

Thyroid and Metabolism Questionnaire

This questionnaire helps you determine the function of thyroid hormone in your body. Regardless if you have had lab tests that say your thyroid is normal or that you may be taking prescription thyroid medication, you still may have problems with metabolism that directly relate to how thyroid hormone is functioning in your body. (You may want to print this page).

Scoring: in front of each question enter the following score:

- 10 If this is a noticeable issue or significant problem
- 5 If this is a problem, but not a major issue
- 2 If this happens every now and then, but you don't notice it too much
- 0 If you seldom or never have this issue.

- _____ 1) Are you cold (cold hands/feet)?
- _____ 2) Do you have a swelling in the neck area?
- _____ 3) Are you overweight? (10 if over 20 lbs, 5 if 10-19 lbs, 2 if 5-9 lbs)
- _____ 4) Can you eat very little and still not lose weight (or you gain weight too easily)?
- _____ 5) Are you tired all the time?
- _____ 6) Do you wake up with headaches/heavy head that wears off as the day progresses?
- _____ 7) Do you always need a lot of sleep, and even then you don't feel well rested?
- _____ 8) If you sit down during the day do you get tired (energy drops when you stop moving)?
- _____ 9) Does your energy significantly drop in the afternoon?
- _____ 10) Do you rely on caffeine, nicotine, or some other stimulant to keep your energy going?
- _____ 11) Women - Are your moods noticeably worse with your menstrual cycle or transition? Men - Do you lack a morning erection (never get one=10, sometimes=5, occasionally=2)
- _____ 12) Does stress cause you to feel irritable too easily (short fuse, low tolerance)?
- _____ 13) Are you depressed, easily prone to depression, and/or feel less communicative or withdrawn?
- _____ 14) Are you prone to depression in the fall or spring?
- _____ 15) Does your head feel heavy (and/or your memory/concentration is noticeably declining)?
- _____ 16) Is the outside portion of your eyebrows thinning (or gone)?
- _____ 17) Do you have dry skin and/or dry hair?
- _____ 18) Do you have rough patches of skin on your elbows?
- _____ 19) Is your hair falling out (or less body hair in general: head, legs, arms, eyelids, eyebrows)?
- _____ 20) Are you prone to constipation (including having to strain to eliminate)?
- _____ 21) Do you have numbness in your extremities or have carpal tunnel syndrome?
- _____ 22) Are you prone to facial fluid retention, especially around the eyes?
- _____ 23) Is your voice hoarse or coarse?
- _____ 24) Do you get muscle cramps or have general muscle weakness?
- _____ 25) Do you have high or low cholesterol?
(10 if over 250, 5 if 220-249, 2 if 201-219, 10 if under 140, 5 if 141-160)
- _____ Total

If your total score is over 100 you have a significant metabolism problem. Thyroid hormone is not working in a proper manner. Thyroid issues are causing other health problems.

If your score is in the 50-100 range, you have a noticeable metabolism problem. Thyroid hormone function in your body is struggling. Steps need to be taken to prevent health issues from magnifying.

If your score is in the 20-49 range, you are showing signs of metabolism wear and tear. The higher your score in this range the greater the need to take preventive steps to keep your health on track.

If your score is under 20 your metabolism is in good condition.

Understanding Your Quiz Results

Thyroid hormone affects all aspects of physical function, as it determines the rate of activity of any type of cell. Doctors judge thyroid problems by lab tests. The general testing done fails to identify key aspects of thyroid hormone (such as active T3 compared to reverse T3). Thus, the tests themselves fall short. Even if the tests were more complete, they would still fail to understand the function of the hormone in relation to many factors of the individual's history and metabolism. This is why 90% of thyroid problems are not recognized in traditional medicine, yet the problems clearly exist and must be resolved to prevent worsening health.

This questionnaire truly helps you determine the function of thyroid hormone in your body. It does not matter if you have had lab tests that say your thyroid is OK, or that you may be taking prescription thyroid medication, you still may have problems with metabolism that directly relates to how thyroid hormone is functioning in your body. Optimal metabolism is very easy to see, as there is an absence of issues. As thyroid hormone function begins to slip there are changes in many systems in the body. Initially these changes relate to energy, body weight, and mood. The longer the problem is allowed to exist, the more the symptoms show up as changes in the physical body.

