

THYROID PROTOCOL

QUIZ



CHECK ALL THAT APPLY

- Body pain
- Brain fog
- Cold
- Cold hands/feet (think sweaters in summer)
- Constipation
- Depression
- Fatigue/exhaustion
- Goiter/neck swelling
- High Cholesterol
- Hives with too much sun (not able to cool yourself down)
- Irritability, nervousness, decreased concentration, and mood swings
- Lifeless skin and hair
- Loss of appetite
- Low/high blood pressure
- Memory loss
- Outer 1/3 of eyebrows are very thin or gone
- Sleep all the time (over 10 hours)
- Slow/increased heart rate
- Swelling/edema/puffiness all over your body, limbs feel very weak
- Trembling hands as well as shakiness
- Unexplained weight gain/loss
- Weakness

ANALYZE YOUR RESULTS

If you checked:

- ➔ **1- 2 boxes:** While you may not have a lot of symptoms, when it comes to hormones, even just one, such as fatigue or unexplained weight gain, can be a sign of thyroid hormone imbalance.
- ➔ **4 - 7 boxes:** You have some signs of thyroid hormone imbalance; it is time to make some changes. *Always discuss any changes in your health with your doctor.
- ➔ **8 + boxes:** You have numerous signs of thyroid hormone imbalance likely affecting the quality of your life, schedule an appointment with your doctor and ask for lab testing to determine the cause of your symptoms.

This assessment is not intended to diagnose a medical condition or disease. This assessment is designed only to raise awareness of signs that may indicate imbalances in the body that need to be evaluated by a medical professional.