

## Adrenal and Thyroid Symptom Checklist

Adrenals	Either or Both	Thyroid
<input type="checkbox"/> Alcohol intolerance	<input type="checkbox"/> Decreased sweating	<input type="checkbox"/> Brittle nails
<input type="checkbox"/> Allergies to foods or inhalants	<input type="checkbox"/> Depression	<input type="checkbox"/> Burning or tingling sensations
<input type="checkbox"/> Alternating diarrhea and constipation	<input type="checkbox"/> Dry skin	<input type="checkbox"/> Constipation
<input type="checkbox"/> Apprehensions	<input type="checkbox"/> Excessive fatigue	<input type="checkbox"/> Decrease in appetite
<input type="checkbox"/> Confused intervals	<input type="checkbox"/> Hair loss	<input type="checkbox"/> Difficulty losing weight
<input type="checkbox"/> Craving for sweets	<input type="checkbox"/> Impaired memory	<input type="checkbox"/> Dry, coarse hair
<input type="checkbox"/> Difficulty building muscle, easy to lose muscle mass	<input type="checkbox"/> Joint pain	<input type="checkbox"/> Dry, coarse or itchy skin
<input type="checkbox"/> Difficulty gaining weight	<input type="checkbox"/> Mental confusion	<input type="checkbox"/> Edema (swelling) of eyelids
<input type="checkbox"/> Difficulty losing weight	<input type="checkbox"/> Muscle pain	<input type="checkbox"/> Edema (swelling) of face
<input type="checkbox"/> Dyspepsia (indigestion)	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Excessive, painful, or irregular menstruation
<input type="checkbox"/> Epigastric discomfort	<input type="checkbox"/> Palpitations (heart fluttering)	<input type="checkbox"/> Frequency of urination
<input type="checkbox"/> Excessive hunger	<input type="checkbox"/> Sensation of cold (feel cold often)	<input type="checkbox"/> Headaches upon arising, wearing off during day
<input type="checkbox"/> Feelings of frustration	<input type="checkbox"/> Sick more often	<input type="checkbox"/> Hoarseness
<input type="checkbox"/> Headaches (generalized)	<input type="checkbox"/> Swollen tongue, scallops on sides	<input type="checkbox"/> Impaired hearing
<input type="checkbox"/> Hypoglycemia	<input type="checkbox"/> Weakness	<input type="checkbox"/> Increase in appetite
<input type="checkbox"/> Inability to concentrate		<input type="checkbox"/> Increase in weight
<input type="checkbox"/> Insomnia		<input type="checkbox"/> Infertility
<input type="checkbox"/> Irritability		<input type="checkbox"/> Labored or difficult breathing
<input type="checkbox"/> Lightheadedness		<input type="checkbox"/> Lethargy
<input type="checkbox"/> Lightheadedness that occurs upon standing		<input type="checkbox"/> Pallor of skin or lips
<input type="checkbox"/> Low blood pressure		<input type="checkbox"/> Reduced initiative
<input type="checkbox"/> Neck muscle pain / spasms		<input type="checkbox"/> Slow pulse, below 65
<input type="checkbox"/> Poor resistance to infections		<input type="checkbox"/> Slow speech
<input type="checkbox"/> Premenstrual tension		<input type="checkbox"/> Swelling of feet
<input type="checkbox"/> Scanty perspiration		<input type="checkbox"/> Swelling under eyes
<input type="checkbox"/> Startle easily		<input type="checkbox"/> Ringing in ears
<input type="checkbox"/> Tendency to inflammation		<input type="checkbox"/> Thinning of ends of eyebrows
<input type="checkbox"/> Thin, dry skin		

Name \_\_\_\_\_

Date \_\_\_\_\_