



Thyroid Imbalance Self Test

The following is a *partial list* of symptoms that can relate to thyroid imbalance. Other assessments and tools are used in my practice in conjunction with a symptom analysis. The self test is designed to provide insight into your lifestyle and is restricted to the subject of levels of health and general well-being and is not intended for the purpose of the diagnosis of disease. For the diagnosis of any ailment or disease please consult a licensed physician.

Please rate the following question as indicated below:

Never or No = 0 Occasionally = 1 Frequently or yes = 2

Light-headedness or dizziness	
Face bloated or puffy	
Heart palpitations or irregular heartbeat	
Poor quality sleep	
Cold hands or feet	
Catch infections easily	
Achy or cramping muscles	
Low sex drive	
Menstrual issues (pms, irregularity, heaviness etc.), past or present (F)	
Irritability	
One or fewer bowel movements per day	
Easily distracted, difficulty concentrating	
Dislike pressure or being watched	
Feeling low or apathetic	
Irritable if miss a meal, hypoglycemic	
Gain weight easily	
Hair dry or falling out	
Headaches	
Throat clearing	
Hoarse throat or voice	
Rough, dry, flaky or scaly skin	
High cholesterol	
Low pulse	
Very cracked heels	
Long lasting stiffness or soreness after exercise	
Start slow in the morning	
Food allergies or sensitivities	
Sinuses clogged or general sinus issues	

Low body temperature	
Sensitive to cold	

Please note: The more symptoms of imbalance you have the greater the risk of thyroid dysfunction. For a full assessment please contact me for an initial assessment.

If you experience any of the above listed symptoms you would do well to check your intake of nutrient depleting foods such as sugar, coffee and alcohol. Take note of your stress levels, your fears and emotional connections to food. Be sure to rule out sensitivities and allergies that can weaken your thyroid gland.

A nutritional health assessment can address your food and thyroid connection through analysis of diet, symptoms and sensitivity testing with the latest energetic device, called the Meridian Stress Assessment System. This is a non-invasive approach to finding long-term healing solutions.

You don't have to have thyroid disease to have a thyroid imbalance.

As your nutrition coach I can find the root cause of your symptoms/imbalance and develop a plan that is unique to your biochemical make-up and wellness needs. I am now serving clients around the world.

Heal Your Thyroid. Heal Your Life

Sara Ashe RHN

Holistic Nutrition & Wellness Coach

(902) 252-5349

www.saraashe.ca