

# What is my body telling me?

## Survey: Thyroid Deficiency

Signs and symptoms	Never	Sometimes	Regular	Often	Constant
I put weight on easily and have a hard time losing weight despite diet and exercise	0	1	2	3	4
I am sensitive to the cold	0	1	2	3	4
My hands and feet are always cold	0	1	2	3	4
I get rough, dry skin dry skin, especially on the elbows	0	1	2	3	4
I have trouble getting up in the morning	0	1	2	3	4
I am constipated	0	1	2	3	4
I get stiffness and aches in various joints especially in the morning	0	1	2	3	4
I get swollen and puffy face and/or eyelids	0	1	2	3	4
I feel sluggish, fatigued, and lethargic	0	1	2	3	4
I have brittle nails	0	1	2	3	4
I have thinning in the outer 3 <sup>rd</sup> of my eyebrows	0	1	2	3	4
My hair is course, dry, brittle, or breaking	0	1	2	3	4
I feel depressed	0	1	2	3	4

Overall Score = \_\_\_\_\_

**12 or less** = Satisfactory

**13-22** = Possibly Thyroid deficient

**23 or more** = Probably Thyroid deficient

Thyroid is kind of like the little sibling in a big family... it gets picked on by all the others. If your blood sugar, stress levels, and other hormones are off, or if you have food allergies, specific nutritional deficiencies, or high environmental toxins they will all affect your thyroid in functioning optimally. If you scored high on this survey go to the **thyroid section in the "Top 10 Lab Tests and Solutions"** to see exactly what labs to get checked, what the optimal ranges are, gain awareness of your thyroid function and what you can do to begin feeling better.

# What is my body telling me?

## Survey: Food & Environmental Sensitivities

In the space provided below please indicate if you experience any of these conditions using the following scale:

**Not at all = 0   Mildly = 1   Moderately = 2   Severely = 3**

Symptom	Your Score	Symptom	Your Score
I am sleepy after I eat		I get fearful	
I nibble between meals when I am hungry		I am highly emotional	
I get jittery or nervous when I am hungry		I cry easily	
I get very tired or exhausted		I get drowsy especially when I sit down	
I no longer feel tired after I eat		I smoke cigarettes	
I get hungry or feel faint if I do not eat often		I am aware of breathing deeply	
I feel better after my first snack or meal of the day		I feel like I am running on adrenaline	
I drink coffee or tea in the morning to get started		My mind is continually active	
I often forget things		I exercise vigorously more than 5 hours per week	
		I eat a lot yet my weight remains constant	
		I crave carbohydrates such as breads and pastas	

### Your score:

**Between 40-50 is borderline or sub-clinical hypoglycemia**

**Between 50-60 is likely**

**Above 60 is the most likely to indicate a metabolic disorder**

Hypoglycemia can lead to insulin resistance and set the stage up for a HUGE host of chronic diseases, including type II diabetes, obesity, adrenal fatigue, and cardiovascular disease. It is best to get your fasting blood sugar assessed and regulated into its "optimal" zone by following the **cardiovascular health solutions sections in the "Top 10 Lab tests and Solutions."**

