

Dr. Doug Willen



Recover Your Health Now

I HAVE THE FOLLOWING RISK FACTORS FOR HYPOTHYROIDISM (Low Thyroid)

- My family (parent, sibling, child) has a history of thyroid disease
- I've had a treated or untreated thyroid problem (i.e., hyperthyroidism, Graves' disease, Hashimoto's, thyroiditis, post-partum thyroiditis, goiter, nodules, thyroid cancer) in the past
- A member of my family or I have currently or in the past been diagnosed with an autoimmune disease
- I am over 60
- I am female
- I am perimenopausal or menopausal
- I have recently had a baby
- I have a history of infertility or miscarriage
- I am currently a smoker, or was a heavy smoker in the past
- I am currently taking lithium, amiodarone (Cordarone), iodine, kelp, bladderwrack, bugleweed, or soy supplements
- I have had radiation treatment to my head, neck, chest, tonsil area, etc.
- I had "Nasal Radium Therapy"
- I consume substantial quantities of any of the following foods, frequently raw: brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, African cassava, millet, babassu, cabbage, kale, soy-protein supplements (i.e., protein powders)
- I live, lived, work, worked or grew up near or at a nuclear plant

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I HAVE THE FOLLOWING SYMPTOMS OF HYPOTHYROIDISM (Low Thyroid)

- I am gaining weight inappropriately or unable to lose weight
- My “normal” body temperature is low, and/or I frequently feel cold
- I feel fatigued, exhausted more than normal
- I have a slow pulse, and/or low blood pressure
- I have high cholesterol
- My hair is rough, coarse dry, breaking, brittle, or falling out
- My skin is rough, coarse, dry, scaly, itchy and thick
- My nails have been dry, brittle, and break more easily
- My voice has become hoarse, husky or gravelly
- I have pains, aches, stiffness, tingling in joints, muscles, hands and/or feet
- I have carpal tunnel syndrome, arm or leg tendonitis, or plantar’s fasciitis
- I am having irregular menstrual cycles (longer, or heavier, or more frequent)
- I am experiencing infertility, or have had one or more miscarriage
- I feel depressed, restless, moody, sad
- I have difficulty concentrating or remembering things
- I have no or low sex drive
- My eyes feel gritty, dry, light-sensitive
- My neck or throat feels full, pressure, choking, lumpy, larger than usual, and/or I have difficulty swallowing
- I have/may have sleep apnea
- I have puffiness and swelling around the eyes, eyelids, face, feet, hands and feet

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