



HERBAL & WELLNESS

WELLNESS JOURNAL

Natural Edition



Holistic • Intuitive • Wellness



Listen inward. Notice patterns. Bring them to your care team.

INSIDE:

Safety page • Herb reference guide • Daily logs
Weekly review • 30-day tracker • Changes log • Readings • Questions



EARTH EASE WELLNESS

eartheasewellness.com

Educational wellness support only. Not medical advice. Decisions about prescribed medicine belong with your prescriber.

Welcome



Every BODY is beautifully different.

What supports one person's wellness may look completely different for another — and that's okay. This journal is a gentle space to reconnect with your mind, body, and daily rhythms: to listen inward, notice how you feel, and keep a record of what you notice so you can see your own patterns and share them with the people who support you.

WHAT'S INSIDE

- ✦ **Safety page** — a short checklist before you add anything new
- ✦ **Health snapshot** — your medications, allergies and care team in one place
- ✦ **Herb reference guide** — how seven familiar plants have traditionally been used, and what to know first
- ✦ **Daily wellness log** — mood, energy, sleep, body signals, meals, water and more
- ✦ **Weekly review + 30-day habit tracker** — see your patterns over time
- ✦ **Changes log, readings + questions** — everything you notice, in one place

HOW TO USE IT

- 1 Start with the **Safety Page** and the **Health Snapshot**. A few minutes here keeps everything else working in your favor.
- 2 Use the **Daily Log** in the morning, in the evening, or one section per day — whatever feels natural. Print as many copies as you need.
- 3 Once a week, fill in the **Weekly Review** and look for patterns, not perfection.
- 4 Share this journal with your practitioner and your prescriber. It helps them see how you are really doing.

PLEASE READ

This journal is a tool for self-care, reflection and awareness, created by Earth Ease Wellness for educational purposes. It is **not** medical care. We are not a licensed medical provider and do not diagnose, treat, cure or prevent any condition, or prescribe medicine. Herb and supplement information here is general and educational, has not been evaluated by the FDA, and is not a recommendation for you personally. Decisions about prescribed medicine belong with the person who prescribes it.



Before You Begin



A short pause helps every herb, meal and medicine work well together

Herbs are active plants. They can change how your body responds to food and medicine — sometimes in helpful ways, sometimes in ways that matter a great deal. Review your list with your prescriber or pharmacist **before** adding any herb or supplement, and share it with your wellness practitioner. Take extra care if any of these apply to you:

- ☐ I take **any** prescription or over-the-counter medicine (especially for blood sugar, blood pressure, or blood thinners)
- ☐ I have diabetes, pre-diabetes, or any blood sugar concern
- ☐ I have liver, kidney, gallbladder, thyroid or heart conditions
- ☐ I am pregnant, trying to conceive, or breastfeeding
- ☐ I have surgery or a medical procedure coming up
- ☐ I have allergies (for example to peanuts or other legumes, or to plants in the daisy family)
- ☐ I am giving herbs to a child, or I am over 65

THE GOLDEN RULES

- ✦ **Never stop or reduce prescribed medication on your own.** Decisions about medicine belong with the person who prescribes it.
- ✦ Herbs that affect blood sugar can add to the effect of diabetes medicine, and blood sugar can drop **too low**.
- ✦ Bring this journal and your supplement bottles to appointments, so everyone supporting you sees the whole picture.
- ✦ Change one thing at a time so you can notice what is actually making a difference.

WHEN TO GET HELP

Feeling shaky, sweaty, very dizzy, confused, unusually hungry or faint? These can be signs of low blood sugar. Follow the low-blood-sugar plan your prescriber gave you and get medical help. **Do not wait it out.**

Call 911 or your local emergency number for fainting, seizure, trouble breathing, swelling of the face or throat, or hives. **Stop the herb and call your prescriber or practitioner** for rash, stomach pain, yellowing of skin or eyes, dark urine, or any symptom that worries you.



My Health Snapshot



Fill this in with your care team, and update it when anything changes

Name: _____ Date started: _____

Medical provider / prescriber: _____ Phone: _____

Pharmacist / pharmacy: _____ Phone: _____

Wellness practitioner: _____ Phone: _____

Allergies & sensitivities: _____

MEDICATIONS I TAKE (PRESCRIPTION AND OVER-THE-COUNTER) _____

Medicine	Dose	How often	Prescribed by

HERBS & SUPPLEMENTS I HAVE REVIEWED WITH MY CARE TEAM _____

Herb / supplement	Amount (per label or advice)	How often	Reviewed with / date

WHAT I HOPE THIS JOURNAL HELPS ME NOTICE _____

Herb Reference Guide



How these plants have traditionally been used – and what to know before you try them

Cinnamon

Traditionally used for: A warming kitchen spice rich in natural antioxidants, traditionally enjoyed with meals and used for digestive comfort.

Good to know first: May add to the effect of blood-sugar and blood-thinning medicines. Common "cassia" cinnamon contains coumarin, which can strain the liver in large amounts. Ask about the type and amount that is right for you.

Fenugreek

Traditionally used for: A seed used in cooking and traditional wellness practices. It contains soluble fiber, which forms a soft gel in the gut and has long been used to support digestive comfort.

Good to know first: Can affect blood sugar and may interact with diabetes medicine. Not recommended during pregnancy. May cause gas or stomach upset, and can trigger reactions in people with peanut or legume allergies.

Bitter Melon

Traditionally used for: A green, bumpy gourd used as a food and traditional wellness plant in Asian, African and Caribbean kitchens.

Good to know first: Can lower blood sugar and may add to diabetes medicine. Avoid during pregnancy. Large amounts can upset the stomach. Ask your prescriber or pharmacist before using it as a supplement.

