

Common Thyroid Symptoms

- ▶ Fatigue
- ▶ Increase in weight gain, even with low calorie diet
- ▶ Morning headaches that wear off as the day progresses
- ▶ Depression
- ▶ Constipation
- ▶ Overly sensitive to cold weather
- ▶ Poor circulation and numbness in hands and feet
- ▶ Muscle cramps while at rest
- ▶ Catch colds and other viral/bacterial problems easily w/difficult recovery
- ▶ Wounds heal slowly
- ▶ Require excessive amount of sleep to function properly
- ▶ Chronic digestive problems (hypo-chlorhydria)
- ▶ Itchy, dry skin
- ▶ Dry or brittle hair
- ▶ Hair falls out easily
- ▶ Edema, especially facial (myxedema)
- ▶ Loss of outside portion of eyebrows