



DISCOVERING YOUR BEST

## How Thyroid Imbalance Often Shows Up

HYPO-thyroid (too little)	HYPER-thyroid (too much)
Fatigue	Exhaustion
Forgetfulness or Brain Fog	Hyperactive or ADD
Can't Seem to Engage/Get Going	Racing Mind/Can't Focus
Sleep Problems	Sleep Problems
Weight Loss Resistance	Weight Gain Resistance
Constant Hunger	Constant Hunger
Often Cold When No One Else Is	Often Hot When No One Else Is
Hair Loss	Hair Loss
Other Hormonal Imbalance	Other Hormonal Imbalance
Depression/Anxiety	Worry/Anxiety
Constipation	Diarrhea
Irritable	Irritable
Tinnitus	Goiter
Dry Skin, Hair, or Nails	Damp Oily Skin