

## 8. THE GLANDULAR / ENDOCRINE SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

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

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

### PITUITARY

Headaches affecting one side of head	
F: loss of menstrual function	
Moody	
Overweight from waist down	
Overweight from waist up	
Excessive urination	
Pain in little finger of left hand	
Swelling in ankles, fingers and/or feet	
Cold hands or feet	
Pain in left side of upper neck	

### OVERACTIVE THYROID / HYPERTHYROID

Losing weight without trying	
Heart races while at rest	
Feel warm / flushed at room temperature	
Hands shake or tremble	
Protruding tongue	
Heart palpitations	
Nervous behaviour, hyperactivity	
Insomnia	
Increased appetite	
Frequent bowel movements, diarrhea	
Excessive sweating without exercising	

### ADRENALS

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