Turmeric

Traditionally used for: A golden root spice whose main compound, curcumin, is valued for its antioxidant properties and traditionally used for everyday comfort.

Good to know first: May interact with blood thinners and some medicines. Use caution with gallbladder or bile-duct problems. Concentrated extracts have been linked to rare liver injury, so check with your prescriber or pharmacist before using one.

General educational information only. Not a recommendation to take any herb, and no amount is suggested here. Follow the product label and the guidance of your care team.

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Herb Reference Guide



continued

Ginger

Traditionally used for: A fragrant root traditionally used for digestive comfort, queasiness and circulation, and enjoyed in teas and cooking.

Good to know first: May interact with blood thinners and can affect blood sugar and blood pressure medicine. Large amounts may cause heartburn or stomach upset. Ask about use before surgery.

Holy Basil (Tulsi)

Traditionally used for: A fragrant herb from the Ayurvedic tradition, enjoyed as a tea and traditionally used for daily stress support and balance.

Good to know first: May affect blood sugar and may interact with blood thinners and diabetes medicine. Traditionally avoided during pregnancy or when trying to conceive.

Aloe Vera Juice

Traditionally used for: A cooling juice from the aloe leaf, traditionally used for digestive comfort and hydration.

Good to know first: Choose a product labeled "decolorized" or "purified" (aloin-free). Aloe latex can act as a strong laxative and may interact with medicines. Not for use in pregnancy.

MY HERB NOTES & QUESTIONS

Daily Wellness Log



Date: _____ Day: _____ Weather: _____

HOW I'M FEELING

Energy 1 2 3 4 5

Mood 1 2 3 4 5

Calm 1 2 3 4 5

Sleep quality 1 2 3 4 5

Hours slept: _____

Word for today: _____

BODY SIGNALS I NOTICE

☐ Good digestion

☐ Bloating

☐ Headache

☐ Cravings

☐ Tired

☐ Lightheaded / shaky

☐ Achy

☐ Skin / hair changes

MEALS & WATER

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Movement today: _____

Ask your care team how much water is right for you.

HERBS & SUPPLEMENTS TAKEN (AS REVIEWED WITH MY CARE TEAM)

Herb / supplement	Amount	Time	Notes

READINGS (IF I AM TRACKING THEM)

Time	Reading	Before / after meal	How I felt

NOTES & GRATITUDE

Daily Wellness Log



Date: _____ Day: _____ Weather: _____

HOW I'M FEELING

Energy 1 2 3 4 5

Mood 1 2 3 4 5

Calm 1 2 3 4 5

Sleep quality 1 2 3 4 5

Hours slept: _____

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MEALS & WATER

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Movement today: _____

Ask your care team how much water is right for you.

HERBS & SUPPLEMENTS TAKEN (AS REVIEWED WITH MY CARE TEAM)

Herb / supplement	Amount	Time	Notes

READINGS (IF I AM TRACKING THEM)

Time	Reading	Before / after meal	How I felt

NOTES & GRATITUDE

Weekly Review



Look for patterns, not perfection

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy (1-5)							
Mood (1-5)							
Hours slept							
Digestion (1-5)							
Water (glasses)							
Movement (minutes)							
Felt lightheaded / shaky							
Medicine taken as prescribed							

WHAT HELPED ME FEEL GOOD THIS WEEK _____

WHAT FELT OFF, AND WHEN _____

QUESTIONS FOR MY CARE TEAM _____

ONE GENTLE INTENTION FOR NEXT WEEK _____

30-Day Habit Tracker



Fill a circle each day you do it. Small steps count.

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Drink water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Move my body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Sleep 7+ hours	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Eat colorful foods	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Mindful moment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Screen-free hour	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Outside time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Herbs as reviewed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Medicine as prescribed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Kind word to myself	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

MY MONTHLY REFLECTION _____

Habits that felt easy: _____

Habits I'd like to adjust: _____

What I noticed about my body: _____

What I want to ask my care team: _____

A win I'm proud of: _____

Changes & Observations Log



Notice what shifts when something changes

Whenever you add, change or pause an herb, supplement, food or habit, write it here. **Changes to prescribed medicine are made with the person who prescribes it** — record the date, who advised it, and what you notice afterward.

Date	What changed	Who advised	What I noticed (body, mood, energy, readings)

PATTERNS I AM STARTING TO SEE _____

Write each reading **exactly as your meter shows it**. This page is a record to bring to appointments — it is not a guide for changing medicine or herbs on your own. Ask your prescriber what numbers are right for you and what to do if a reading is outside them.

Questions for My Care Team



Write them down as they come to you

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

BRING WITH ME

- | | | |
|--|--|--|
| ☐ This journal | ☐ My medication list | ☐ Supplement bottles |
| ☐ Meter or app readings | ☐ Insurance card / ID | ☐ A trusted person (optional) |

NOTES FROM MY APPOINTMENT

Gentle Reminders



Your body is doing its best for you every day.



Move gently.

Adjust as needed. There is no "right" way to use this journal, only the way that feels natural to you.



Make one change at a time.

That is how you learn what really works for your body.



Check in with your care team.

Share what you notice. Your practitioner and prescriber can help you read the patterns and decide what is safe for you.



Hydrate with care.

Water supports how you feel, and the right amount differs from person to person. Some health conditions need limited fluids, so ask your care team what is right for you. Many people enjoy filtered water in glass or stainless steel.



Rest counts.

Sleep, calm and kindness toward yourself are part of wellness, too.



Be patient.

Real change tends to be gradual. Notice small wins and celebrate them.

Created with care by Earth Ease Wellness — eartheasewellness.com. This journal supports self-awareness and is not a substitute for medical care. If you feel unwell, if something changes, or you are unsure about anything, contact your prescriber. In an emergency, call 911.