It is a collection of these issues that determines how much a problem there is with thyroid function. Any single question on this form could be caused by something other than a thyroid issue. However, when there is a constellation of symptoms relating to metabolism then there is a clear problem with thyroid hormone function. The greater the number of issues, the more imperative it is to pay attention to getting thyroid hormone to work properly.

To help you understand this better we have explained why each of our questions relates to the "thyroid picture." You may find it helpful to transfer your scores from the previous page so you can easily see the areas in need of assistance. We also explain which nutrients are most important for each type of question, from the thyroid point of view. This helps you to see which products are most important for helping to get your metabolism on track.

The first four questions are classic thyroid questions. A person can still have a thyroid problem even if the answers to these first four questions are no, but it is not as common.

___ 1) Are you cold (cold hands/feet)?

Thyroid hormone governs the rate at which cells make energy. Normally, cells make 65% energy and 35% heat as calories are burned. When the rate of calorie burning slows down, less heat is made and the person is more prone to being cold or having sensitivity to the cold. This is usually rather obvious, but it can also be tested with a thermometer. Simply shake down a thermometer and place it next to your bed. Before you get out of bed in the morning place it under your arm and take your temperature, normal is 97.8-98.2. Individuals with thyroid issues tend to run 1-2 degrees cooler than this on a regular basis.

The best nutrients for this are **Thyroid Complex** (fuels the formation of thyroid hormone), **Neptune Krill Oil** (which helps warm up the extremities), and **Quantum Daily Multi or Lean Body Whey** (nutrients for cell engines to burn calories at a better rate). Use enough support to get your temperature into a normal range on a regular basis.

___ 2) Do you have a swelling in the neck area?

It is common that individuals with a thyroid problem will have swelling in their neck area. This is because the thyroid gland enlarges in an effort to trap iodine or gets inflamed trying to make hormone when it lacks nutrients. If the problem is severe a goiter develops. It is more common that there is a puffy area over the voice box region. This is a clear indicator of a need for **Thyroid Complex**, which can be taken up to 3 times per day at 2 Caps per serving.

___ 3) Are you overweight? (10 if over 20 lbs, 5 if 10-19 lbs, 2 if 5-9 lbs)

___ 4) Can you eat very little and still not lose weight (or you gain weight too easily)?

There are varying degrees of weight issue. Simply being overweight points the finger at thyroid to some degree, as one's metabolic pace is not able to keep up with the food being consumed. If a person can eat less, exercise more, and reach their goal weight, then thyroid is not a huge issue. However, many individuals will lose a little weight in this manner but can't ever get to their goal weight or maintain their goal weight as their metabolism slows down as they eat less. Others, especially those who have yo-yo dieted, have trouble losing any weight by eating less (a more serious thyroid problem). It is important to be able to eat less and have your metabolism run efficiently, otherwise one's metabolism gets stuck in a "hibernation rut" that is difficult to solve.

The best nutrients for this are **Thyroid Complex** (to prevent the thyroid slow down reaction), **Neptune Krill Oil** (which increases metabolic activity in muscle to enhance calorie burning, and **Quantum Daily Multi or Lean Body Whey** (nutrients for cell engines to burn calories at a higher rate). Use enough so that weight loss is gradual and consistent, without hitting a plateau that you can't get past. See our full weight loss protocol for additional assistance with this topic.

Questions 5-10 relate to energy, with a focus on the thyroid factor in energy production.

___ **5) Are you tired all the time?**

General fatigue is a common complaint that accompanies a thyroid problem. Just as less heat is made in the case of a thyroid problem, so it is that less energy is also made (see #1 above). This is bound to cause fatigue to a greater or lesser degree. The more fatigue there is the greater the problem. The best nutrients for fatigue are **Quantum Daily Multi or Lean Body Whey, Thyroid Complex, and Blood Builder** - if there is any history of anemia or you are vegetarian.

