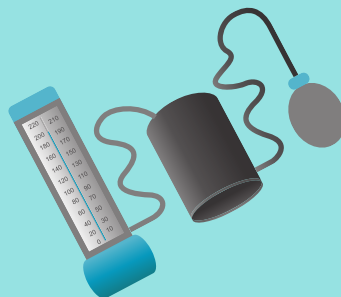


# HASHIMOTO'S DISEASE

## SYMPTOMS

### A COMPREHENSIVE LIST

- Debilitating fatigue
- Stubborn weight gain
- Inability to lose weight
- Anxiety
- Panic attacks
- Brain fog
- Depression
- OCD
- Poor concentration
- Irritability
- Slow recovery after exercise
- Insomnia
- Hormone imbalances
- Increased menstrual flow
- Decreased libido
- Infertility
- Miscarriage
- Eyelid puffiness
- Cold extremities
- Increased sensitivity to cold
- Hair loss
- Brittle hair
- Thinning eyebrows
- Loss of eyelashes
- Heart palpitations



- GERD
- Bloating
- Constipation
- Digestive issues
- Gallstones
- Chronic Pancreatitis
- Frequent infections
- Gluten and dairy sensitivity
- Multiple food intolerances
- Yeast overgrowth
- Thick, dry, cracked, brittle nails
- Longitudinal ridges on nails
- Absent lunulae (half moons)
- Dry skin
- Acne
- Hives
- Vitiligo
- Joint pain
- Muscle weakness
- Pain in lower neck
- Hoarse voice
- Goiter
- Slow or fast heart rate
- High or low blood pressure
- High cholesterol