

Test yourself for Thyroid Deficiency (Both Men & Women)

I'm sensitive to cold	
My hands and feet are always cold	
In the morning my face is puffy and my eyelids are swollen	
I put on weight easily	
I have dry skin	
I have trouble getting up in the morning	
I feel more tired at rest than when I am active	
I am constipated	
My joints are stiff in the morning	
I feel like I'm living in slow-motion	

Your Score :

If you score ≥ 5 ; the its time for you to consult your doctor