___ **6) Do you wake up with headaches/heavy head that wears off as the day progresses?**

___ **7) Do you always need a lot of sleep, and even then you don't feel well rested?**

Proper thyroid function has a daily surge of hormone production during sleep. This is essential for coordinating the repair processes of the human body. When this does not happen properly, questions 6 and/or 7 become significant issues. The heavy head or morning headache is due to the fact that the brain never gets in gear and in sync correctly during the night, resulting in an energetic glitch that minimally causes a tired head and may generate enough inflammation to cause headaches. Generally these feelings wear off as the day goes along (metabolism is pulled into action by physically moving around). It is also possible to get the distinct feeling that one can never get enough sleep to feel well rested. This is more of an all over the body feeling and may occur with or without the tired head feeling. Either issue is a key thyroid flag.

It is essential that any person with these issues take the **Thyroid Complex** at lunch or at dinner each day, thus significantly enhancing the formation of thyroid hormone during sleep. Other energy nutrients taken during the day will also enhance quality of sleep (**Neptune Krill Oil, Blood Builder**) by improving day time energy and thus putting the body in a better metabolic pattern. **Coral Complex, and Melatonin Nano Plex** can also be used to enhance sleep and sleep repair.

___ **8) If you sit down during the day do you get tired (energy drops when you stop moving)?**

___ **9) Does your energy significantly drop in the afternoon?**

___ **10) Do you rely on caffeine, nicotine, or some other stimulant to keep your energy going?**

Many individuals use necessity to get through their day or through a period of time in their life, even though their underlying metabolism is running too low on energy. This can be seen on a daily basis when such an individual sits down to take a break and is very tired or comes home from work and falls asleep in the chair watching TV.

This can also be seen when an individual does too much preparing for an event or meeting some type of demand in their life. Once the pressure is over they find themselves very sluggish and lacking drive.

Sustainable energy issues really show up in the afternoon in individuals with thyroid issues. The inability to get through the day with a consistent energy is a clear sign of a thyroid issue. Just as individuals can run their metabolism on necessity they can also run it on stimulants like caffeine or the herb ephedra. These act as a credit card on the nervous system and cause underlying thyroid metabolism to actually slow down and get worse over time. Thus, the short term energy benefit is at the expense of longer term healthy metabolism. As the body wears out a person needs more and more stimulation, the person gets more and more irritable, and they have less and less real energy. To fully solve a thyroid problem, all stimulants must be removed sooner or later and never again used on a daily basis, they may be gradually reduced if needed.

All the basic nutrients mentioned so far form the basic core of an energy production program that directly benefits and improves thyroid function. You will want to use enough support to have a more sustainable energy throughout the day and a better quality of sleep at night.

Questions 11-15 relate to the ability of the body to stand up to energy demands on metabolism. A weaker metabolism has less tolerance for stress of any type. These questions also reflect adrenal gland function. When adrenals kick into high gear to compensate for a stress demand more cortisol is produced. Cortisol in excess amounts has been proven to deactivate thyroid hormone. If stress is ongoing, eventually the adrenals give out along with the thyroid problem. This leads to the feelings of burn out and significant depression.

___ 11) Women - Are your moods noticeably worse with your menstrual cycle or transition?

Men - Do you lack a morning erection (never get one=10, sometimes=5, occasionally=2)

Thyroid hormone governs the rate of sex hormone production, especially steroids like progesterone and testosterone. Each month a woman faces an intense energy demand to make hormones and proteins to run the menstrual cycle. This activity is governed by thyroid hormone. Problems show up as a lack of progesterone and estrogen dominance (a clear need for the **Thyroid Complex or Gold 360**). High estrogen levels, whether coming from a woman's own imbalance, birth control pills, or estrogen replacement, have been proven to deactivate thyroid hormone. There are similar energy demands getting through transition. Mood issues are clearly related to stressed thyroid function.

Men, by contrast, have a daily testosterone rhythm. It should be peaking during the night following the proper thyroid hormone surge. Men will normally wake with an erection when this system is properly energized. When it is not, erections are not occurring in the morning. This also reflects a clear need for the **Thyroid Complex or Gold 360**.

