



# SIGNS OF THYROID IMBALANCE

## *Hypothyroid Signs*

When your thyroid is underactive (hypothyroidism), your body slows down. This can affect your energy, metabolism, mood, and many other systems — often in ways that don't always seem connected at first.

### COMMON HYPOTHYROID SIGNS

-  Constant fatigue or low energy
-  Unexplained weight gain or difficulty losing weight
-  Feeling cold more often than others
-  Brain fog or trouble concentrating
-  Depression or low mood
-  Dry skin, brittle hair, or hair thinning
-  Constipation or slow digestion
-  Puffiness in the face or body
-  Irregular or heavy menstrual cycles
-  Slower heart rate



*You don't need to have every symptom to be experiencing a thyroid imbalance.*

### WHY THESE SYMPTOMS GET MISSED

Many of these signs are often brushed off as:

- ♥ Stress
- ♥ Hormonal changes
- ♥ Aging
- ♥ Lifestyle

But when they show up together or persist over time, your thyroid may be playing a role.

### YOUR BODY IS ALWAYS COMMUNICATING —

these symptoms are signals, not something to ignore.

The goal isn't to label yourself — but to begin understanding what your body may be asking for.

*Awareness is the first step toward supporting your body the right way.*

