

For Immediate Release

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A simple way to organize your life and your health

Woodstock, GA. – February 25, 2009 – Are you the master of to-do lists? Do sticky notes and crumpled up pieces of paper litter your desk and your car? Or, do you have trouble balancing your personal schedule with your family’s schedule? Want to know what you ate before you became violently ill? 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.

Angela Shipp, who created the **bluehealer®** diary says, “Many Americans are balancing a hectic career and a chronic illness. I believe I have created an effective way to stay organized and on schedule while tracking symptoms and medication related to chronic illness.”

The **bluehealer®** diary is a unique daily planner that provides a way to 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 stress and your health.

Users can customize **bluehealer®** diary to meet their needs. Track work, home and kids’ schedules alongside your personal health affairs like blood pressure, blood sugar, diet and exercise. The **bluehealer®** can be a useful tool help users take control of their life and their health.

According to Shipp: “Users will no longer have to struggle to recall months worth of symptoms during a doctor’s visit. Now they can carry the bluehealer diary to appointments, allowing their physician to review it and connect symptoms with factors such as stress and other environmental causes.”

With the **bluehealer®** diary, users can track personal details including:

- People to contact in case of emergency
- Names, addresses, and phone numbers of physicians and specialists
- A list and dates of significant illnesses and surgical procedures
- Health insurance information
- Important events, dates, and hereditary conditions in family history
- Location of living wills, advance directives, or medical power of attorney
- Daily medications and dosages
- Daily personal and work tasks
- Daily health-related symptoms and pain

Angela Shipp has learned to balance a hectic career and stay organized at the same time. She is the author of bluehealer® diary, a personal command center for personal and family schedules. The bluehealer® diary can be found at www.bluehealerdiary.com.