___ 12) Does stress cause you to feel irritable too easily (short fuse, low tolerance)?

Easy irritability is the first emotional sign of the combination of thyroid and adrenal stress. It says that wear and tear has gone on for too long without enough repair. It also means get more sleep and hope that fixes you. If it doesn't, you have been pushing yourself or been under too much pressure for too long and it is taking its toll on your health. Nutrients will certainly help, as will lifestyle modification that reduces your stress, and an exercise program that keeps you physically fit. In addition to the energy nutrients recommended for thyroid support, extra adrenal support may also be indicated. This could include **MaxStress B**, and/or **CoQ-Quinol CoQ10**.

___ 13) Are you depressed, easily prone to depression, and/or feel withdrawn or less communicative?

This question is asking about depression. Many individuals do not want to admit they are depressed, but will admit they don't feel like communicating (which is depression). Nutrition can help build up neurotransmitters and pull a person out of a depressive rut. The **Thyroid Complex** and **Quantum Daily Multi or Lean Body Whey** are themselves wonderful antidepressants. Nutrients like **Acetyl-L-Carnitine** and **Phosphatidyl Serine** provide energy directly to the brain and can help with improving even serious mood issues.

___ 14) Are you prone to depression in the fall or spring?

Environmental temperature fluctuations can wreak havoc with borderline thyroid function. For example, during the fall and spring it can be 30-40 degrees colder or warmer one day than the next. It takes the thyroid about a week to adjust to a change in temperature. Too many ups and downs can overburden the thyroid system, making fall or spring a potential trouble time for individuals with thyroid issues. Problems can be prevented by taking extra thyroid support during these potential trouble months (**Thyroid Complex**, **Neptune Krill Oil**, and **Quantum Daily Multi or Lean Body Whey**).

___ 15) Does your head feel heavy (and/or your memory/concentration is declining)?

The brain converts T4 to T3 (the active form of thyroid hormone) on a cell by cell basis, whereas the liver is the main organ that makes thyroid hormone for rest of the body. When thyroid problems begin in the body, T4 is not being converted to T3, causing an elevation of T4 in the blood. This in turn floods brain cells and causes them not to convert T4 to T3. In addition to depression, the head feels heavier in general (not just in the morning), memory is not as sharp, and it just feels like the brain isn't clicking. **Thyroid Complex** is the basic nutrient that helps convert T4 to T3, although comprehensive thyroid and adrenal support is typically needed if this problem is serious.

Thus far we have been explaining how thyroid hormone relates to energy, body weight, mood, and stress demands. Questions 16-25 relate to changes in physical issues that take place after a number of years of poor or sluggish thyroid function. Some of these are reversible as thyroid hormone function improves. They typically do not change in a few days, but gradually over a period of months.

___ 16) Is the outside portion of your eyebrows thinning (or gone)?

___ 17) Do you have dry skin and/or dry hair?

___ 18) Do you have rough patches on your elbows?

___ 19) Is your hair falling out (or less body hair in general: head, legs, arms, eyebrows)?

Thyroid hormone governs the rate of protein and fat metabolism, which is the cause of any problem relating to questions 16-19. Also, in the presence of thyroid problems there is less oxygenation and circulation to the skin which further aggravates the issues. These issues cause the skin to dry out and age faster. Fats are not properly elongated in normal fat metabolism, which partly shows up as dry skin and especially shows up as rough patches of skin on the elbows. Protein synthesis is slowed and secondary systems (such as hair) get short changed. Loss of the outer portions of the eyebrows, hair falling out, thinning hair, brittle hair, and/or overall lessening of body hair are classic symptoms of long term thyroid wear and tear. In addition to thyroid support, adding high quality protein to the diet (such as **Lean Body Whey**), **Max Stress B**, and **Blood Builder** can support hair and skin growth. Essential fatty acids (**Quantum EFA Oil Blend**, and **Neptune Krill Oil**) can really help correct dryness issues as well as improve inflammation problems.

