

For Immediate Release

Contact: Angela Shipp, info@bluehealerdiary.com

Journal your way to better health

Keeping a personal health journal helps users take charge of their health

Woodstock, GA. – May 12, 2009 – You have been experiencing severe headaches for weeks. But when did it start? You know you had a complete physical, but can't remember where or when. How many of us can remember when our symptoms started, and what else was going on our life at the time? Or what our last blood pressure or cholesterol numbers were? These details can provide critical information when communicating with your doctor about treatment plans.

Facing a long-term medical condition brings countless tests, medications and treatments in addition to a host of life-changing issues. Now there is a unique daily planner, the **bluehealer® diary**, that helps those who have a chronic illness take charge of their experience and become an advocate in their own health care.

Why should I have a health journal?

While you might consider a medical record as something only doctors or nurses handle, a personal account of your symptoms, mood or body changes can be valuable information to your physician. The more information you can provide to your doctor during a visit, the better he or she will be able to set up an effective treatment plan. It can help your doctor identify problem areas or life threatening medical conditions.

A health journal is great for recording things like:

- How you are feeling, symptoms and body changes.
- Your moods, feelings and thoughts, and how you think they might be connected to your health.
- Diet and exercise, and how you think they might be connected to your health.
- Questions and/or concerns you have about your health.
- Family health history

How many times do you skip the family health history section on the form you fill out at the beginning of your doctor's appointment? Did you know that family health history might be one of the strongest indicators of your risk of developing cancer, heart disease or diabetes? With a health journal like the bluehealer diary, users can keep a record of their family health history. According to a recent U.S. Health and Human Services study, 96 percent of Americans believe that knowing family history is important, yet less than one-third of Americans have ever tried to gather their family's health history. Sharing your family health history with your doctor can help you and your doctor make decisions to reduce your risk of developing certain illnesses.

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AVAILABLE FOR
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Contact:

404-274-2833

info@bluehealerdiary.com

Track and transform your health

Do you want to know what you ate before you became violently ill? Or did you notice that your chronic condition became worse during allergy season or periods of high stress? A health journal is an easy way to keep track of scenarios like these. It can help you understand what makes you sick, how to take care of yourself, and how to keep yourself healthy. That's what makes the bluehealer® diary unique. Track not only daily work and family activities, but also exercise and health events on one page, all at-a-glance. By doing so you can bring order and peace to your life and even make a connection between daily activities, stress and your health.

Because of the flexibility to customize the columns as well as the inclusion of health journaling options, the bluehealer diary is perfect not only for those who have a chronic health condition, but also for working moms and stay-at-home moms. Take control of your life and your health with the bluehealer® diary, an effective way to stay organized and on schedule while tracking symptoms and medication related to health and chronic illness.

About the Author

Angela Shipp has learned to balance a hectic career and busy social calendar while staying healthy and organized at the same time. She is the author of bluehealer® diary, a personal command center for family schedules and health journaling. The bluehealer® diary can be found at www.bluehealeradiary.com.

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