

Thyroid Checklist

- | | | |
|---|---|--|
| <input type="checkbox"/> Weight gain | <input type="checkbox"/> Memory loss | <input type="checkbox"/> Loss/lack of muscle tone |
| <input type="checkbox"/> Belly fat | <input type="checkbox"/> Irritability | <input type="checkbox"/> Joint stiffness |
| <input type="checkbox"/> Puffy face, eyes | <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Foot pain when you wake
– often diagnosed as plantar fasciitis |
| <input type="checkbox"/> Puffy hands and feet | <input type="checkbox"/> Brain fog – fuzzy thinking
and difficulty thinking
clearly | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Fluid retention | <input type="checkbox"/> Tingling sensation in
wrists /hands mimics
carpal tunnel | <input type="checkbox"/> Persistent and frequent
colds and flu |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Hoarse voice | <input type="checkbox"/> Throat discomfort – |
| <input type="checkbox"/> Diarrhoea | <input type="checkbox"/> Dry skin and hair | <input type="checkbox"/> Frequent sore throats |
| <input type="checkbox"/> Digestive discomfort | <input type="checkbox"/> Itchy skin | <input type="checkbox"/> Immune issues – cold
sores / boils |
| <input type="checkbox"/> Reflux | <input type="checkbox"/> Acne | <input type="checkbox"/> Socially distant, difficulty
feeling connected with
others |
| <input type="checkbox"/> Digestive bloating | <input type="checkbox"/> Eczema | <input type="checkbox"/> Difficulty expressing self |
| <input type="checkbox"/> Intestinal gas | <input type="checkbox"/> Vitiligo – white skin
pigmentation | <input type="checkbox"/> Osteoporosis or
Osteopenia |
| <input type="checkbox"/> Tired no matter how much
sleep | <input type="checkbox"/> Brittle nails | <input type="checkbox"/> Low ferritin/iron |
| <input type="checkbox"/> No energy, fatigue | <input type="checkbox"/> Hair loss | <input type="checkbox"/> Low vitamin D |
| <input type="checkbox"/> Feeling run down and
sluggish | <input type="checkbox"/> Eyebrow loss – especially
last 1/3rd | <input type="checkbox"/> Low vitamin B12 |
| <input type="checkbox"/> Always needing more sleep | <input type="checkbox"/> Cold hands and feet – they
may even change colour | <input type="checkbox"/> Nutrient deficiencies
despite good diet |
| <input type="checkbox"/> Sleeping more than usual | <input type="checkbox"/> Always feeling cold | |
| <input type="checkbox"/> Falling asleep at
inappropriate times | <input type="checkbox"/> Heat intolerance | |
| <input type="checkbox"/> Using caffeine to keep
awake | <input type="checkbox"/> Wearing socks to bed | |
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Increased sensitivity to
temperature change | |
| <input type="checkbox"/> PMS | <input type="checkbox"/> Low body temperature | |
| <input type="checkbox"/> Infertility | <input type="checkbox"/> High Cholesterol | |
| <input type="checkbox"/> Irregular periods | <input type="checkbox"/> Muscle aches, cramps or
weakness | |
| <input type="checkbox"/> Miscarriage | | |
| <input type="checkbox"/> Low libido | | |
| <input type="checkbox"/> Depression and low mood | | |
| <input type="checkbox"/> Anxiety | | |

The more that you tick the more likely you are that your thyroid is affecting your health. To get help and your health back on track make an appointment to see me.

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