

BY TOM BRIMEYER

HYPOTHYROIDISM SYMPTOM *checklist*

The Most Comprehensive Guide
to Ensure That You Get the
Proper Diagnosis



Hypothyroidism Symptom Checklist

The Most Comprehensive Guide to Ensure
That You Get the Proper Diagnosis

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Disclaimer:

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About Tom Brimeyer

Hi, my name is Tom Brimeyer and I am a practitioner of functional medicine, health researcher, and author on nutrition, hormones, and hypothyroidism.

Through my own trials and tribulations in dealing with my own health problems, in 2006 I started a private consulting practice. This has allowed me to help clients all over the United States, and now in more than fifty one other countries, to take back their lives by stopping hypothyroidism directly at the source.

By simply addressing the underlying causes of hypothyroidism I've helped thousands of people to naturally overcome their hypothyroidism and other hormonal imbalances that are responsible for so many diseases today including *chronic fatigue, obesity, heart disease, depression, anxiety, digestive issues, food allergies, adrenal fatigue, fertility issues, osteoporosis, autoimmune, and even cancer*, all of which can be easily prevented.

Yet, this is only the tip of the iceberg as far as I am concerned.



As my work and practice has continued to grow, it has sparked an inevitable *Health Revolution* focused on helping people to take control of their own health instead of relying on the inadequate and ineffective medical care available today. This *Revolution* is what started, and continues, to drive my own personal mission.

My Personal Mission: *To inspire and educate more than 1 Million people to take control and achieve true health by correcting their hypothyroidism and underlying causes of their health problems instead of being stuck relying on doctors and drugs that merely cover up their symptoms while their health continues to suffer.*

Imagine the potential snowball effect that reaching 1 Million people could have. Imagine what will happen as other likeminded practitioners come together. 1 Million will become 2 Million, then 10 Million, and more.

The potential is limitless.

From Engineer to Health Advocate, Researcher, Practitioner, & Author

Growing up, I always had a keen interest in health and exercise. I was a naturally gifted athlete and always aimed to better myself whether it was on the field or in the gym.

I considered myself to be of pristine health while eating according to the still commonly accepted nutritional beliefs supported by dietitians, doctors, the FDA, and various other healthcare advocates and associations. At the time, I was convinced that I was doing everything right.

Instead of following my passion, I pursued an education and career as an engineer, which in hindsight, ended up being one of the best things that could have ever happened to me.

I have no doubt in my mind that if I entered the health field as a doctor or otherwise, I would have ended up accepting and adopting the very same illogical preconceptions about health that I now advocate against. But it didn't happen without consequence.

While I continued to live my so-called "healthy" lifestyle, my body began telling me a different story. My energy levels began to drop. I developed high cholesterol and blood pressure. I began to experience digestive issues. And from a young age, I always seemed to be suffering from skin issues that would never clear up.

I finally came to accept the fact that these symptoms were not a sign of pristine health and it was really beginning to affect my personal and professional life. I struggled to find the energy to play with my kids. I kept letting down my family and friends. And my ability to work was starting to suffer as well.

As an engineer and problem solver, I felt the need to understand exactly why all of this was happening to me, which was an extremely frustrating and challenging journey that led me down more dead-end streets and roads that led nowhere than I care to admit.

Like most people, I went to my doctor who offered me nothing more than pills and an explanation that my health issues were merely "genetic" and that there was nothing I could do about it but take medication for life. But, being an engineer, I wasn't willing to accept that my health couldn't be fixed.

At that point I began to take matters into my own hands and began studying with some of the most sought after and well respected doctors and health practitioners in the country. We're talking about practitioners that charge thousands of dollars just to talk to them. I tried a number of therapies but always ended up right back where I started, and in some cases worse, while my wallet began to shrink at record pace.

While I continued to search for answers, instead of looking to doctors for help, I began studying our hormones and the work of some of the most advanced researchers of our time. This is where I finally found the answers I was looking for and that would change my life forever.

