



where weight loss is a science

## UNDERLYING METABOLIC IMBALANCES: THYROID FUNCTION

Directions: This questionnaire asks you to assess how you have been feeling during the past two months. This information will help us determine whether thyroid function is one of your underlying metabolic imbalances as well as how this changes as you progress with your program.

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant.

1 = Occasionally – Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some other identifiable trigger

4 = Often – Symptom occurs 2-3 times per week and /or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently – Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularly on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO, 8 = YES

1. Severe fatigue or low energy	0	1	4	8
2. Easy to gain weight	0	1	4	8
3. Difficult to lose weight	0	1	4	8
4. Family history of thyroid disease	0	1	4	8
5. Diagnosed with hypothyroidism	0	1	4	8
6. Taking medication and/or supplementation for hypothyroidism	0	1	4	8
7. Dry Skin	0	1	4	8
8. Constipation	0	1	4	8
9. Hair or eyebrows thinning	0	1	4	8
10. Menstrual irregularities	0	1	4	8
11. Dry or brittle hair	0	1	4	8
12. Low sex drive	0	1	4	8
13. Mood swings or depression	0	1	4	8
14. Forgetful	0	1	4	8
15. High cholesterol	0	1	4	8
16. Low blood pressure	0	1	4	8

TOTAL POINTS

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If your total score is greater than 24, Thyroid Function may be one of your Underlying Metabolic Imbalances. Consider the Optimal Body Balance Thyroid Program. We recommend the following supplements:

Thyrosol taken twice daily: once at breakfast and once at dinner