

## **Thyroid Signs & Symptoms**

### **Thyroid Deficiency:**

1. Tired or exhausted
2. Sad or depressed
3. Nails breaking or brittle
4. Cold Body Temperature
5. Weight gain
6. Memory lapse
7. Forgetful
8. High cholesterol
9. Decreased muscle mass
10. Difficult to concentrate
11. Swelling/Puffy eyes & face
12. Low blood pressure
13. Slow pulse rate
14. Decreased sweating
15. Hair dry or brittle
16. Hair loss
17. Aches & Pains
18. Low Libido
19. Cold Hands & Feet
20. Can't lose weight
21. Sleep disturbances
22. Bone loss
23. Thinning skin
24. Mood changes
25. Infertility problems
26. Slowe reflexes
27. Thick tongue
28. Slow ankle reflex
29. Hoarseness

### **Thyroid Excess:**

1. Rapid Weight loss
2. Insomnia
3. Difficulty falling asleep
4. Unusual sweating
5. Always feeling hot
6. Bulging Eyes
7. Erratic Behavior
8. Anxiety
9. Irritability
10. Nervous
11. Panic Attacks
12. Decreased Concentration
13. Short attention Span
14. Rapid heart beat
15. Goiter
16. Tremors in fingers