



My IBD Journal: For people with Crohn's, Ulcerative Colitis and any other Irritable Bowel Disease.

Ryan A Kral

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Inside you will find 101 days of journal space to track all of your symptoms, take notes about flares or foods, medication, BM's, as well as notes for your doctor. You will also find 101 tips and facts about IBD or famous people with IBD. Take this journal with you to doctors visits and relay all of the information you have recorded so that they can better treat you! I hope you enjoy using this journal and that it helps you as much as it has helped me. You can live a healthy, fulfilling, successful life in spite of IBD. - Ryan Kral



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