



## ***Hypothyroidism – Progressive Treatment Quiz***

Think you may have a sluggish thyroid – or what medicine calls hypothyroidism? Have you seen the doctors, but your blood tests keep coming back normal? Or did the doctor start you on ‘thyroid hormone tablets’ – usually called Thyroxine; Oroxine, Levothyroxine, Synthroid, .... – but you still don’t feel much better?

Well, why not take this quick hypothyroidism quiz, and confirm for yourself that the cause of many of your health problems may indeed be a sluggish thyroid.

Also, learn about a simple home test you can do to further confirm a hypothyroid diagnosis – even if your blood results came back as ‘normal’! This is available at:

<http://www.holistic-hypothyroidism-solutions.com/support-files/basal-metabolic-temperature-test.pdf>

### ***Validate What You Are Experiencing***

The point was raised earlier that blood tests don’t necessarily match a person’s presenting symptoms, or lack of wellness. From that perspective, it’s important to be able to have some easy form of measurement giving validity to how a person is *feeling*, in addition to investigating what’s happening in their blood.

Equally, such an assessment needs to be able to detect improvement, as corroborated by your *symptoms* getting better.

### ***A Powerful Tool For Measuring Change Over Time***

A useful tool for evaluating your progress is to fill in this thyroid quiz before starting treatment; then again at 1 month; 3 months; and 6 months. By using the quiz itself in a graphical manner (as described below), simply plot your results to provide a powerful, visual means through which you can clearly see the improvements made over time.

Sometimes, progress can be rather gradual, which may cause you to remain unaware of your day-by-day, incremental wellness. This in turn can result in not necessarily being conscious of how you are in fact improving.

To develop an awareness of ‘movement’ in your wellness, there is a need to somehow relate where you are now to where you were at specific times in the past. To this end, a quiz like the one below can be a powerful and effective tool, well worth the relatively small amount of time and effort it takes to use.

### ***A Caveat - Be Aware Of Quiz-Limitations***

Although this thyroid quiz is a powerful tool, and will give you important feedback on whether or not you may be suffering from hypothyroidism - or a ‘sluggish thyroid’ - please do understand that certain symptoms can be caused by a number of different disease processes.

For instance; feeling dizzy may be due to low blood pressure; high blood pressure; low blood sugar levels; high blood sugar levels; low adrenal function; ear problems; a toxic reaction to something... and the list goes on!

Hence, even if you strongly suspect you do have hypothyroidism, but haven’t yet seen a doctor, then it would still be important to ensure that you have been thoroughly assessed by someone in the medical field, just to rule out other possible health issues.

The aim of this quiz is more about empowering you in your health Journey, if you have already seen a doctor; had numerous tests, and yet they couldn’t find anything medically wrong with you.

## ***Progressive Treatment Thyroid Quiz***

- You might like to print out the quiz form below first.
- Then, give each symptom listed, a rating from 0 to 10 - (0 meaning no symptoms, and 10 meaning a severe level of symptoms or suffering)
- Use the same quiz sheet each time you do this test, but utilize a different colored pen at each subsequent quiz.
- As the quiz is progressively answered at the 1, 3 and 6 month mark after starting treatment, these specifically color-coded responses can be linked for each color/time-frame by drawing a line between the answers.
- This will provide a cumulative graph – albeit running *vertically* down the page – of all symptoms marked for that time period, in that color.
- On each occasion the quiz is answered, this will therefore give a clear and instant visual perception of how your symptoms have or haven't changed.
- By looking at the symptoms which are sluggish to respond, and linking them back to specific organ/glandular systems in the body, it also allows any practitioner to adjust the treatment protocol in order to better support those lagging body areas.

DATE: Before Treatment ...../...../.....

DATE: 1 Month After Starting an Holistic Hypothyroid Treatment ...../...../.....

DATE: 3 Months After Starting An Holistic Hypothyroid Treatment ...../...../.....

DATE: 6 Months After Starting An Holistic Hypothyroid Treatment ...../...../.....

