SYMPTOMS TRACKER

DATE	TIME	INTAKE	SYMPTOMS	RATE	COMMENTS

INTAKE	Alcohol	Nuts	SYMPTOMS	Pain	Headaches	Bloating
	Fruits	Dairy		Swelling	Pressure	Nausea
	Vegetables	Nightshades		Energy Levels	Congestion	Diarrhoea
	Gluten	Citrus		Funtion	Skin Type	Emotions
	Sugar			Aches	Sleep	

The Rheuma Mill