

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

Thyroid Symptoms Checklist

In the last six months, have you experienced:

- Fatigue
- Weight gain
- Mood changes (usually depression)
- Hair loss (such as outer 1/3 of your eyebrows)
- Dry skin and hair
- Thin, brittle fingernails
- Fluid retention, especially in the ankles
- Elevated cholesterol
- Constipation*
- Cold hands and feet
- Increased sweating
- Aching joints, tingling in hands and feet
- Brain fog
- Hoarse voice
- Sluggish reflexes
- Low sex drive
- Heavier periods
- Infertility and miscarriages

*Constipation is anything less than pooping every day, or if you need caffeine to poop.