Top 10 Signs You Have A Thyroid Problem

Categories : Health/Fitness

It is estimated that millions of people have undiagnosed thyroid problems. The most common conditions are an underactive thyroid, this condition is known as hypothyroidism, or an overactive thyroid, which is known as hyperthyroidism. There are a number of common symptoms of both conditions and as you might imagine the symptoms of each can be polar opposites, for example - weight gain for one and weight loss for the other...

If you have been struggling with your weight (gain and loss) or energy levels (high or low), it may well be worth getting your thyroid hormone levels check. In the meantime, check out the post below for more symptoms of thyroid problems.

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(Image from Wikipedia)