

How many symptoms of hypothyroidism are you experiencing?

Weight gain / obesity	Sleeping problems	Facial hair / acne
Inability to lose weight	Sleep apnea	Sore throat / throat tightness
Cravings for sweet / salty food	Concentration problems	Low, hoarse voice
Slow metabolism	Foggy thinking	Shortness of breath / "Air hunger"
Insulin resistance / diabetes	Forgetfulness	Frequent headaches
Night-time hunger	Anger / irritability / moodiness	Frequent flues / infections
Chronic fatigue / exhaustion	Anxiety / feeling worried	Psoriasis
Sluggishness / low stamina	No motivation / lack of confidence	Carpal Tunnel syndrome
Slow speech	Isolation / depression	Nausea
Slow recovery after activity	Intolerance / sensitivity to cold	Candida (yeast) overgrowth
Muscle cramps / aches / tenderness	Cold hands, feet, or butt	Constipation / hemorrhoids
Huge resistance to exercise	Cold sweats at night	Dry, itchy skin, hives, skin tags
Joint pain / stiffness / swelling	Low basal body temperature (BBT)	Nails are brittle / with vertical ridges
Painful soles of feet	Weak, slow heart beat	Coarse, dry hair / hair loss
Retention of fluids / puffiness	Heart flutters / palpitations	Thinning of eyebrows
Abnormal / painful periods	High cholesterol	Osteoporosis
Inability to get pregnant	Gallstones / gallbladder issues	Sexual dysfunction
Premature / difficult menopause	Gluten intolerance / Celiac Disease	Lack of sex drive