- |  |                        |
|--|------------------------|
| 1) Aches - muscular  | 0-1-2-3-4-5-6-7-8-9-10 |
| 2) Acid indigestion - heartburn                                | 0-1-2-3-4-5-6-7-8-9-10 |
| 3) Acne/boils - chronic  | 0-1-2-3-4-5-6-7-8-9-10 |
| 4) Addictive tendencies-coffee/sugar/cigarettes, alcohol, etc. | 0-1-2-3-4-5-6-7-8-9-10 |
| 5) Allergies   | 0-1-2-3-4-5-6-7-8-9-10 |
| 6) Anemia - treatment-resistant                                | 0-1-2-3-4-5-6-7-8-9-10 |
| 7) Anxiety   | 0-1-2-3-4-5-6-7-8-9-10 |
| 8) Arthritis and joint aches                                   | 0-1-2-3-4-5-6-7-8-9-10 |
| 9) Asthma  | 0-1-2-3-4-5-6-7-8-9-10 |
| 10) Bad breath   | 0-1-2-3-4-5-6-7-8-9-10 |
| 11) Blood pressure – chronically low                           | 0-1-2-3-4-5-6-7-8-9-10 |
| 12) Blood sugar control in diabetes - poor                     | 0-1-2-3-4-5-6-7-8-9-10 |
| 13) Bruising - easy  | 0-1-2-3-4-5-6-7-8-9-10 |
| 14) Carpal tunnel syndrome                                     | 0-1-2-3-4-5-6-7-8-9-10 |
| 15) Cholesterol - elevated                                     | 0-1-2-3-4-5-6-7-8-9-10 |
| 16) Chronic fatigue  | 0-1-2-3-4-5-6-7-8-9-10 |
| 17) Circulation - poor   | 0-1-2-3-4-5-6-7-8-9-10 |
| 18) Concentration - decreased                                  | 0-1-2-3-4-5-6-7-8-9-10 |
| 19) Constipation - chronic                                     | 0-1-2-3-4-5-6-7-8-9-10 |
| 20) Co-ordination – poor                                       | 0-1-2-3-4-5-6-7-8-9-10 |
| 21) Cramps - severe menstrual cramps                           | 0-1-2-3-4-5-6-7-8-9-10 |
| 22) Cramps – in feet/calves/hands                              | 0-1-2-3-4-5-6-7-8-9-10 |
| 23) Depression   | 0-1-2-3-4-5-6-7-8-9-10 |
| 24) Ears - ringing in  | 0-1-2-3-4-5-6-7-8-9-10 |
| 25) Eczema   | 0-1-2-3-4-5-6-7-8-9-10 |
| 26) Eyes - dry/blurred vision                                  | 0-1-2-3-4-5-6-7-8-9-10 |
| 27) Eyebrows – thin or non-existent at outer third             | 0-1-2-3-4-5-6-7-8-9-10 |
| 28) Falling asleep during the day                              | 0-1-2-3-4-5-6-7-8-9-10 |
| 29) Fibromyalgia   | 0-1-2-3-4-5-6-7-8-9-10 |
| 30) Fluid retention  | 0-1-2-3-4-5-6-7-8-9-10 |

31) Flushing - facial	0-1-2-3-4-5-6-7-8-9-10
32) Gout – chronic tendency to	0-1-2-3-4-5-6-7-8-9-10
33) Hair - dry	0-1-2-3-4-5-6-7-8-9-10
34) Hair loss	0-1-2-3-4-5-6-7-8-9-10
35) Hands/feet - cold, turn bluish?	0-1-2-3-4-5-6-7-8-9-10
36) Headaches	0-1-2-3-4-5-6-7-8-9-10
37) Heat and/or cold intolerance	0-1-2-3-4-5-6-7-8-9-10
38) Hives – tendency to	0-1-2-3-4-5-6-7-8-9-10
39) Hypoglycemic episodes – tendency to	0-1-2-3-4-5-6-7-8-9-10
40) Infections - frequent <b>urinary</b> infections	0-1-2-3-4-5-6-7-8-9-10
41) Infections – frequent <b>yeast</b> infections	0-1-2-3-4-5-6-7-8-9-10
42) Infertility	0-1-2-3-4-5-6-7-8-9-10
43) Insomnia	0-1-2-3-4-5-6-7-8-9-10
44) Irritability	0-1-2-3-4-5-6-7-8-9-10
45) Irritable Bowel Syndrome	0-1-2-3-4-5-6-7-8-9-10
46) Itchiness	0-1-2-3-4-5-6-7-8-9-10
47) Lightheadedness	0-1-2-3-4-5-6-7-8-9-10
48) Memory – poor – especially short-term	0-1-2-3-4-5-6-7-8-9-10
49) Migraines	0-1-2-3-4-5-6-7-8-9-10
50) Motivation - poor motivation in life	0-1-2-3-4-5-6-7-8-9-10
51) Nails – unhealthy/fragile/flaky/white spots	0-1-2-3-4-5-6-7-8-9-10
52) Palpitations	0-1-2-3-4-5-6-7-8-9-10
53) Panic attacks	0-1-2-3-4-5-6-7-8-9-10
54) Periods - irregular	0-1-2-3-4-5-6-7-8-9-10
55) PMS (pre-menstrual syndrome)	0-1-2-3-4-5-6-7-8-9-10
56) Self-esteem - low	0-1-2-3-4-5-6-7-8-9-10
57) Sex drive/libido - decreased	0-1-2-3-4-5-6-7-8-9-10
58) Skin - dry	0-1-2-3-4-5-6-7-8-9-10
59) Skin - increased infections of	0-1-2-3-4-5-6-7-8-9-10
60) Skin pigmentation – changes in	0-1-2-3-4-5-6-7-8-9-10
61) Swallowing - abnormal sensations	0-1-2-3-4-5-6-7-8-9-10
62) Sweating abnormalities	0-1-2-3-4-5-6-7-8-9-10
63) Throat - frequent colds and sore throats	0-1-2-3-4-5-6-7-8-9-10
64) Tired - excessively after eating	0-1-2-3-4-5-6-7-8-9-10
65) Tongue – swollen	0-1-2-3-4-5-6-7-8-9-10
66) Ulcers - mouth	0-1-2-3-4-5-6-7-8-9-10
67) Voice – chronically hoarse	0-1-2-3-4-5-6-7-8-9-10
68) Weight gain - difficult to shift	0-1-2-3-4-5-6-7-8-9-10
69) Wound healing - slow	0-1-2-3-4-5-6-7-8-9-10

## ***Interpretation***

Count up each number you circled for whatever symptoms you chose, so as to get a **total** score for **all** questions answered on a particular date.

### ***Negligible to low possibility of hypothyroidism***

Your total score would be: less than 207

### ***Quite possible hypothyroidism***

Your total score would be: between 207 – 483

### ***Highly probably hypothyroidism***

Your total score would be: between 483 – 690