___ 20) Are you prone to constipation (including having to strain to eliminate)?

___ 21) Do you have numbness in your extremities or have carpal tunnel syndrome?

Thyroid hormone governs the rate of nerve transmission, thus problems with thyroid hormone manifest as nerve related issues. The parasympathetic nerves that promote bowel motility and thus regularity are significantly affected by poor thyroid function. This results in sluggish bowels with a likelihood of constipation. **Quantum Cleanse Blend** can help keep the bowels moving until general thyroid function is improved. If the bowels are not improved then toxic waste backs up into the body, further congesting metabolism (like putting sand in the gas tank of a car).

The nerves to the extremities are long nerves, thus sluggish thyroid function corresponds to nerve transmission problems to the hands and feet. Carpal tunnel syndrome is frequently aggravated and possibly caused by a low thyroid problem. Nutrients like **Coral Complex** and **Alpha Lipoic Acid** are excellent for healing nerves and preventing nerve damage until the thyroid problem is resolved.

___ 22) Are you prone to facial fluid retention, especially around the eyes?

Fluid retention and bags under the eyes are a classic long term thyroid issue. Low thyroid affects the rate of lymphatic function, which in turn is commonly evident as the swelling under the eyes, especially in the morning. **Devil's Claw Nano Detox** (for Lymphatic drainage), **Cardio Chelate**, **Quercetin**, and/or **Quantum Daily Multi** solve this problem.

___ 23) Is your voice hoarse or coarse?

The body struggles to make thyroid hormone when there is a thyroid problem. This means that TSH (thyroid stimulating hormone) is constantly signaling the thyroid to make hormone. Over time this causes tissue irritation to the thyroid gland and promotes fibrous changes to the gland that directly affect the voice box, causing a hoarse or coarse sounding voice. Quercetin is essential to reduce tissue swelling. Improving thyroid function enables the body to not have excess TSH stimulation, thus taking the stressor off the thyroid gland.

___ 24) Do you get muscle cramps or have general muscle weakness?

The rate of oxygen utilization in muscles is governed by thyroid hormone. Thus, it is not surprising to see that muscle weakness or muscle cramps are common problems of low thyroid. This problem is significantly magnified if anemia or low iron is also present. The best products for this are **Thyroid Complex**, **Neptune Krill Oil**, and **Blood Builder**.

___ 25) Do you have high or low cholesterol?

Cholesterol cannot be broken down in metabolism, thus it must be cleared from the body. Thyroid hormone governs the speed of cholesterol clearance by the liver. Thus, a person with slow thyroid function may end up with elevated cholesterol. The best products for reducing cholesterol are **Thyroid Complex**, **Vitamin E Complete**, **MaxStress B**, and **Pancreas Complex**. It should be pointed out that some individuals with thyroid issues have abnormally low cholesterol levels as the rate of cholesterol formation is not adequate. This poses its own problems as it will make adrenal and sex hormone issues worse. Using **Neptune Krill Oil** along with **MaxStress B** and basic thyroid support will actually enhance the formation of a normal cholesterol level with the benefit of improved stress tolerance and hormonal function.

A special note to individuals with scores over 100.

A score over 100 indicates a significant thyroid problem, one that is having a major health impact. It also signifies that there are additional problems with inflammation and toxicity. Minimally the inflammation is in the thyroid gland, although a person may have all manner of aches and pains. If this score is not improved a person runs the risk for developing serious thyroid autoimmune problems. **Quercetin** is the single most important nutrient for reducing thyroid inflammation and stabilizing excess immune activity, it is really quite essential if a person's score is over 100.

Individuals with scores over 100 also have considerable trouble clearing waste products from their body. This has commonly resulted in a diagnosis of fibromyalgia (which a person definitely has to a greater or lesser degree). This can be judged from this questionnaire even though you answered almost no questions relating to toxicity or fibromyalgia. This is a reflection of the synergistic relationship between metabolism and waste product removal. This means that the liver is under great duress. The liver must be in good working order to clear toxins and to activate thyroid hormone, making it the organ in the body that is vital to support when there is a significant thyroid problem. **Quantum Daily Multi**, & **MaxStress B** our premier liver support, is also essential if a person has a score over 100.