



FATIGUE SYMPTOM REVIEW

Symptom	mild	moderate	severe
Thyroid and Adrenal Imbalance			
Stress (physical, emotional, environmental)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frequent or chronic infections (e.g. colds, flus, dental)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty losing weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar cravings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brain fog or unclear thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perimenopause or menopause symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Puffy face or eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low libido	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart palpitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adrenal Imbalance			
Morning fatigue (need coffee to get going)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wake up between 3am and 5am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gain a second wind at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic swollen lymph nodes in neck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot places, such as saunas, are draining	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headaches in the afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salt cravings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel worse after moderate exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Light-headed after standing up quickly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clench or grind teeth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic pain inner side of knees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seasonal allergies or hives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shorter menstrual cycle (i.e. less than 27 days)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel better if maintain regular meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol intolerance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Low Thyroid Function

Energy is best in the morning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intolerance to cold temperatures or feel well in warm places such as saunas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headaches in the <i>morning</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel better after movement or moderate exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair is dry, brittle and/or falling out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slow pulse rate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carpal Tunnel Syndrome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heavy bleeding during menses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Longer menstrual cycle (i.e. more than 29 days)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High cholesterol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B12 Deficiency

Low thyroid function	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neuropathy (numbness or weakness in arms or legs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular use of the diabetic medication Metformin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular use of acid blocking medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Daily extended use of birth control pill or HRT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular use of antibiotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swollen or sore tongue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family history of pernicious anemia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegan diet or suboptimal vegetarian diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic bowel or pancreatic disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Iron Deficiency

Regular use antacids or acid blocking medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular use of NSAID pain medications (e.g. aspirin, ibuprofen, Aleve, Motrin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sore tongue or canker sores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nail spooning or brittle fingernails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marked fatigue before or during menses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restless Leg Syndrome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heavy bleeding during period	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frequent bacterial infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamin C deficiency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>