



SYMPTOM CHECK LIST FOR

Hashimoto's

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HASHIMOTO'S SYMPTOMS CHECKLIST

Date:

- Acid reflux
- Body pain
- Cold
- Cold hands/feet
- Comprehension, brain fog
- Constipation
- Depression
- Difficulty getting pregnant and miscarriages
- Fatigue
- High Cholesterol
- Hives with too much sun (not able to cool yourself down)
- Inability to lose weight with diet and exercise
- Increased Blood Pressure
- Increased weight gain
- Irregular cycles
- Irritability
- Less sweating than everyone else
- Lifeless skin and hair
- Loss of appetite
- Low growth rate in children
- Memory loss
- Outer 1/3 of eyebrows are very thin or gone
- Sleep all the time (over 10hours)
- Slow Heart Rate
- Swelling/edema/puffiness all over your body, limbs feel very weak
- Undigested food in stool
- Weakness

Make several copies of this checklist. Check all that apply and date the checklist. You can use this checklist every healing cycle (about 28 days) to see if symptoms are improving with treatment.