



Balancing Nutrition
Tu cuerpo en Equilibrio

Characteristics of hypothyroidism

- Loosing hair
- Brittle nails
- Dry skin
- Difficulty loosing weight, stuck in a weight
- Gaining weight without explanation
- Swollen feet and hands
- Problems having to do with reproduction system
- Heavier menstrual bleeding
- Heavier PMS
- Severe menopause symptoms
- Decrease in seks drive
- Autoimmune illnesses, allergies
- Tiredness, weak muscles
- Anxiety, depression, apathy
- Low blood pressure, changes in heart beat, slower pulse
- Constipation
- Hoarse voice
- Feeling cold while others are ok
- Cold hand and feet