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THYROID QUESTIONNAIRE

Stubborn weight loss can mean hypothyroid. Maybe it's time to test your TSH or thyroid stimulating hormone. Even if you are "normal" (between 0.5 and 5.5) your thyroid may be LOW for you! You must be over 5.5 for the medical community to take notice. Keeping track of your own yearly numbers helps access any fluctuations. STRESS impacts the thyroid! There are NATURAL options to help support thyroid!

Please check yes or no beside each symptom.

- 1) My hair is thin, brittle and breaks easily. yes ___ no ___
- 2) I gained weight in short amount of time. yes ___ no ___
- 3) I frequently experience constipation. yes ___ no ___
- 4) I feel down and depressed often. yes ___ no ___
- 5) My periods are heavy. yes ___ no ___
- 6) I have dry skin. yes ___ no ___
- 7) I have dandruff. yes ___ no ___
- 8) I have no energy. yes ___ no ___
- 9) I frequently feel cold. yes ___ no ___
- 10) I have had recurring miscarriages. yes ___ no ___

Since the thyroid controls hormones. It is essential that the thyroid is functioning especially as women heading into menopause. Supporting thyroid function can be done through diet, supplements and herbs.