

flourish NATUROPATHY

Tracey Loughran ND
P: 477 2558

The Habitus Centre, 4th Floor, Consultancy House, 7 Bond st, Dunedin
M: 021 154 8384 E: flourishonline@gmail.com

HYPOTHYROID QUESTIONNAIRE

	I am gaining weight inappropriately
	I am unable to lose weight with diet/exercise
	I am constipated, sometimes severely
	I have hypothermia/low body temperature
	I feel fatigued/exhausted
	I feel run down, sluggish and lethargic
	My hair is coarse and dry
	My skin is coarse, dry, scaly and thick
	I have a hoarse or gravelly voice
	I have puffiness and swelling around the face and eyes
	I have developed carpal-tunnel syndrome (or it's getting worse)
	I am having irregular menstrual cycles (longer, heavier, or more frequent)
	I am having trouble conceiving a baby
	I feel depressed
	I feel restless
	I have feelings of worthlessness
	I have difficulty concentrating
	I have frequent feelings of sadness
	I seem to be losing interest in normal daily activities
	I am more forgetful lately
	I have had a baby in the past nine months
	I have a history of miscarriage
	My hair is falling out
	I can't seem to remember things
	I have no sex drive
	I am getting more frequent infections, that last longer
	I am snoring more lately
	I may have sleep apnoea (waking myself up to breathe at night)
	I feel shortness of breath and tightness in the chest
	I feel the need to yawn to get oxygen
	My eyes feel gritty and dry
	My eyes feel sensitive to light
	My eyes get jumpy/tics which make me dizzy
	I get frequent headaches
	I have strange feelings in my neck or throat

	I have tinnitus (ringing in the ears)
	I get recurrent sinus infections
	I have vertigo
	I feel some light headedness
	I have severe menstrual cramps

flourish NATUROPATHY

Tracey Loughran ND
P: 477 2558

Habitus Centre, 4th Floor, Consultancy House, 7 Bond st, Dunedin
M: 021 154 8384

www.flourishonline.co.nz

HYPERTHYROID QUESTIONNAIRE

	I experience breathlessness
	My eyes have changed (shape, vision)
	I have a fast heart rate
	I feel fatigued
	I have fine or brittle hair
	I experience facial flushing
	My hair is falling out
	I have heat intolerance
	I have increased bowel motions
	I am sweating more than usual
	I have trouble sleeping
	I am frequently irritable/restless
	I have itchy skin
	I have light or absent periods
	My muscles are frequently weak
	I experience nervousness or anxiety
	My stomach is easily upset
	My skin has become thinner than normal
	I experience extreme tiredness
	My hands tremble/shake sometimes
	My skin is warm and moist
	I have weight loss (not brought about by dietary change or exercise)

flourish NATUROPATHY

Tracey Loughran ND
P: 477 2558

Habitus Centre, 4th Floor, Consultancy House, 7 Bond st, Dunedin
M: 021 154 8384

W: www.flourishonline.co.nz

ADRENAL FATIGUE QUESTIONNAIRE

	I have gained weight around the waist and am unable to lose it
	Infections seem to last longer for me (colds, flus etc)
	I have a tendency to shake/tremble when under pressure
	My libido has reduced
	I am frequently lightheaded when I stand up
	I am increasingly unable to remember things
	I have a lack of energy in the mornings and have difficulty getting up
	I often feel tired around 9-10pm but resist going to bed
	I need coffee or other stimulants to get going in the morning
	I crave salty, fatty foods (e.g. cheese, chips, meat)
	My PMS symptoms are increasing
	I have pain in the upper back/neck for no apparent reason
	I have a lot of food intolerances
	I have a low body temperature
	I am prone to Diarrhoea