Low Thyroid Complaints

Health
- Prone to ear, nose, and throat infections
- Prone to weight gain, but difficult weight loss when dieting

Appearance
- Overweight, obesity
- Swollen all over

Energy/Vitality
- Morning fatigue, fatigue when taking a rest
- Feels best in the evening and when physically or mentally active
- Lethargy, apathy

Temperature
- Intolerant to cold, easily shivers (because of the cold)
- Needs to wear supplementary warm clothes in all seasons
- Poor circulation (white fingers in winter)

Sleep
- Snoring when sleeping at night (sleep apnea)
- Difficulties getting out of bed in the morning
- Somnolence (sleepy during the day, especially when resting)

Food
- Poor appetite for food (a certain degree of anorexia but with obesity)
- Excessive intake of caffeinated drinks (used for energy)

Water balance
- Oligodipsia (decreased thirst)
- Oliguria (decreased urination)

Hair
- Dry hair
- Slow growing hair
- Diffuse hair loss

Head
- Diffuse headaches, Migraines
- Tinnitus (ear buzzing)

Voice
- Morning hoarse voice

Skin
- Dry skin
Nails
- Brittle, slow growing nails

Digestive
- Bloated abdomen, Dyspepsia (slow digestion)
- Constipation

Joints and Muscles
- Muscle and joint stiffness upon waking
- Diffuse myalgia and arthralgia, more important in the morning
- Feet and leg cramps in the morning
- Carpal tunnel syndrome
- Low back pain

Behavior
- Slowness
- Apathy (lack of interest,initative)

Mood
- Morning depression

Memory
- Slow thinking and reaction
- Poor memory, poor concentration and attention