After months of studying and digging through research, I discovered that my health issues were all connected directly to poor thyroid function.

I began to understand the importance of my thyroid to my health and how thyroid hormone is necessary for every organ, tissue, and cell of your body to produce energy, function properly, and remain healthy. When cells can't utilize thyroid hormone properly, they can't function or produce energy effectively and the disease process begins.

I found an overwhelming amount of research proving the connection between hypothyroidism and many of today's most deadly and debilitating diseases, including the two most deadly diseases known to man, *heart disease* and *cancer*.

Based on what I learned through this research, I began formulating a plan that addressed all of the underlying issues that were suppressing my thyroid, which has literally transformed my life and left me feeling like my former healthy self again. My



energy levels increased drastically, giving me more than enough energy for my family and work. My cholesterol and blood pressure returned to normal. My digestive issues and skin issues that I had dealt with since my teenage years cleared up as well.

For the first time, I felt like myself again.

During this process of correcting my own hypothyroidism, I began writing about and sharing what I was learning with others who were suffering from undiagnosed hypothyroidism or who were still suffering from hypothyroidism regardless of medical treatment. Before I knew it, I was consulting with hypothyroidism sufferers all over the country, and now all over the world, some of whom have been kind enough to send me letters and emails explaining just how big of a difference this has made in their life.

This plan that I put together quickly became the catalyst for my life's work.

It's important for you to understand that it's not your fault.

When you look at the research surrounding thyroid testing today, you'll see just how inaccurate and inadequate medical testing today really is and how there are far more accurate tests that you can do yourself and that won't cost you a dime.

When you look at the research studies showing that 90% of people who are treated using the standard medical approach to hypothyroidism continue to suffer from fatigue and experience no improvements in their symptoms, it becomes quite clear that medical treatments today are not helping.

We've been raised on the belief that we can trust doctors above anyone else. But what about the research that shows that medical mistakes are the third leading cause of death, right behind heart disease and cancer (both related directly to hypothyroidism).

How much longer are you willing to let yourself suffer before you say enough is enough?

This *Revolution* is about getting real answers and real solutions to our health problems instead of constantly getting the run around while every disease known to mankind continues to rise year after year.

This *Revolution* is about paving the way for better healthcare and treatment options based on real research that modern medicine has continued to ignore for the past almost hundred years.

This *Revolution* is about saying enough is enough and taking our health into our own hands instead of relying on outdated, inadequate, and ineffective medical treatment that most people are stuck with today.

This *Revolution* is about creating a happier, healthier, and better future that is free of hypothyroidism and disease.

If we are going to stop hypothyroidism and this trend of disease rising year after year, then we have to stand up for ourselves. The answers you need are right in front of you... It's just a matter of taking action.

You don't have to become just another heart disease or cancer statistic. You have the power to take control and become part of the solution.

Welcome to the *Revolution*...

Hypothyroidism Symptom Checklist

First of all, it's nice to meet you. I have some very interesting information to share with you. This information really comes as a shock to most and has really been opening up both people's eyes and minds to the fact that there is A LOT more that you could be doing to overcome your chronic health problems and get back to your old energetic, younger feeling, and healthy self.

But, as with everything, it comes with a price. No, I'm not talking about money here. I'm referring to the fact that you're going to have to break down some of the walls of false beliefs that have been pounded into your brain for more than a half a century now.

At some point in time you have to take a step back and realize that if the current medical advice, information, and treatments available today are truly the best, then why is disease still winning the battle?

Why is virtually every single chronic health problem known to man, including cancer and heart disease still on the rise year after year?

I'm sick and tired of hearing the "genetic" excuse being used for everything. That is simply a poor fallback excuse that the so called "experts" use when they can't seem to figure things out, or when the truth is not in line with the financial interests of those who stand to profit the most from YOUR health problems.

Hypothyroidism is really a major factor when it comes to almost all chronic health problems. But because of all of the misinformation out there and poor research, it's literally being swept under the rug. Instead, the world is being heavily over-medicated with dozens of drugs that could all easily be avoided by simply re-establishing healthy thyroid function to keep your cells energized, happy, and healthy.

