

# Herbal Remedies

## NOTEBOOK



A delightful HOME

# How to Use this Notebook

This notebook is designed to be a flexible resource for you to adapt and use in the way that works best for you.

I suggest printing out the pages and putting in a three-ring binder. Print extra "Symptom Trackers" so you have enough for a few months. The last thing you want to do when someone gets sick is dig this out and print more pages (well, that's probably not the last thing! There are worse things :) But it would be inconvenient, for sure.

This notebook could simply be used to track illness and learn about different remedies, or turn it into a full health record binder and add pertinent doctor information as well as other important notes.

# Symptom Tracker

NAME:

AGE :

DATE:

SYMPTOMS:

POSSIBLE REMEDIES TO TRY:

REMEDIES ADMINISTERED:

OUTCOME:

NOTES:

# Symptom Tracker

NAME:

AGE :

DATE:

SYMPTOMS:

POSSIBLE REMEDIES TO TRY:

REMEDIES ADMINISTERED:

OUTCOME:

NOTES:

# Favorite Remedies

List your most use (and effective remedies) remedies.

Add the recipes to your binder after this page. That way you can locate them anytime you need to make more.

# Sources

Use this space to List places to buy ingredients or pre-made remedies as well as websites or books you want to remember.