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Many abdominal symptoms like abdominal pain, abdominal cramps, diarrhea and constipation as well 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.

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We’ve created this easy-to-use food diary to help you monitorany symptoms you might be having. Simply print it out and fill out your diary each day for a few weeks, in as much detail as possible. For example, it may be useful to mention that you’re having trouble digesting a particular type of food. Or if you have bloating, wind, diarrhoea, vomiting, or stomach pain after eating certain foods.

~~Monitor your symptoms with our easy food diary~~

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Food Symptom Diary: Logbook for symptoms in IBS, food allergies, food intolerances, indigestion, Crohn's disease, ulcerative colitis and leaky gut (large edition) Paperback – 19 May 2017 by Martin Storr (Author)

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