



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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HYPER-THYROID SYMPTOMS

- High body temperature
- Unexplained weight loss
- Increased perspiration
- Soft nails
- Thinning skin
- Heat intolerance/Sweating
- Warm, moist palms
- Difficulty concentrating
- Light/infrequent menses
- Fine, brittle hair/Hair loss
- Bulging eyes/Thyroid eye disease
- Eye dryness/redness
- Low blood cholesterol
- Hand tremor/Muscle twitching
- Hyperactivity
- Insomnia
- Sleep Issues causing fatigue
- High blood pressure
- Frequent BM/Diarrhea
- Churning stomach
- Anxiety/Nervousness/Startles easily
- Jitteriness/Irritability
- Animated actions
- Fast heart rate/Tachycardia
- Heart palpitations/Cardiac arrhythmia
- Enlarged thyroid (goiter)
- Excess thirst and urination
- Muscular weakness
- Sensitive to bright light
- Rashes or hives

- Red palms of hands

HYPO-THYROID SYMPTOMS

- Low body temperature
- Inappropriate weight gain
- Dry hair/skin
- Brittle nails
- Cellulite
- Intolerance of cold
- Cold hands and feet
- Poor short-term memory
- Heavy/irregular menses
- Hair loss, especially outer 1/3 eyebrows
- Eye problems/Cataracts/Pink eye
- Puffy eyes
- Elevated cholesterol
- Peripheral neuropathy
- Confusion, Brain fog
- Requires more sleep
- Chronic fatigue/Low energy
- Low blood pressure
- Constipation
- IBS symptoms/Reflux
- Depression
- Low ambition/Low libido
- Slow movements/Slow speech
- Slow heart rate/Brady cardia
- Heart failure
- Enlarged thyroid (goiter)
- Fluid retention/Puffy face/Droopy eyelids
- Muscle cramps
- Headaches/Migraines
- Food intolerances/cravings

- Sore throats/Hoarseness
- Dizziness/Lightheadedness
- Frequent colds
- Infertility/Miscarriage
- Difficulty in nursing