

| Do You Have Symptoms of Low Thyroid? | YES | NO |
|--|------------|-----------|
| Aching bones/muscles | | |
| Acne on face and in hair | | |
| Always gaining weight | | |
| Arms feeling like dead weights after activity | | |
| Bizarre and Debilitating reaction to exercise | | |
| Blood pressure problems | | |
| Breakout on chest and arms | | |
| Broken/peeling fingernails | | |
| Bumps on legs | | |
| Carpal tunnel symptoms | | |
| Chronic Low Grade Depression | | |
| Cold hands and feet | | |
| Cold posterior, and/or cheeks | | |
| Complete lack of motivation | | |
| Constipation | | |
| Dizziness from fluid on the inner ear | | |
| Dry cracking skin | | |
| Dry Hair | | |
| Dry skin or snake skin | | |
| Excruciating pain during period | | |
| Exhaustion in every dimension—physical, mental, spiritual, emotional | | |
| Extremely crabby, irritable, intolerant of others | | |
| Fluid retention to the point of Congestive Heart Failure | | |
| Foggy thinking | | |
| Forgetfulness | | |
| Hair Loss | | |
| Handwriting nearly illegible | | |
| Hard stools | | |
| High cholesterol | | |
| Hives | | |
| Inability to concentrate or read long periods of time | | |
| Inability to eat in the mornings | | |
| Inability to function in a relationship with anyone | | |
| Inability to hold children for very long | | |
| Inability to lose weight | | |
| Inability to stand on feet for long periods | | |

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| Inability to work full-time | | |
| Internal itching of ears | | |
| Joint pain | | |
| Lactose Intolerance | | |
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| Less energy than others | | |
| Less stamina than others | | |
| Long recovery period after any activity | | |
| Low body temperature | | |
| Major anxiety/worry | | |
| Moody periods | | |
| Nausea | | |
| No Appetite | | |
| No eyebrows or thinning outer eyebrows | | |
| No hair growth, breaks faster than it grows | | |
| NO sex drive | | |
| Nodding off easily | | |
| Often feeling cold | | |
| Osteoporosis | | |
| PMS | | |
| Raised temperature | | |
| Requires naps in the afternoon | | |
| Slowing to a snail's pace when walking up slight grade | | |
| Sore feet (plantar fasciitis) | | |
| Suicidal Thoughts | | |
| Swelling/edema/puffiness | | |
| Swollen legs that prevent walking | | |
| Swollen lymph glands | | |
| Tightness in throat; sore throat | | |
| Varicose Veins | | |