

Menopause Thyroid Solution

OVERCOME MENOPAUSE BY SOLVING YOUR HIDDEN THYROID PROBLEMS

THYROID or (PERI) MENOPAUSE? KEY RISKS/SYMPTOMS CHECKLIST

- _____ Age 40 or older
- _____ Family or personal history of thyroid disease or any autoimmune disease
- _____ Current or former cigarette smoker
- _____ Overconsumption of soy foods and soy supplements

SIGNS AND SYMPTOMS

- _____ **Menstrual irregularities** -- irregular cycles, spotting, longer/shorter periods, heavier/lighter periods, clots, phantom periods
- _____ **Sleep problems** -- difficulty falling asleep, frequent waking, insomnia, wake up feeling tired and unrefreshed, sleep apnea
- _____ **Weight gain**, unable to lose weight with diet/exercise, increased appetite for carbohydrates
- _____ **Depression**, moodiness, irritability
- _____ **Difficulty concentrating**, forgetfulness, memory problems, brain or mind is "in a fog"
- _____ **Increased anxiety**, panic attacks
- _____ **Loss of sex drive**
- _____ **Hair loss**
- _____ **Fatigue**, lack of energy
- _____ **Pain**, aches, and stiffness in joints and muscles
- _____ **Hot flashes, night sweats**