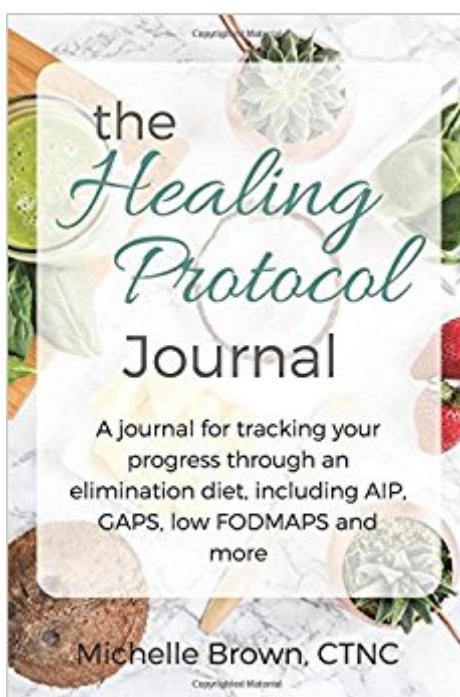


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# The Healing Protocol Journal: A Journal For Tracking Your Progress Through An Elimination Diet, Including AIP, GAPS, SCD, Low FODMAPS And More



## **Synopsis**

Eliminate Chronic Illness For Good. An elimination diet can be a powerful tool to overcome chronic health conditions, including digestive diseases, autoimmunity and hormone imbalance. It can also be confusing and difficult to navigate. Now you can take the guesswork out of which foods to eat and which to avoid, when to re-introduce foods and how to tell if you are progressing. This beautiful journal allows you to easily track your diet, your symptoms, your sleep, and more. Don't waste another minute wondering how to manage your elimination diet. Let the Healing Protocol Journal do it for you.

## **Book Information**

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## **Customer Reviews**

A Holistic Health Coach and author, Michelle Brown has navigated a few elimination diets of her own. Surprised by how powerful food could affect her mental and physical health, Michelle has made it her mission to help others make the connection between what they put in their mouth and the state of their health. Author of Energy Reset: Remove the Toxins, Reset Your Hormones, Regain Your Energy, Michelle also has a love for helping others ditch toxins and improve their energy levels. You can find Michelle at [overcomingauto.com](http://overcomingauto.com). She would love to hear from you!

Ms. Brown has done an outstanding job by creating 'the Healing Protocol Journal'. After several battles with cancer, my immune system isn't the same and I found myself with several dietary issues. As we know... we can't always remember everything little thing. But with Michelle's Journal, it's all right there... recorded with all the pertinent details. With this journal, I can keep track of everything that's happening with the whole process and take the journal in to share with my doctor.

Keeping a food journal is something I've only recently been introduced to in my pursuit of health. I have tried two different food journals before discovering this one, and this is by far the best, not to mention the most beautiful. Following the format that Michelle Brown lays out in this journal is easy, and the biggest benefit is that if you inadvertently cause inflammation by a food that you eat, you'll instantly be able to trace it to the exact meal or item and then be able to see trends over time in your overall health. I absolutely LOVE this journal and would recommend it to anyone who is interested in pursuing greater health, energy, and wellness.

If your health is concerning you then this is an important and vital part of the journey. And Michelle's 'The Healing Protocol Journal' makes it simple. I've suffered daily pain since a car accident a few years ago and anti-inflammatory medication only helps to a certain point. So I needed to look at other ways to manage the pain. Discovering how much food plays a part in inflammation in the body, and all the other negative side-effects of inflammation meant that understanding how it affected me was going to be crucial to recovery, and also to a renewed way of life! I realised some life-changing information about myself by doing an elimination diet, and it has been one of the greatest health discoveries I've ever made. I've not only brought the pain level down, but also found more energy! And that means the world to me. Plus I'm also not missing out in anyway because there are so many delicious alternatives today. So, when I saw this Journal I was thrilled! Because I know just how important it is on the journey to recovery... on the journey to awesome health!

This journal offers a useful format for anyone tackling the challenge of eliminating and reintroducing foods to identify their intolerance. It demands self-denial, changing habits, learning new ways of cooking and eating, learning to read and record physical and emotional symptoms carefully. Having Michelle Brown as a guide makes a difficult process easier. And the attractive layout offers some visual pleasure when one is giving up pleasurable foods.

Beautiful Journal...Ms. Brown created a very useful and beautiful journal to track our food, habit, emotions and more. After reading her book, *How to Stop Writing Stuff Down on Scrap Paper*. NOW I have this great tool where everything is in one place. The size is perfect too. I can fit it in my purse or briefcase.

I have some diet issues and always thought about write it down. I already write a diet diary but here

I can also put in my conditions on that day and to think about it, it's a great help to do so and be reminded on it. It will be a great help to stay as healthy as I can.

As a nutrition educator, I am thrilled to see Michelle Brown's journal come out on the scene; people can now become more aware of what they are putting into their bodies on a daily basis. With 1/3 of children born in the year 2000 on track for diabetes if they follow the Standard American Diet (SAD), we need to be doing everything we can to change these trends for the better. Bravo!

A journal, a tracker, a diary in one. Where else can you find something like this? It's like a friend where you can release and unload your feelings, habits, and your health condition. This is very helpful reference that you can bring and show to your doctor especially on your annual exam when asked about some specifics of your health issues. Excellent job to the author, Ms. Brown. Thank you.

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