

Hypo- thyroidism

Hair loss
Brain fog
Goiter (enlarged thyroid)
Strong fatigue
Sensitivity to cold
Dry skin
Weight gain
Puffiness
Hoarseness
Memory problems
Constipation
Severe PMS
Irregular menstrual periods
Joint, muscle pain
Depression, mood swings
High cholesterol

Hyper- thyroidism

Hair loss
Bulging eyes
Goiter (enlarged thyroid)
Heart palpitations
Tremors
Heat intolerance
Sleep disturbances
Weight loss
Shortness of breath
Diarrhea
Increased appetite
Irregular menstrual periods
Muscle weakness
Sweating
Anxiety, nervousness
Depression, mood swings

Thyroid cartilage
(Adam's apple)

Parathyroid
glands

Thyroid
Gland

Larynx

Parathyroid
glands

