

Thyroid Health Questionnaire

Healthy thyroid function is necessary for every aspect of your metabolism and cellular energy. Having an underactive thyroid can be the driving cause of fatigue, difficulty losing weight, low mood, dry skin, poor memory and many other symptoms.

Low thyroid function can often go undetected. Even a mild, low-grade drop in thyroid function (called subclinical thyroid) can cause a loss of vitality, energy and a drop in basal metabolic temperature. Assessing thyroid function is therefore an important part of your health.

This questionnaire will give you (and me) useful information about your general thyroid health. Based on your answers, I can assess whether you would benefit from further thyroid pathology testing and/or supplement, dietary and lifestyle recommendations.

Complete the questionnaire below and send it back to me and I'll let you know the steps I recommend.

Name: _____ Date: _____

Tick any of the following that apply to you:

- Broken nails
- Cold hands & feet
- Chronic constipation
- Decreased taste or smell
- Low mood
- Dry skin & hair
- Fatigue & lethargy
- Fertility issues
- Fluid retention
- Goitre
- Hair loss/thinning
- Hoarseness in voice
- Joint or muscle pain
- Low body temperature
- Morning aches and pains
- Tired in the morning
- Menstrual problems
- Muscle weakness
- Pale complexion
- Poor circulation
- Difficulty thinking
- Puffy face, eyes, hand/feet
- Ringing in ears
- Slow speech
- Poor concentration
- Thickening of skin
- Thin, brittle hair
- Thinning eyebrows
- Thinning eyelashes
- Weight gain
- Recurrent infections
- Low immunity
- Afternoon fatigue
- Sensitive to the cold
- Indigestion
- Slow digestion