

**SYMPTOMS THAT MAY BE ASSOCIATED WITH THYROID DYSFUNCTION: IS THIS YOU?**

A close family member has a thyroid issue (there is a strong family correlation)	
Unexplained weight gain or loss	
Exercise lots but can't lose weight	
Feel and look puffy	
Tend to gain weight around the abdomen	
Irregular bowel habits – especially constipation	
Gall or liver problem	
Hands &/or feet always cold	
Always feel cold (or hot)	
Persistent prickling under the skin	
Offensive body odour	
Always tired	
Dark circles or puffy under the eyes	
Hoarse voice	
Throat looks thicker than it used to	
Hair falling out &/or excessively oily	
Wake up with a feeling of anxiety	
Outer 1/3 of the eyebrows are thinning or absent	
Scaly skin especially on the lower part of the legs	
Bruise easily	
Orange coloured palms or orange calluses on your palms.	
Thin nails that tend to lift off under the edges	
Bulging eyes	
Insomnia, anxiety or depression	
Muscle weakness	
Trigger points	
Restless	
Frequent infections/poor immunity	
High cholesterol	
Blood pressure irregularities (too high or too low)	
Hypoglycaemia ( blood sugar drops)	
Low libido	
Menstrual problems/infertility	

(Please note that sometimes other conditions may cause these symptoms so please discuss them with your health care practitioner).