes, or a new medication or vitamin is started or stopped, or a reaction of any kind is experienced, etc., it is a good idea to enter that information in the journal.

There are additional pages in the back of the MemoryMinder for keeping track of other health-related data such as medical test results, health provider and insurance information, expenses, and notes & questions. Last but not least, a vinyl pocket-page is included for storing notes, prescription slips, appointment cards, etc.

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Bibliography

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Editorial Review

Review

"A new tool can help you gain a better understanding of your health. It's the MemoryMinder Personal Health Journal." -- *Your Health Magazine, March, 1996*

"This journal is an invaluable tool for practitioners and patients." -- *The Townsend Letter for Doctors and Patients, March, 1998*

"This journal is not the diary you remember from your youth. It has been revamped, allowing you to keep track of your (various) health conditions. Its clear and concise checklist format makes it simple." -- *The Natural Way Magazine, April, 1996*

"You're in the examining room and the doctor starts grilling you. 'Where were you on the night your back began to hurt? What were you eating? By the way, are you still taking your vitamins?' He thinks he's got you but -ah hah!- you whip out your MemoryMinder..." -- *Living Fit Magazine, October 1996*

An excellent tool for providing a record of symptoms patterns and responses is the MemoryMinder. -- *Fibromyalgia Aware Magazine, May 2003*

The MemoryMinder is an invaluable record...helps you identify problems and possible causes. -- *Let's Live Magazine, November 2001*

The MemoryMinder is far and away the best, most comprehensive health journal I've seen. -- *About.com, February 2004*

The MemoryMinder is pictured and described under the caption "Great products for Diabetes Care...Cool Stuff." -- *OutSmart Diabetes, Prevention Guide, March 2004*

Far easier to use than a journal with blank pages..." -- *FMS Ohio Newsletter, Winter 1995*

" --FMS Ohio Newsletter

If you have ever wondered if there is a pattern to your health conditions or how much progress you have actually made toward your health goals, then this is the journal for you." -- *Total Health Magazine, Vol. 19, No. 4*

" --Total Health Magazine

From the Publisher

This unique and remarkably useful health diary can be used for any and all conditions that affect health and well-being. MemoryMinder users include:

(Health enthusiasts who wish to monitor the true effects of their vitamins, herbs, diet, exercise, and other health regimens

(People with special health concerns (such as allergies, arthritis, diabetes, fibromyalgia, hard-to-diagnose

illnesses, disabilities, or other chronic conditions) who wish to keep track of their health in order to better understand what makes them feel the way they do and to be able to provide more accurate feedback to their doctor

(Folks who have had surgery or been injured and wish to monitor progress and recovery rate and/or track conditions for legal or insurance purposes

(Care-givers who are responsible for the care or supervision of others

The advantages of "minding your health" are many! At the very least, you will discover a greater awareness and feel a new sense of control. At most, the information you record in your MemoryMinder could one day provide life-saving details crucial to your well-being!

Users Review

From reader reviews:

Robert Hicks:

Reading a book to get new life style in this year; every people loves to examine a book. When you examine a book you can get a wide range of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you want to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, along with soon. The MemoryMinder Personal Health Journal (A Wellness Diary & Symptoms Log) offer you a new experience in studying a book.

Fran Short:

Beside that MemoryMinder Personal Health Journal (A Wellness Diary & Symptoms Log) in your phone, it may give you a way to get more close to the new knowledge or data. The information and the knowledge you can got here is fresh from oven so don't be worry if you feel like an older people live in narrow village. It is good thing to have MemoryMinder Personal Health Journal (A Wellness Diary & Symptoms Log) because this book offers to you personally readable information. Do you at times have book but you seldom get what it's about. Oh come on, that won't happen if you have this with your hand. The Enjoyable option here cannot be questionable, including treasuring beautiful island. Use you still want to miss it? Find this book and also read it from now!

Oliver Gerling:

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Benjamin Munk:

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