



## Patient Quiz for Thyroid Disorders

### Hypothyroid

	Points
I have been diagnosed with hypothyroidism or Hashimoto's disease.	5
I am often fatigued.	1
I often have cold hands and feet, even when others are warm.	1
I require excessive amounts of sleep.	1
I have unintentionally gained weight in the last year.	1
I have trouble losing weight even on a low-calorie diet.	1
I frequently have hard stools that are difficult to pass.	1
I feel depressed or am often in a poor mood.	1
The outer third of my eyebrows are thin.	1
I have thinning hair.	1
I have dry skin and/or scalp.	1
My libido is low.	1
I have high cholesterol.	1
TOTAL	



## Hypothyroid – Answer Key

	For the Patient	For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0–3	You may be at low-moderate risk for hypothyroidism.	This patient will benefit from a customized Paleo diet. It begins with a 30-day Reset Diet that allows high-quality, natural animal meats, bone broths, eggs, starchy and non-starchy vegetables, fermented vegetables, traditional fats, sea salt, and spices. The following foods are completely off limits: dairy, grains, sweeteners, sodas, legumes, processed foods, alcohol, and industrial seed and vegetable oils. The second step is reintroduction of gray-area foods back into the diet (Rebuild), and finally, the Revive step, which serves to customize the Paleo diet for the patient’s unique needs. No additional treatment is required.
4–7	You may be at moderate-high risk for hypothyroidism.	This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive). Consider additional treatments mentioned in “Clinician’s Guide to Thyroid Disorders.”
>8	You may be at high risk for hypothyroidism.	Hypothyroidism should be a major focus of treatment for the patient. Thyroid dysfunction may stand in the way of improvement elsewhere. This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive) as well as additional treatments and testing for thyroid disorders (see “Clinician’s Guide to Thyroid Disorders”).



## Hyperthyroid

	Points
I have been diagnosed with hyperthyroidism or Grave's disease.	5
I have a family history of hyperthyroidism or Grave's disease.	3
I often have a fast heartbeat or heart palpitations.	1
I frequently feel anxious.	1
I have unintentionally lost more than 10 pounds in the last year.	1
I am often warm, while others feel the temperature is fine.	1
I have an increased appetite.	1
I sweat excessively.	1
My hands shake on a regular basis.	1
I have more frequent bowel movements than usual.	1
I have difficulty sleeping.	1
My hair is thinning.	1
I have low cholesterol.	1
TOTAL	



## Hyperthyroid – Answer Key

	For the Patient	For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0–3	You may be at low-moderate risk for hyperthyroidism.	This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive). No additional treatment is required.
4–7	You may be at moderate-high risk for hyperthyroidism.	This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive). Consider additional hyperthyroidism treatments and testing mentioned in “Clinician’s Guide to Thyroid Disorders.”
>8	You may be at high risk for hyperthyroidism.	This should be a major focus of treatment for the patient. Hyperthyroidism may stand in the way of improvement elsewhere. This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive) as well as additional treatments and testing for hyperthyroid disorders (see “Clinician’s Guide to Thyroid Disorders”).