

# *Is Your Thyroid Making You Sick?*

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1. I have experienced these symptoms within the past 6 months.
  - a. Weight gain/Inability to lose weight (despite trying)
  - b. Fatigue
  - c. Low Libido
  - d. Irregular Menstrual Cycles, Heavy Flow, PMS
  - e. Infertility
  - f. Constipation, Abdominal Bloating
  - g. Poor concentration, Memory loss
  - h. Cold Hands & Feet
  - i. Sensitivity to cold, prefer warmer climates
  - j. Depression
  - k. Dry eyes, Dry-Flaky skin
  - l. Brittle hair & nails, Hair loss/thinning
  - m. Low Libido
  - n. High Cholesterol
  - o. Puffy face &/or eyes
  
2. I have experienced these symptoms within the past 6 months.
  - a. Palpitations, Shortness of Breath, Increased heart rate
  - b. Trouble sleeping, Nightmares
  - c. Thinning hair/Hair loss
  - d. Weight loss and Increased hunger
  - e. Sweating, Warm-moist hands
  - f. Heat intolerance, Prefer colder climates
  - g. Protruding eyes
  - h. High energy followed by exhaustion

- i. Insomnia
- j. Difficulty gaining weight or weight loss
- k. Diarrhea
- l. Restlessness, Shakiness, Nervousness/Anxiety
- m. Swelling in the throat

3. I have a family member with either a Thyroid disorder, an Autoimmune disorder, Fertility concerns or Weight imbalance.

- a. Yes
- b. No

If you circled or answered ANY of the above symptoms affirmatively, you have a moderate chance of a thyroid disorder. If you circled more than 7 of the above symptoms affirmatively, you have a high risk of thyroid imbalance.

It would be well worth your time and health to have a proper thyroid assessment and lab analysis.

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*Successful, Sustainable Natural Medicine*