



THE AUTOIMMUNE WAY

JOURNAL

Having a journal brings awareness to your dietary and lifestyle habits. This is a very important tool in your road to recovery. If you experience certain side effects or symptoms after eating particular foods, a journal can be a powerful tool to link food and habits with your symptoms and disease.

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MY JOURNAL

Write down what you eat or drink throughout the day. Note how you feel both physically and emotionally, during and 30 minutes to 3 hours after meals and beverages, focussing on both the good and the bad. The physical symptoms will vary from person to person but may include diarrhea, bloating, stomach cramps, restlessness, brain fog, headaches, joint pain, lethargy etc. Emotional symptoms may include anxiety, guilt, sadness, irritability and mood swings and many more. Remember to write down the good stuff too. Do you have lots of energy? Do you feel focussed? Do you feel positive and happy?

FOOD & DRINK

PHYSICAL SYMPTOMS

EMOTIONAL SYMPTOMS

Set aside 5 - 10 minutes every day to reflect on your day and write down your thoughts on your daily habits.

MY HABITS

How was your day? Did you drink enough water, were you physically active, were you stressed, how did you sleep? Consider your day and write down your thoughts on each of the below.

Water intake: _____

Physical activity (exercise): _____

Stress: _____

Supplements: _____

Sleep: _____

Bowel movements: _____

REFLECTIONS

List 3 things you are grateful for:

What was great about today?

What can I do to have a great day tomorrow?

Did you notice any correlation between your food intake and your health symptoms?:
