

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

Keep track of your child's health with our easy to use health record book to Log your child's medication, immunizations, allergies, treatment history, symptom tracker, illness, measurement and much more. Product Information: Information Page Parent / Guardians Information Extended Medical Information Family Medical History Insurance Details Immunization Records Symptom Trackers Treatment History Treatment History- Visits Growth Log Pages Weight Log Teeth Charts Tooth Record Notes Pages Seize 8X10 Buy One Today and have a record of your health history

Food reactions, both immediate and delayed, are on the rise. This Food Sensitivity Journal is a valuable tool that can help you identify which foods are triggering physical and emotional discomfort. These easy-to-use daily log pages allow you to record food, mood, and more, for 2 months. Journal includes information about food sensitivities and food allergies. turdy hardcover with wire-o binding lies flat for ease of use. Elastic band place holder.

HELLO *foods and drinks *medicines, vitamins

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

*symptoms*triggers*bowel movement*pain
level*mood*monthly overview*food list
toorganizethefoods*contact list*notes

Personal Medical Health Journal This medical history journal is great for patients and caregivers to organize personal or family medical. Use this health journal to keep organized and accurate records to assist you or your doctors. Some of the page sections included in this medical journal are; personal information, emergency information, insurance information, family medical history, current doctors, vaccination records, health notes, medications, prescriptions, allergies, surgeries, medical tests, illness/sickness. Every member of your family should have their own medical journal. A medical history journal could be a lifesaver for you or someone you love. This is the medical information you can keep track of: Personal Information Contact Information Insurance Information Family Medical History Current Doctors Prescriptions/Medications Vaccination Records Allergies Medical History Illness/Sickness Physical Therapy Tracker Health Notes Take control of your health by recording all your medical information. This journal is great for keeping track of your overall health. Makes a great gift for friends and loved ones that needs a health diary to record and organized their medical history. Many abdominal symptoms like abdominal pain, abdominal cramps, diarrhea and constipation as well

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

as non-intestinal complaints such as headaches, dizziness, rashes, runny or blocked nose, fatigue, lightheadedness, watery eyes and other symptoms can be attributed to the diet or individual foods. The identification of food related symptoms is usually difficult since we consume various foods during the course of a day. Dieticians, medical practitioners and professional societies recommend using a professional food-symptom diary that logs food intake, amounts consumed and type of preparation as well as symptoms, symptom intensity and type of bowel movements (diarrhea, soft, normal, hard, none). Such a log helps you to determine individual intolerances to foods or food ingredients. The diary is kept small in size to allow you to carry it with you wherever you go. It is important that your diary accompanies you all the time to allow you to log all important information whenever food intake or symptoms happen. Additional tables list foods that are frequently badly tolerated. These lists will help you to identify intolerances against the most frequent lead substances like lactose, fructose, sorbitol, trehalose, gluten, histamine, salicylates, biogenic amines, pseudoallergens and others. This food diary is perfect to help keep track of your food intake and symptoms each day to help with the low FODMAP diet. With the help of the daily food tracker you can compile a list of good foods and bad foods, found at the end of the book, tailored to

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

yourself. We hope you'll enjoy our Low FODMAP Food Diary in a pocket sized 6 x 9 inch; 15.24 x 22.86 cm as much as we did creating it for you. Here is a beautiful food diary suitable for sufferers of irritable bowel syndrome, Crohn's Disease, Colitis and other digestive disorders. Low FODMAP Food Diary features include: 120 white pages. Gorgeous designed cover. Large letter size 6 x 9 inch; 15.24 x 22.86 cm dimensions; the ideal size for all purposes, fitting perfectly into your pocket, backpack or satchel. The bold white paper is sturdy enough to be used with fountain pens. Reliable standards Book industry perfect binding (the same standard binding as the books in your local library). Tough glossy paperback. Crisp white paper, with quality that minimizes ink bleed-through. The book is great for either pen or pencil users. Click the Buy Button at the Top of the Page to Begin.

Studies show keeping track of what you eat is one of the best ways to manage your weight. This easy-to-use log book allows you to jot down the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, glasses of water, and servings of fruits and veggies. Compact book is small enough to fit in a purse or pocket. It has a removable cover band for those who don't wish to advertise that they're dieting. Ideal for quick record keeping at home, at work, or on the go. 192 pages for 3 months of daily entries. Elastic band attached to back cover keeps book closed. Ribbon bookmark keeps your place. Acid-free

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

archival paper takes pen or pencil beautifully. 4-1/4 inches wide by 5-3/4 inches high.

Would you like to keep track of your symptoms after eating? Would you like to understand better what is causing you difficulty? This 3-Month Food Sensitivity Journal may help you identify foods that trigger physical and emotional discomfort. Easy-to-use daily logbook to record *foods and drinks *medicines, vitamins *symptoms *triggers *bowel movement *pain level *mood *monthly overview *food list to organize the foods *contact list *notes This information is useful for both you & your doctor. Journal measures 8,5" wide x 11" high. Because food allergies can be confusing to figure out, we have developed this logbook to help you track symptoms and log a personal food diary. Certain foods can cause hives, nausea, diarrhoea, itching of the mouth, a runny nose or even asthma and you don't know what has caused it. That's why it is useful to keep a food and symptom tracking journal. It helps you monitor foods consumed and reactions over a period of time, so you and your doctor can identify patterns and triggers, as well track general nutrition and quantity of food being consumed. This journal also includes a convenient check list of symptoms, bowel movements, sleep patterns and pain levels so you can easily capture what happened and what kind of food may have triggered this. There is plenty of space to add your notes about the specifics of the reaction.

Keep tracking of your symptoms in a weekly basis. This 3-Month Food Sensitivity Journal may assist you identify foods that trigger physical and emotional distress You

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

can track or discover which foods varieties lead to unpleasant symptoms and potential allergies, or foods that you could be sensitive or intolerant to and lead to pain. Easy-to-use daily logbook to record for 3 Months Book includes Daily Tracker: - Date - Sleep - Water intake - Food and Drink - Medications & Supplements - Symptoms & Trigger - Pain & Severity - Diet & Foodreintroduction - Poop type - Mood Montly tracker: - Pain - Poop type - Food reintroduction - Notes Extra Tracking at the end of Book: - Food List - Medications & Supplements - Lap tests - Appointments - Contacts - Notes

Would you like to keep track of your symptoms after eating? Would you like to understand better what is causing you difficulty? This 3-Month Food Sensitivity Journal may help you identify foods that trigger physical and emotional discomfort. Easy-to-use daily logbook to record Daily: sleep weight diet exercise water intake food and drink medications supplements triggers symptoms (pain, digestion, bloating, hives, poop type) + 3 custom panel Monthly: digestion bloating hives pain poop type + 3 custom charts food reintroduction notes In addition to the 3-Months Daily and Monthly Symptom Tracker, you can also track your Lab Tests, track your Medications and Supplements, create your personalized Food List, record your Appointments, and write Notes This information is useful for both you & your doctor. Journal measures 8,5" wide x 11" high. It is also a great addition to the Tropical Weekly Meal Planner Notebook. You can find it easily: 1. by copying and pasting this ASIN number into your Amazon search bar: B09HG59H8F (for Sunday

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size Start) or B09HFV3NXQ (for Monday Start) 2. or by clicking on the author's name in this listing

Track your daily symptoms and diet with this delightfully planned diary that is ideal for IBS, IBD, or different conditions that cause digestive distress. ?This journal is a significant device to speak with your medical services providers and may help uncover patterns that you might not have taken note of. Fields are included for: food intake , reactions water intake medications, supplements pain mood activity level sleep quality energy level stool tracker with stool chart notes 6" x 9" notebook includes 136 pages Ideal for those who suffer from IBS and other digestive disorders Easily document all your food, drink, sleep, exercise habits and much more Soft paperback matte cover Suitable for pen or pencil users

FOOD ALLERGY JOURNAL - 6" x 9" - 123 PAGES - SIMPLE & UNDATED FOR FLEXIBLE AND EASY USE - SUITABLE FOR MEN & WOMEN LOOKING TO TRACK THEIR FOOD SENSITIVITY, SYMPTOM & INTOLERANCE - INCLUDE WATER INTAKE & EXERCISE WORKOUTS This book features: 123 pages, white paper Size of book - 6" x 9" Non-spiral bound Good quality paper Soft, sturdy cover It is part of a series that are available in separate volumes with different cover designs to match your personal preferences. Book covers available in designs include the following: Vol. 1 ISBN: 9781651164235 Vol. 2 ISBN: 9781651165614 Vol. 3 ISBN: 9781651167212 The books can easily be located using the ISBN numbers provided. Just type (or copy & paste) the numbers onto the Amazon search bar and you would be able to find the books.

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

We Are What We Eat Food Log & Symptom Diary It is not always easy to identify which foods are a trigger for your symptoms Easily track what and when you eat and how you feel all in one convenient logbook Helps you to identify and figure out exactly what your FOOD INTOLERANCES, FOOD ALLERGIES & SENSITIVITIES are Convenient journal to write down exactly what you eat and when Then as any symptoms occur, you write them down on the corresponding page and you will see a pattern emerge of your symptoms ad when and how they occur Then you will be able to identify and eliminate the foods that make you ill 101 Pages 6x9 inches - can fit into any drawer, handbag, backpack, etc When you write it down, you can figure it out! To your GOOD HEALTH! Buy One Or More Today! ?? This is the most comprehensive journal to record your Crohn's disease. Why ? ? Having a Good Organization ? Having Clear Ideas ? Precious Time Saving ? Easy to Transport This notebook is especially for people who want to record their Crohn's disease and medications. Inside of this notebook contains 100 pages to fill in : SYMPTOMS TRACKER HOW BAD MEDICATION / NOTES ? So. If you want to make your life easier, you are in the right place. ? Buy this book personally or as a perfect gift for your loved ones. ? Characteristics : 6x9 100 Pages Matte and Softcover Quality Interiors Find my other books by visiting my profile.

This is a useful journal for health professional, allergist or dietician or who want to rack their symptoms after eating Because you can track your symptoms after eating and understand better what is causing you difficulty This

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

3-Month Food Sensitivity Journal may help you identify foods that trigger physical and emotional discomfort.

Easy-to-use daily logbook to record Daily: Date Sleep Water intake Food and Drink Medications Supplements Triggers Symptoms (pain, digestion, bloating, hives, poop type) Diet Food Reintroduction Poop type Mood Note Monthly Overview for Symptom tracker: 3 Custom charts for review your pain Poop types Food reintroduction Note In addition to the 3-Months Daily and Monthly Symptom Tracker, you can also Track your Lab Tests, Track your Medications and Supplements, Create your personalized Food List, Record your Appointments, Record Contact List Write Note This information is useful for both you & your doctor. Grab one for you and other for your friends !

Mmm... Tacos. Check out our collection of taco recipes and change them up however you like. Make your tacos with chicken, turkey, beef, fish, veggies or whatever! Like pizza, tacos are meant to be personalized. Add a side of delicious homemade guacamole, pico de gallo or fresh tomato salsa for a really special taco.

You or someone you care about struggles with ADHD, experiencing Rejection Dysphoria. This logbook is essential for tracking clinical symptoms and self-care tasks, (including medications and their side effects.) 52 weekly Symptoms tracking pages 52 weekly Social Interaction worksheets Pages for noting 12 Monthly Appointments Pages for brainstorming or sketching Provides a professional record of your progress and challenges Handy to have when you consult with your Physician 112 pages 6 inches x 9 inches Velvety matte

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease cover.

Ulcerative Colitis And Leaky Gut Pocket Size

This helpful IBS Diary Food & Symptom Tracker for Digestive Disorders is the perfect place to document all your eating, drinking and lifestyle habits with the goal of identifying triggers to help you better manage your condition. - 6" x 9" notebook includes 110 pages - Ideal for those who suffer from IBS and other digestive disorders - Easily document all your food, drink, sleep, exercise habits and much more - Choose to keep a diary for 1 week or up to a maximum of 4 weeks - Isolate triggers so you can better manage your condition - Space for thoughts and other notes - Soft paperback matte cover - Suitable for pen or pencil users Buy Now! Put yourself in control with this handy food diary! It's a great way to quickly note down everything you need to help you with your condition. At 6" x 9" it fits nicely into bags, cases or satchels so you can take it with you wherever you go.

This log book will help you track your pregnancy and general health from conception to childbirth. A pregnant woman needs to get at least 8-10 Antenatal examinations by a medical personal. From 4 weeks to 28 weeks - Once every month. From 28 weeks to 36 weeks - Once every two weeks. From 36 weeks to 40 weeks - Once every week. Before you see your doctor for the first time, note down all relevant information in this book so that you do not forget any of it when you do meet him or her. During the time between two antenatal visits, you may have problems and symptoms which you may forget by the time you see your doctor. In this book, you can write down and describe the symptoms you have - pain,

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

discomfort, constipation, bleeding, back pain, insomnia etc. Write down any questions you wish to ask your doctor or nurse and note down the replies. Write down the details of the various blood tests and the ultrasound reports. Space has been provided to paste pictures of your ultrasounds as well as graphs from your blood tests. This is the book which will provide your doctor with all details of your pregnancy, even ones you may forget if they are not written down. This log book has been created to help you document each of your antenatal visits for future reference.

Large volume food processing and preparation operations have increased the need for improved sanitary practices from processing to consumption. This trend presents a challenge to every employee in the food processing and food preparation industry. Sanitation is an applied science for the attainment of hygienic conditions. Because of increased emphasis on food safety, sanitation is receiving increased attention from those in the food industry. Traditionally, inexperienced employees with few skills who have received little or no training have been delegated sanitation duties. Yet sanitation employees require intensive training. In the past, these employees, including sanitation program managers, have had only limited access to material on this subject. Technical information has been confined primarily to a limited number of training manuals provided by regulatory agencies, industry and association manuals, and recommendations from equipment and cleaning compound firms. Most of this material lacks specific information related to the selection

of appropriate cleaning methods, equipment, compounds, and sanitizers for maintaining hygienic conditions in food processing and preparation facilities. The purpose of this text is to provide sanitation information needed to ensure hygienic practices.

Sanitation is a broad subject; thus, principles related to contamination, cleaning compounds, sanitizers, and cleaning equipment, and specific directions for applying these principles to attain hygienic conditions in food processing and food preparation are discussed. The discussion starts with the importance of sanitation and also includes regulatory requirements and voluntary sanitation programs including additional and updated information on Hazard Analysis Critical Control Points (HACCP).

There is a serious problem with our modern fruits and vegetables! The produce we feed our family members is far less healthy now than at any other time in human history! Does that statement bother you? It should! How and why did this happen? What can we do about it? Most importantly, how can you ensure that you are feeding your family the most healthy, most nutritious fruits and vegetables possible? If you are going to grow a tomato in your garden anyway why not grow the healthiest, most phytonutrient-rich tomato packed with the most lycopene and antioxidants possible? Are you planning to grow lettuce? Why not grow the lettuce that packs the most nutrition into every leaf? These simple questions are at the very heart of the author's concept of "Phytonutrient Gardening." In this first book in a series of three, Joe Urbach, creator and publisher of the popular

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

website www.GardeningAustin.com and creator of The Phytonutrient Blog answers those questions and more while providing gardeners with a wealth of information including which specific varieties of your favorites to grow to get the biggest nutritional bang for your gardening buck! Filled with fascinating details about the state of modern produce and backed by state-of-the-art research and scientific testing, this useful book will change your life by changing how you look at produce. Read just a few pages and you will change the way you garden, the way you buy groceries, the way you store your produce and even the way you cook your meals! Changes all for the better! Leading to a healthier, more active and longer life!

If you live with a digestive disorder such as IBD (Ulcerative Colitis or Crohn's Disease), Celiac Disease, Irritable Bowel Syndrome or any other digestive disease, you understand the importance of keeping a daily food diary in order to track food, symptoms and stress levels so that you can identify your digestive triggers and keep flares to a minimum. Special needs parents of children with autism and Down Syndrome often have to track food sensitivities as well. About this Food Journal 6x9, easily transportable 176 pages Log 12 weeks of symptoms Symptoms tracker Track meal and fluid intake Meds and supplements Bowel movements Mood tracker Mental health notes Additional notes in the back of the book Poop icons Keeping a daily food journal/diary is a great way to feel more empowered to deal with your digestive disorder and will help you to be a better health advocate when you see your doctor.

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

Track and keep a record of your daily symptoms and activities with this notebook that's perfect for IBS, IBD, or other conditions that cause digestive distress. A symptom diary is a valuable tool to communicate with your healthcare providers, and may help reveal trends and patterns that you may not have noticed. This journal will allow you to pin-point the foods or drinks that give you pain and cause the condition to flare up. Also the condition can be exacerbated by certain activities, this log book will allow you to identify this. This detailed 6.14 x 9.21 softcover logbook includes multiple sections, to provide a complete overview of your health and symptoms. There are in total 184 pages, with dedicated space for daily records (90 days), one page for appointments, and last page is the Bristol Tool Chart. Fields are included for: Food, drink, activity, and Symptoms Symptoms and the pain level, and triggers Mood Tracker Activity level, energy level, and sleep quality Water Intake Tracker Goals of the day Notes BM type (refer to Bristol Tool Chart page 184) Medication, Dose, and Supplements Self-Care Section Appointments Page - page 183 This journal is comprehensive to allow you to document everything that is going around your condition, and how it affects you generally. This will allow you to have a structured review consultations with your healthcare provided. It will be appreciated by your friends, family, colleagues suffering from IBS. It is unfortunate they need this journal, but it will prove a useful tool for them to take control of their medical conditions.

Food Diary and Symptom Log Book is perfect for

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

discovering food allergies, sensitivities, and intolerances. This Food Diary and Symptom Log Book includes: 6+ months (192 days) of undated daily food and symptoms log Consolidated symptoms log tracker Extra note pages Use this journal to: Record food and drinks per day Write down all meals, snacks, and supplements Track symptoms and notes Discover food allergies, sensitivities, and intolerances Keep track of your diet Keep notes organized Specifications: 6 months, undated. 6x9 inches 112 pages Paperback Matte finish on cover For more related products, click on the author name above.

Health Journal: Discover Food Intolerances and Allergies can help you identify your food triggers, allergens, and symptom patterns and can be used by you and your doctor to develop a suitable management plan.

If you are ready to improve your gut health, digestion and well-being, then this especially designed healthy gut food diary is for you! By completing this easy-to-use daily food and lifestyle diary, you can track and record essential information including foods, symptoms, mood, fluid intake, bowel activity and energy levels to help you monitor your gut health and identify any triggers affecting your health. This comprehensive food diary is a really useful tool when eliminating and reintroducing foods on the Healthy Gut Diet and it's also useful for identifying food

Download Ebook Food Symptom Diary Logbook For Symptoms In Ibs Food Allergies Food Intolerances Indigestion Crohns Disease Ulcerative Colitis And Leaky Gut Pocket Size

intolerances and triggers for digestive issues. This handy diary contains plenty of spacious daily food diary pages plus a section at the rear for you to complete your personal 'Avoid' and 'Go Ahead' list, enabling you to keep a unique record of your dietary requirements, making menu planning and cooking easy! Whether you wish to boost your gut health, improve your digestion and transform your health or if you want to identify food intolerances, completing this comprehensive daily food diary will help you along the way. -Record foods and well-being on the Healthy Gut Diet! - Identify food intolerances! -Boost your gut health and improve your digestion! - Quick reference guide showing which foods to avoid! -Discover your unique 'Go-ahead' foods list! -Transform your health and unleash a healthier and happier you!

Is it possible to be a young child and love whole, plant-based foods? It sure is, and Stan of Stan the Plant-eater is a shining example. Stan the Plant-eater is a fun and entertaining book that is simple and to-the-point for young children. Through the use of rhythmic poetry, children are encouraged to eat whole, plant-based foods and be friends with animals. Stan is a young boy who is a compassionate, kind and loving role-model. He is very excited about healthy food and eating lots of it. But, there are some things that he just won't eat. Young children, as well as the adult reading with

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

them, are provided with ideas for meals and for ways to be kind to animals. Stan the Plant-eater presents the message of health and non-violence in a style that captures the hearts and laughter of children.

Daily Food Allergy Symptom Tracker - 90 Pages - 45 Days - 6"x9"- Food Journal for People with Food Sensitivity Use this food allergy journal to keep track of food and water intake and any symptoms or reactions to that food. Each day includes a 2-page spread to log breakfast, lunch, dinner, 3 snacks, the time that meals and snacks are eaten, water intake and space to log symptoms, food reactions and notes. 90 Pages - 2 pages per day to log breakfast, lunch, dinner, 3 snacks, water intake, symptoms, food reactions and daily notes. Glossy softcover with original cover art Convenient size - 6 inches wide by 9 inches high This food sensitivity journal may help identify foods that trigger physical and emotional discomfort and assist health care providers, parents or elder caregivers create meal plans that reduce the chance of allergic reactions and maintain a healthy lifestyle for those with food sensitivities.

This helpful Food Sensitivity Journal, Symptom Tracker & Food Diary is the perfect place to document all your eating, drinking and lifestyle habits with the goal of identifying triggers to help you better manage your condition. Ideal for those who suffer from IBS and other digestive disorders. - 6" x 9" notebook includes 110 pages - Easily document all

Download Ebook Food Symptom Diary Logbook
For Symptoms In Ibs Food Allergies Food
Intolerances Indigestion Crohns Disease
Ulcerative Colitis And Leaky Gut Pocket Size

your food, drink, sleep, exercise habits and much more - Choose to keep a diary for 1 week or up to a maximum of 4 weeks - Isolate triggers so you can better manage your condition - Space for thoughts and other notes at the back of the book - Soft paperback matte cover - Suitable for pen or pencil users Buy Now and be in control with this handy food diary! It's a great way to quickly note down everything you need to help you with your condition. At 6" x 9" it fits nicely into bags, cases or satchels so you can take it with you wherever you go.

[Copyright: f920c5c401d6b58fa8a80854b4b116e9](https://www.amazon.com/dp/B000000000)