

HASHIMOTO'S SYMPTOMS LIST

Rank severity of each symptom as 0-10. Revisit every 4-6 weeks to track progress.

Date:

Acid reflux (GERD)	Joint pain
Anxiety	Low vitamin D
Bloating and swelling	Mood swings
Brain fog	Multiple food intolerances
Cold extremities	Muscle soreness
Constipation	Palpitations or irregular heart rate
Digestive issues	Poor concentration
Dry skin, hair and/or nails	Puffiness
Fatigue or drowsiness (even with a full nights sleep)	Shortness of breath
Frequent infections	Skin issues (dryness, hives, etc.)
Gluten sensitivity	Thinning eyebrows (especially the outer third)
Hair loss	Vitiligo
Hormonal imbalance	Weakness
Increased menstrual flow	Weight gain
Increased sensitivity to cold	Yeast overgrowth

Notes:

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Disclaimer: I am not a doctor. This list is general information only and does not substitute for professional medical advice, diagnosis, or treatment. Always consult a medical professional to address any medical concerns.