

Symptom	Yes/No Day 1	Yes/No Day 31
THYROID		
Weakness		
Fatigue		
Lethargy		
Sleepiness		
Need for midafternoon naps		
Generalized weight gain		
Sagging skin under arms, chin or midsection		
Low/poor appetite		
Craving bread, pasta, chocolate, sweets		
High cholesterol		
Brittle nails and vertical ridges (could be thick)		
Hair stiff and dry <input type="checkbox"/> Hair loss or thinning hair		
Dry skin		
Puffiness around eyes		
Sagging eyelids		
Outer eyebrows thinning or absent		
Slight rosiness or reddening of the face		
Poor short-term memory and focus		
Depression		
Apathetic (loss of hope)		
Difficulty making decisions		
Low body temperature		
Cold intolerance (need to put on a sweater or more covers while sleeping)		
Cold feet and/or hands		
Loss of libido		
Loss of menstrual cycle		
Indentations on sides of tongue		
Thickening of tongue		
Voice deeper and rougher in sound		
ADRENAL		
Pendulous abdomen (sagging and hanging)		

Midsection weight		
Buffalo hump (fat pad) at the upper back, lower neck area		
Thinner legs and arms		
Weakness		
Fatigue		
Lethargy		
Depression		
Sleepiness		
Insomnia		
Difficulty getting out of bed in the morning		
Need for midafternoon naps		
Nervousness		
Anxiety (worry); frequent feelings of stress		
Can't tolerate stress		
Thinning skin		
Acne or poor skin		
May have white or discolored patches on skin		
Reddish purple stretch marks on the stomach, thighs,		
Red cheeks		
Round or moon face		
Puffy face and eyes		
Dark circles around eyes		
Double chin		
Facial hair		
Full eyebrows		
Receding hairline		
Deeper voice		
Sparse hair on forearms and lower legs		
Atrophy of breasts		
Tightness in chest, or chest pains		
High blood pressure		
Lax ligaments—weak ankles and knees		
Weak or brittle bones (due to a loss of calcium and protein)		
Difficulty absorbing calcium		
Needs coffee to wake up		
Salt, cheese, chocolate and sugar cravings, late afternoon		
Inflammation or pain in joints, back, neck		
Heel spurs		
Over reactive immune system—allergies, chemical		
Autoimmune conditions		
Fibromyalgia		

Asthma		
Increased susceptibility to viruses		
Dehydrated (intracellular) despite amount of water drunk		
Fluid retention in between cells		
Pitting edema (especially in ankles)		
Gets out of breath when climbing stairs		
Legs feel heavy, especially when exercising		
Moodiness and irritability		
Brain fog or dullness		
Ringing in ears		
Low sex drive.		
LIVER		
Potbelly (very little external fat, mostly fluid)		
Poor joints		
Yellowness in whites of eyes (severe cases)		
Bloodshot eyes in the morning		
Eyelids itchy and swollen		
Skin problems		
Brown spots on backs of hands and throughout body		
Little red dots on skin		
Bloating after eating		
Burping or belching after eating		
Acid reflux		
Constipation		
Hemorrhoids		
Decreased tolerance for fatty foods and refined grains		
Cravings for fried foods and sour foods		
Chemical sensitivities		
Stiffness in lower back and upper back between the shoulder		
Pain or tightness in right shoulder area		
Liver roll of fat (just below the rib cage), seen mostly in		
Dull pressure and sensation of fullness just under right rib		
Gallbladder problems		
Headaches		
Arthritis		
High cholesterol		
High blood pressure		
Varicose veins		
Spider veins		
Hives and itchiness		

Bad breath		
Tongue coated with white film		
Deep split down center of tongue		
Early morning insomnia (wake up one to two hours before		
Irritability and moodiness, especially in the morning		
Foggy brain in the morning		
Finger joints stiff, sore and swollen in the morning		
Fingers clubbed, with whitened nail beds		
Urine darker in morning, getting clearer during day		
Light-colored bowel movements		
Swelling in ankles		
Overheating of body, especially hot feet at night (not hot		
OVARY		
Weight gain in hips, thighs and buttocks		
History of PMS		
Weight gain or bloating around that time of the month		
Ovarian cysts		
Cyclic fatigue		
Cyclic brain fog		
Cyclic pain in the lower back or hips		
Cyclic pain in the knee		
Cyclic lack of libido		
Infertility		
Hot flashes		
Night sweats		
Vaginal dryness		
Cyclic acne		
Cyclic mood swings		
Excessive menstrual bleeding		
Cyclic constipation		
Cyclic thinning of the hair		
Depression during menstrual cycle		
Cravings at certain times of the month		