

Test yourself for Thyroid Deficiency

	Signs and symptoms of Thyroid Deficiency	NoNever	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I'm sensitive to cold	0	1	2	3	4
2.	My hands and feet are always cold	0	1	2	3	4
3.	In the morning my face is puffy and my eyelids are swollen	0	1	2	3	4
4.	I put on weight easily	0	1	2	3	4
5.	I have dry skin	0	1	2	3	4
6.	I have trouble getting up in the morning	0	1	2	3	4
7.	I feel more tired at rest than when I am active	0	1	2	3	4
8.	I am constipated	0	1	2	3	4
9.	My joints are stiff in the morning	0	1	2	3	4
10.	I feel like I'm living in slow-motion	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible thyroid deficiency				
	21 or more	Probable thyroid deficiency				