

For Immediate Release

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bluehealer diary enters StartUpNation contest

Woodstock, GA. – August 18, 2009 – The **bluehealer® diary** announced that it is participating in the third annual StartUpNation Home-Based 100 Competition, a ranking of outstanding home-based businesses and the people behind them. The contest is open through the end of September, and visitors to the site can vote for **bluehealer® diary** daily at www.bluehealerdiary.com or www.startupnation.com/homebased100.

The **bluehealer® diary**, was developed by the author who learned from personal experience how important keeping a personal health journal could be. 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. The **bluehealer® diary** helps those who have a chronic illness take charge of their experience and become an advocate in their own health care.

About bluehealer® diary

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.bluehealerdiary.com.

The bluehealer® diary is published by Virtualbookworm.com Publishing, one of the most established POD publishers in the industry, having been in business since 2000.

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