THYROID SURVEY

Check the boxes that apply. Total score at bottom.

SECTION A

☐ Low body temperature. (This is most important--so don’t guess. Take your temperature before each meal and at bedtime. Average all 4 readings and repeat for 3 days. Check the box if lower than 97.8.)

SECTION B

☐ Cold Hands/Feet and cold intolerance
☐ Constipation (chronic)
☐ Depression including suicidal thoughts and postpartum depression
☐ Dry skin and coarse skin
☐ Fatigue and increased sleep requirements
☐ Fibromyalgia
☐ High Cholesterol and/or hardening of the arteries
☐ Reduction in length of eyebrows (e.g. outer third is gone)
☐ Thinning hair, including reduced pubic hair
☐ Weight Gain (no obvious explanation)

SECTION C

☐ Anemia
☐ Blackheads, pimples, eczema or psoriasis
☐ Brittle or thick nails
☐ Diabetic complications
☐ Difficulty swallowing
☐ Diminished sweating (can signify low iodine)
☐ Easy bruising
☐ Emotional instability
☐ Frequent infections
☐ Headaches including migraine
☐ Heart Palpitations or heart beats slowly
☐ Heartburn and acid reflux
☐ High Blood Pressure
☐ Hoarseness
☐ Hypoglycemia Symptoms (low blood sugar)
☐ Infertility
☐ Joint stiffness or pain
☐ Loss of Libido (Sex drive)
☐ Lump in the throat
☐ Lupus
☐ Menstrual irregularities
☐ Muscle pains (chronic unexplained)
☐ Pale skin or skin discoloration
☐ Poor coordination
☐ Poor digestion
☐ Poor memory
☐ Poor wound healing
☐ Prematurely white hair
☐ Severe muscle cramps
☐ Sleep disturbance including sleep apnea
☐ Slow speech, slow reaction time
☐ Swelling under the Adam’s Apple
☐ Thickened tongue
☐ Water retention, e.g. puffy eye lids

SCORING

Section A - put 20 points in this blank if you checked yes = _________
Section B – record the total number of checks _________ and multiply by 5 = _________
Section C - enter total of 1 point for each check = _________

Total Points _________

Scoring Guide: Fewer than 20 points, unlikely thyroid is a problem. 25-40 points, an under-active thyroid is a possibility, no matter what blood tests have shown. 40-60 points, almost certainly have a thyroid issue. Over 60 points, please seek help from a nutrition-oriented health professional. For information about the crucial role of the thyroid, the inadequacy of typical testing, medication choices and how to support your thyroid naturally, read Solved, The Riddle of Illness by Stephen Langer, MD.