

## 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

- Bloating 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, initiative)

#### Mood

- Morning depression

#### Memory

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