

MASTERING HASHIMOTO'S

Symptoms List

- fatigue and exhaustion
- feeling run down and sluggish
- depression
- anxiety
- difficulty concentrating
- brain fog
- forgetfulness
- socially distant
- difficulty expressing yourself
- lack of motivation
- excessive weight gain
- belly fat
- dry and coarse skin
- itchy skin
- acne
- eczema
- dry, coarse and/or thinning hair
- eyebrow loss
- puffy eyes
- brittle nails
- feeling cold (especially hands and feet)
- water retention
- constipation
- digestive discomfort
- diarrhea
- acid reflux
- intestinal gas
- intestinal bloating
- candida (yeast overgrowth)
- muscle aches
- muscle cramps
- muscle loss
- osteopenia or osteoporosis
- hypoglycemia
- frequent colds
- throat discomfort and/or tightness
- irregular menstrual flow
- low sex drive
- infertility and/or miscarriage
- low level of vitamin D
- low level of vitamin B12
- low ferritin or anemia

Join our Mastering Hashimoto's Workshop (www.masteringhashimotos.com/workshop) to learn more about **triggers and solutions** to best manage your Hashimoto's condition.