

## TODAY'S ACTIVITY

Check if you have some of the common signs of hypothyroidism:

- Fatigue, especially in the morning
- Headaches, migraines
- Weight gain, especially in the hips; fluid retention
- Slow wound healing
- Low body temperature and cold intolerance, especially hands and feet
- Chronic infections, especially during the change in seasons
- Menopausal problems or menstrual irregularities and heavy flow
- History of infertility, miscarriages, still births
- Decreased sex drive
- Insomnia or narcolepsy
- Heart problems, hypertension, high cholesterol
- Dry, coarse skin and hair; brittle nails
- Hair loss (including outer third of eyebrows)
- Skin problems, acne
- Reduced or excessive sweating
- Poor short-term memory and concentration
- Depression, crying easily
- Low motivation, ambition
- Mood swings, irritability
- Constipation, acid indigestion, irritable bowel syndrome
- Deep, hoarse voice, slow speech
- Pain where the ribs meet the breastbone
- Muscle and joint stiffness, arthritis