



**THYROID DEFICIENCY TEST**

	<b>Signs and symptoms of Thyroid Deficiency</b>	<b>NoNever</b>	<b>Little Rarely</b>	<b>Moderate Regularly</b>	<b>Much Often</b>	<b>Extreme Constant</b>
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

<b>Total</b>						
<b>Overall total</b>						
<b>Score</b>	<b>10 or less</b>	Satisfactory level				
	<b>Between 10 and 20</b>	Possible thyroid deficiency				
	<b>21 or more</b>	Probable thyroid deficiency				



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