

CHECKLIST FOR LOW THYROID/LOW METABOLISM

- Decreased energy
- Depressed or low moods
- Cold hands or feet
- Dry skin
- Muscle weakness
- Low sex drive
- Thinning of head hair
- Thinning of eyebrow hair
- Nails grow slowly
- Joint stiffness in morning
- Slowed speech
- Lack of initiative
- Sleepiness during the day
- Difficulty losing weight
- Moody
- Muscle cramps or pains
- Constipation
- PMS
- Menstrual cramps
- Sleep with extra blankets
- Colder than others
- Weight gain
- Need coffee to get going
- Poor memory
- Missed periods
- Infertility

(If you checked more than 5, you may have a problem with metabolism.

If you checked more than 10, you probably have a problem.

If you checked more than 15, it is very probable that you do. You should not try to assess this entirely on your own, since you might have other problems as well.)