HASHIMOTO’S A TO Z SYMPTOMS CHECKLIST

Many Hashimoto's patients are first diagnosed as hypothyroid, overlooking the underlying auto-immune component of the condition. Even if doctors do diagnose the Hashimoto’s, it is often treated like hypothyroidism as there is no standard of care for Hashimoto's.

The truth is, you can learn to feel like yourself again. Understanding the root causes of Hashimoto’s and how it affects all systems, not just the thyroid glands and hormones, is a key part of restoring your health. If any of the symptoms listed in the A to Z Checklist below persist for you, please consider that your approach to restoring your hormone balance still has room for improvement.

Go ahead and check or highlight any lingering symptoms that you experience. Or, if you’re willing to participate in our anonymous survey, go to hashicheck.com.

- Anxiety
- Bloating
- Body aches
- Chronic candida
- Cold all the time and/or cold extremities
- Constipation or sluggish bowels
- Depression
- Difficulty losing weight
- Diffuse hair loss
- Dry skin and hair
- Eczema
- Fatigue
- Fibromyalgia
- Frequent infections, colds or flus
- Gluten sensitivity
- GERD (gastroesophageal reflux disease)
- Heavy feeling throughout body
- Hormonal dysregulation (adrenal fatigue, PMS, PCOS)
- Irritability
- Insulin resistance
- Joint pain and stiffness
- Kidney stones, infection or disease
- Low ferritin, low iron (anemia)
- Low vitamin D levels
- Muscle aches
- Nutrient deficiency, despite good diet
- Neck discomfort or pain
- Osteopenia or Osteoporosis
- Pale skin
- Palpitations
- Poor concentration, memory or motivation
- Puffy eyes
- Quality of life compromised due to symptoms
- Run down
- Shortness of breath
- Sluggishness
- Skin problems (dryness, eczema)
- Throat discomfort, swelling or frequent sore throats
- Thinning eyebrows
- Unease
- Vitiligo
- Voice change or hoarseness
- Water retention
- Weakness
- Wake feeling tired
- Xeric (dry, deficient in moisture)
- Yellowish skin or nails
- Zero energy

You can go here to complete our online symptom survey. Please stay tuned for the next handout that will help you to determine your next steps.