The provided *Hypothyroidism Symptom Checklist* is extremely comprehensive. Most thyroid checklists look only at the direct symptoms caused by hypothyroidism. But, the truth is that hypothyroidism causes a chain reaction of hormonal and functional problems throughout the body, so there are many secondary health problems and symptoms that need to be addressed as well.

So, keep in mind while filling out this checklist that every single one of the symptoms listed can in fact be related back to hypothyroidism and can be corrected once proper thyroid function and hormonal balance has been restored.

But just because you may be hypothyroid doesn't mean that you should or will develop all of the associated symptoms. Everyone develops different symptoms and different patterns of symptoms based on their own body's compensations.

I also want to share with you a little bit of background as to why this *Hypothyroidism Symptom Checklist* is such an important piece of information. Unfortunately, today it's not as easy as going to your doctor for lab testing to get an accurate hypothyroidism diagnosis.

There are a lot of problems with our current testing methods which have made thyroid testing entirely unreliable.

Major Problem with Current Thyroid Testing Methods

If you suspect, even slightly, that you might be hypothyroid, then I strongly urge you to use this *Hypothyroidism Symptom Checklist* along with some of the simple and easy do-it-yourself thyroid tests that I recommend in some of my other reports.

Monitoring your own temperature and pulse is by far the most accurate way to diagnose hypothyroidism. Current testing methods cannot even compare. However, because doctors currently rely 100% on laboratory testing for all diagnoses, very few doctors will look past a lab test for the truth.

I cover this topic of why thyroid testing today is so inaccurate in many of [my other publications and reports](#), so I won't dig too far into the details again here.

But it is important to understand that during the early 1940's, before any fancy lab testing and when doctors relied on their own intuition and problem solving skills to properly determine, diagnose, and treat their patients, around **40% of patients were treated for hypothyroidism**.

Some might argue that hypothyroidism was the old catch-all or fad health problem back then, but nothing could be further from the truth. These diagnoses were validated through what was called a "therapeutic trial".

If a doctor suspected hypothyroidism based on a number of specific symptoms and health indicators then the patient was treated accordingly. The symptoms and health indicators were then tracked while the hypothyroidism was treated to verify that both symptoms and health indicators responded favorably to the treatment. If the patient improved, then the diagnosis was verified.

Let me say this again... 40% of people were successfully treated for hypothyroidism.

However, in the later 1940's lab testing was introduced and quickly took over as the primary method of diagnosing hypothyroidism. Unfortunately, this change continues to negatively impact your health today.

All of a sudden, the 40% of the population that was just being successfully treated for hypothyroidism was entirely dismissed because the new testing indicated that merely 5% of the population was hypothyroid.

Did anyone stop to consider that the lab testing could be wrong? Some did, but they never gained any ground because it's difficult to argue with so called "scientific" data.

Years later, after the concept of a mere 5% incidence of hypothyroidism was largely adopted, this testing was entirely invalidated and disproved. Then, newer and thought to be "fool proof" testing soon took its place. Needless to say, this new lab testing had its own issues, but the important thing to understand is that the belief of only a 5% incidence of hypothyroidism never changed.

Still today the medical community touts that only 5% of the population suffers from hypothyroidism, even after they revised their lab reference ranges. Based on the new ranges, 20% of the population would have to be considered hypothyroid. But the medical community still remains quiet on the subject.

It's not a matter of argument; it's strictly a matter of statistics. The numbers don't lie.

Even the best scientists who have been studying the thyroid for more than half of a century are adamant that the labs are not only grossly wrong but the method of testing used today is largely flawed.

These scientists believe that the true incidence of hypothyroidism today is really around 40% or even greater.

If 40% of the population truly suffers from chronic health problems because of hypothyroidism, then it should be quite obvious that so many people are being wrongfully treated and overly-medicated their entire lifetime for a number of "genetic" or inexplicable chronic health problems that could easily be corrected if their underlying thyroid problem was properly diagnosed and treated.

Keep this in mind when filling out the *Hypothyroidism Symptom Checklist* below. Oftentimes hypothyroidism becomes an issue from childhood and progresses with age which is why I've included a column for you to consider any of the symptoms that you may have experienced as a child. Hopefully this can help paint a better picture of your health and how hypothyroidism has taken its toll over time.

THE TSH "NORMAL" RANGE

	HYPERTHYROID *OVERACTIVE*	HYPOTHYROID *UNDERACTIVE*
BEFORE 2003	0.5	5.0
SINCE 2003	0.3	3.0

Lowering the top end of the TSH "normal" range from 5.0 to 3.0 means that 20% of the U.S. population is hypothyroid

Hypothyroidism Symptom Checklist

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Place an "x" in the box next to the symptoms under the appropriate column.

<u>Symptom</u>	<u>As A Child</u>	<u>Currently</u>
I have a diagnosed thyroid problem		
I have a family history of thyroid disease		
I am gaining or losing weight inappropriately		
I am unable to lose weight with diet/exercise		
I often feel and look puffy		
I tend to gain weight around my mid-section		
I don't have much of an appetite		
I have Irritable Bowel Syndrome		
I am constipated		
I have other gastrointestinal problems		
I am sensitive to strong odors (perfumes, cigarette smoke, etc.)		
I have gallstones, or I've had my gallbladder removed		
I have other liver problems		
I often feel cold when everyone around me is comfortable		
My hands, feet, nose, maybe even my rear end are cold, especially at night		
I am less tolerant of hot weather		

I feel tickling or prickly sensations on my skin, as if a bug was on me		
I have persistent fatigue		
I have low energy		
Feeling run down, sluggish, lethargic		
It takes me longer to recover from activities		
I feel worse after exercise or other exertion		
It takes me much longer than normal to complete tasks		
I've had changes in perspiration: I sweat very little, or I sweat heavily		
My hair is coarse and dry, breaking, brittle		
My hair is falling out		
My skin is coarse, dry, scaly, and thick		
I have orange calluses, or my palms have an orange tone		
I bruise easily		
I have less body hair (armpit, chest, arms, legs, etc)		
I can't pinch the skin on my outer upper arms/thighs because it's too thick		
My face looks puffy/swollen, especially my upper eyelids		
My skin color looks pale and a bit yellow		
I have acne		
My nails are thin and brittle and break easily		
I have ridges on my nails		

I have bulging eyes		
My eyelids are puffy/swollen		
The outer third of my eyebrows are thinning or missing		
My eyes feel gritty and dry		
My eyes feel sensitive to light		
My eyes get jumpy/tics in eyes (eyelid spasms)		
My vision has gotten worse/suddenly need reading glasses		
I have a feeling of fullness in neck or throat		
My neck appears swollen		
I am having trouble swallowing or spasms in my esophagus		
I have a hoarse or gravelly voice		
My tongue is swollen and has scalloped edges/teeth marks		
I am having trouble clearly enunciating words, as if talking with my mouth full		
My speech is slow/it takes effort to speak		
I have chronic gum infections		
I have receding (or, overdeveloped) gums		
Tooth decay is particularly a problem		
I have TMJ (Temporomandibular Joint dysfunction)		
I am snoring more lately		
I have/may have sleep apnea		
I have insomnia		
I have frequent nightmares		

I often need to get up in the middle of the night to go to the bathroom		
I have a hard time getting up in the morning		
I have pains, aches in joints, hands and feet		
I have arthritis		
I have developed carpal-tunnel syndrome, or it's getting worse		
I have sore feet or plantar fasciitis		
I have muscle weakness		
I have muscular pain/painful trigger points		
I have muscle spasms/cramps		
I have a slow Achilles tendon reflex		
I have difficulty concentrating		
I have ADD/ADHD		
I am having trouble remembering things		
I am having trouble learning new things		
I am having trouble grasping or "wrapping my head around" concepts		
My thought process has slowed down		
Colors seem less vivid and "flat" to me lately		
I feel anxious		
I feel restless		
My moods change easily		

I feel melancholy or depressed often		
I am shy/avoid social contact		
I have strange thoughts		
I seem to be losing interest in normal daily activities		
I have manic depression/ or Bipolar Disorder, or psychosis		
I have/had frequent upper respiratory infections (colds, bronchitis, strep, etc)		
I have frequent bladder infections		
I have frequent fungal/candida infections		
I have other frequent infections (viral, parasitic etc.)		
I have had other serious viral/bacterial infections (polio, TB, etc)		
I have an auto-immune disorder-eg. MS, Lupus, etc.		
I have tender lymph nodes		
I am anemic		
I have allergies		
I have tinnitus (ringing in ears)		
I have excessive ear wax		
I have fluid in my ear, or unexplained ear pain		
My hearing is reduced		
I have vertigo		
I feel some lightheadedness		
I feel shortness of breath and tightness in the chest		

I feel the need to yawn to get oxygen (air hunger)		
I have high cholesterol		
I have blood pressure irregularities (low or high)		
I have a low pulse (under 70 beats per minute)		
I have an irregular heartbeat		
I have atherosclerosis (hardening of the arteries)		
I have other heart problems		
I have prolonged bleeding (cuts/nosebleeds/bleeding gums/other bleeding)		
I have blood clotting problems (lack of clotting, or blood clots)		
I have/have had cancer		
I have hypoglycemia (low blood sugar)		
I have diabetes type 1		
I have diabetes type 2		
I have a low sex drive		
I was born with a defect in my genitalia		
I am having trouble conceiving a baby		
Men Only:		
My testicles and/or penis is diminished and softer		
I have erectile dysfunction		

<u>Women Only:</u>		
I am having irregular/longer/heavier/more frequent menstrual cycles		
I have severe menstrual cramps		
I have fibroids		
I have fibrocystic breasts		
I have taken the birth control pill		
I am currently taking the birth control pill		
I have a history of miscarriage		
I have had a baby in the past nine months		
I had excessive during or post-partum bleeding or clotting		
I had post-partum thyroiditis in the past		
Totals :		

As I mentioned above, there's no exact set of symptoms that everyone develops. The reality is that when you become hypothyroid, your cells can't properly produce energy. Your body largely determines how it should best deal with this serious state of health.

Some people develop serious depression and headaches because their brain isn't getting the nutrients that it needs. Others might develop severe edema because their cells are so weak that they take in large amount of water. For another person, their primary symptoms might be more closely related to their menstrual cycle and other hormonal imbalances that are largely tied to hypothyroidism.

The idea that if you're not overweight and chronically fatigued then you're not hypothyroid is a dangerous myth. So, don't let yourself get stuck in that trap.

Use this information and the information in [my other publications and reports](#) to start reversing the trend and start taking your health into your own hands.

To your health,

Tom Brimeyer M.S.

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P.S. – Hopefully after going through this *Hypothyroidism Symptom Checklist* you understand just how deep hypothyroidism runs and how it is the underlying cause of so many common health problems today. Every cell of your body relies on the right thyroid hormone to function properly and if you're not getting that thyroid hormone to your cells, it can literally affect any part of your body.

Unfortunately, today modern medicine continues to fail in treating hypothyroidism effectively. This is why studies show that 90% of hypothyroidism sufferers show no improvement in thyroid function or symptoms after being treated by the conventional medical system.

But you don't have to settle for subpar healthcare because there's so much that you can do to overcome hypothyroidism and take back your life.

By learning how to address the underlying cause(s) of hypothyroidism we really can make a difference and change lives in the process.

If you like what you've learned in this report and you want to learn more about what you can do to overcome your hypothyroidism, then you might also be interested in a *free presentation* that I put together showing you exactly what I use with my clients to help them stop hypothyroidism directly at the source and take back their lives.

[Click Here to Learn More About the Safest, Natural, and Only Way to Truly Overcome Hypothyroidism](#)