

PUBLICATIONS

Gloria Lopez - author, speaker, and consultant

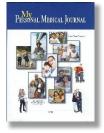
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Personal Medical Journal

The *Personal Medical Journal* has guided many families and individuals to maintain their own accurate medical records and assist them to take an active role in their medical care. The journal is sectioned into various categories and may be tailored for your individual needs.

\$14.95 + tax/SH

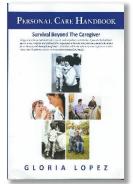


My Personal Medical Journal

My Personal Medical Journal is a simple tool that will help a person collect, track, and share past and current information about their health or the health of someone that might be in their care. A person can document their visits to a physician, dentist, therapist, hospital, or any health service agency.

Soft Cover 230-page self-help journal

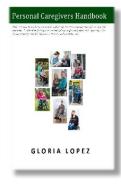
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Food Allergy Card

Used to present to waitresses and/or chefs to notify them of food allergies the person may have toward specific foods and spices. Eliminate potential cross-contamination, allowing the restaurant to prepare the food safely. One side in English and the back is in Spanish.

Card package of 3 plus 1 plastic holder \$4.99 + tax/SH Cards can be customized to include your company logo. Please call for a quote.



Personal Medical Pocket Handbook

3.5 x 7", 32 pages. A condensed pocket summary of an individual's health history. Easy to carry in a purse or pocket; similar in size to a checkbook register. Call for more information and to customize for your business name place on the cover.