8. THE GLANDULAR / ENDOCRINE SYSTEM

NAME: _____ **DATE:** _____

If any of the following symptoms or activities apply please indicate by checking:

1 - for mild or rarely occurring   **2** - for moderate or regularly occurring

3 - for severe or often occurring   or leave **blank** - if the symptom / statement does not apply

UNDERACTIVE THYROID / HYPOTHYROID

233	Distinct lethargic tiredness or sluggishness	
234	Cold hands or feet	
235	Mercury amalgams (fillings)	
236	Gain weight easily, fail to lose on diets	
237	Constipation (less than one bowel movement a day)	
238	Low energy in the morning	
239	Low pulse rate	
240	Low body temperature, especially at bed rest	
241	Hair dry, brittle, dull, lifeless	
242	Flaky, dry, rough skin	
243	Feel stiff after sitting still for some time	
244	Mood swings	
245	Unusually square and wide fingernails	
246	High cholesterol	
247	Diminished sex drive	

PITUITARY

249	Headaches affecting one side of the head	
250	Female: loss of menstrual function	
251	Moody	
252	Overweight from waist down	
253	Overweight from waist up	
254	Excessive urination	
255	Pain in little finger of left hand	
256	Swelling in ankles, fingers and/or feet	
257	Cold hands or feet	
258	Pain in left side of upper neck	

OVERACTIVE THYROID / HYPERTHYROID

259	Losing weight without trying	
260	Heart races while at rest	
261	Feel warm/flushed at room temperature	
262	Hands shake or tremble	
263	Protruding tongue	
264	Heart palpitations	
265	Nervous behaviour, hyperactivity	
266	Insomnia	
267	Increased appetite	
268	Frequent bowel movements, diarrhea	
269	Excessive sweating without exercising	

ADRENALS

270	Stress or emotional upsets cause exhaustion	
271	Blood pressure decreases when going from a lying position to a standing position	
272	Perspire excessively	
273	Neck and / or shoulder tension	
274	Frequent headaches	
275	Bow lines (depressed furrows) on fingernails	
276	Occasional cold sweats	
277	Tightness or lump in throat, especially when emotionally disturbed	
278	High or low blood pressure	
279	Rapid pulse	
280	Short temper	
281	Puffy face	