

Planning and Tracking Your Detox:

Cleanse Journal
for Symptoms
and Healing

I'm so excited about your health journey, and that my detox symptom and healing tracker will support you! I've designed it to fit your experience, all the way from the research and planning, to the daily slog of the cleanse, to assessing your experience afterward, and finally to reintroducing your normal routine. Take a look inside and see if it's right for you.

with affection,



Jane Sharp

The Week

The Week Ahead

Sunday Monday Tuesday

Monday Thursday Friday

Saturday

To Do

To Do

Notes
Week One

Symptom Tracker

DATE

Track body support practices like sauna, taking NAC, herbs, or teas (etc)

Hydration
flush toxins OUT!

Notes

Headache

Fatigue

Brain Fog

Diarrhea

Constipation

Irritability

Anxiety

Rash/Acne

Sleep

Hours? Nap?

Cravings

what?

Respiratory

what?

Aches/Joints

There are five sets of these pages in the Detox Journal, enough for one month!

There are seven day's worth of these pages in each week, enough for one month!

Assess and Afterward

Assessment of the Cleanse

What worked?

What was terrible?

Questions for my provider

Things to Research for Next Time

Easing Off the Cleanse

It's important not to shock your body with too much at once after a cleanse. What will you add back first?

day 1

day 2

day 3

day 4

day 5

day 6

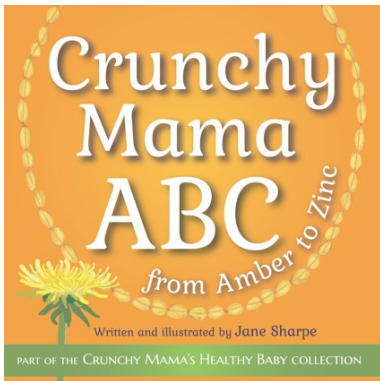
Comparing Jane's Journals



Title	size	pages	time covered	appendix forms?
Record Book for Children with Complex Medical Care: manage the data associated with chronic conditions and congenital disorders	8.5 x 11 (inches)	114	5 weeks	yes
Record Book for Children with Complex Medical Care: manage the data associated with chronic conditions and congenital disorders	6 x 9 (inches)	93	5 weeks	no
Record Book for Children with Complex Behavioral Needs: manage the data associated with neurodevelopmental and developmental disabilities, including Autism	8.5 x 11 (inches)	101	3 months	yes
Record Book for Children with Complex Behavioral Needs: manage the data associated with neurodevelopmental and developmental disabilities, including Autism	6 x 9 (inches)	133	3 months	no
Investigating the Cause: Recording Your Child's Flare-Ups, Reactions, Symptoms, and Care	8.5 x 11 (inches)	128	5 weeks	yes
Investigating the Cause: Recording Your Child's Flare-Ups, Reactions, Symptoms, and Care	6 x 9 (inches)	128	5 weeks	yes
Planning and Tracking Your Detox; Cleanse Journal for Symptoms and Healing	8.5 x 11 (inches)	71	5 weeks	--
Planning and Tracking Your Detox; Cleanse Journal for Symptoms and Healing	6 x 9 (inches)	71	5 weeks	--

Email me at JaneSharpe@gmail.com to suggest improvements or request Amazon's "Subscribe & Save"

Other Books by Jane Sharpe



"Finally, an ABC book for the health conscious family"

Joshua Coleman, co-founder, V is for Vaccine

A colorful ABC book for babies being raised by crunchy mamas in natural lifestyles, this book will leave you feeling included and represented! It covers simple things, like rest and hydration, but also more complex decisions, like immune systems and mandates. Teaching the ABCs will be easy, from amber necklaces to foods rich in zinc.

"Every home that has a firearm needs to make sure that every family member knows when and how to handle a gun safely, and this little ABC book reinforces commonsense safety rules starting with the youngest child."

Lisa Bedford, author of "Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios"

A cheerful safety book with six safety principles for families who practice at the local shooting range and value the Bill of Rights. Appealing images familiar to any second amendment-loving home leap from the brightly colored pages.



Coming Soon!



A sleepy kitty.

A house full of chores.

With a family's frustrating feline getting in the way, how will tasks get done?

Winston keeps his own schedule, and no matter what, the sluggish ginger cat is definitely not moving. And it looks like nothing will get accomplished... until he steps into his mech suit.

upcoming books in the

Crunchy Mama's Healthy Baby Collection

- The ABCs of a Whole Food Baby
- Kitchen Helper ABC
- More! Crunchy Mama ABC



www.JaneSharpe.com

leave your email to get updates!