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The Journal: Notes for the doctor

Kellie McRae

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Kellie McRae : The Journal: Notes for the doctor before purchasing it in order to gage whether or not it would be worth my time, and all praised The Journal: Notes for the doctor:

0 of 0 people found the following review helpful. It's a nice, compact size that can easily fit into your ...By CustomerThis symptom Journal is just what I've been looking for! I had just been tracking everything in a spiral-bound notebook for the last few years! This little book makes it so much easier to keep everything all together in one place! It's a nice, compact size that can easily fit into your purse or bag, so that you can take it along with you to your

doctor visits! It's also nice to just keep in your bag in case of an emergency, while you are out and about. Kellie McRae definitely did a great job on this one, and I would recommend it to anyone with any kind of autoimmune disorder, whether it be Lupus or not!

The perfect way to keep up with your lupus symptoms and questions for your doctor in one place. This workbook helps you track daily changes in your condition and help keep you organized for visits to your medical professional so you don't leave any pertinent information out during your visits. Allowing you to get the most out of each visit.