

## Twenty Symptoms of Thyroid Hormone Overstimulation

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Using this form can help you decide whether you're overstimulated by thyroid hormone. The table contains nineteen potential symptoms of overstimulation. In using the list, keep the following points in mind:

- If you are overstimulated by thyroid hormone, you most likely have one or more of the symptoms.
- Some of the symptoms can occur in both too little and too much thyroid hormone regulation. Because of this, you may have had one or more of the symptoms before you began using thyroid hormone. You need to know the symptoms you previously had and their intensity. Because of this, it's best that you fill out this form one or more times before you begin using thyroid hormone. For each symptom you have, mark the severity scale to the right to show how intense you estimated to be. If you've already begun thyroid hormone, fill out the form one or more times on your current dosage.
- When you've increased your dosage and you take physiological measurements and estimate the severity of your hypothyroid symptoms, also fill out a copy of this form.
- Compare your new form your previous ones. Check to see whether on your current, higher dosage any of your previous symptoms have intensified. Also check to see whether you're experiencing more symptoms. If so, then in either case you may be overstimulated to some degree.

Breathlessness	1----2----3----4----5----6----7----8----9----10
Bowel movements more frequent	1----2----3----4----5----6----7----8----9----10
Concentration, trouble maintaining	1----2----3----4----5----6----7----8----9----10
Fatigue	1----2----3----4----5----6----7----8----9----10
Hair that is fine, soft and falling out	1----2----3----4----5----6----7----8----9----10
Heart beat that is irregular	1----2----3----4----5----6----7----8----9----10
Heart rate is rapid	1----2----3----4----5----6----7----8----9----10
Heat intolerance	1----2----3----4----5----6----7----8----9----10
Insomnia	1----2----3----4----5----6----7----8----9----10
Menstrual flow absent, irregular, scanty	1----2----3----4----5----6----7----8----9----10
Moodiness	1----2----3----4----5----6----7----8----9----10
Muscle weakness	1----2----3----4----5----6----7----8----9----10
Nervousness, agitation	1----2----3----4----5----6----7----8----9----10
Racing thoughts/rapid talking	1----2----3----4----5----6----7----8----9----10
Skin, warm and moist	1----2----3----4----5----6----7----8----9----10
Skin, red skin and possibly itchy	1----2----3----4----5----6----7----8----9----10
Stools loose	1----2----3----4----5----6----7----8----9----10
Sweating that is excessive	1----2----3----4----5----6----7----8----9----10
Tremors, possibly fine shaking	1----2----3----4----5----6----7----8----9----10
Weight loss but eating normally or more often	1----2----3----4----5----6----7----8----9----10

