

THYROID HEALTH CHECKLIST

The Thyroid is an extremely important and influential gland in the body and is commonly a major contributing factor to many illnesses and unknown symptoms, even where some blood tests come back “within range”. There can be many different root causes that trigger thyroid disease including leaky gut, nutrient deficiencies, toxins, low grade viral infections, stress, medications etc.

Use the checklist below to see if your thyroid may be contributing towards your health problems.

Symptoms	Common	Sometimes	Rarely
Fatigue / Drowsiness			
Hair Loss			
Cold extremities / Cold Intolerance			
Weight gain / Inability to lose weight			
Sadness / Depression			
Foggy brain / Forgetfulness			
Morning fatigue			
Joint Pain			
Palpitations			
Night Sweats			
Weight Loss			
Nervousness			
Anxiety			
Feeling Hot			
Trouble sleeping			
Nausea			

These are all common symptoms of thyroid disease. If you are suffering from 2 or 3 symptoms in the sometimes or common sections it would be advisable to have your thyroid checked. Remember, many people have a thyroid problem affecting their daily lives even with their thyroid stimulating hormone (TSH) blood test coming back “within range”.