Learn more about thyroid health and how it impacts your well-being! ?#ThyroidHealth #HormonalBalance Transcript

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Dryness and constipation

Here are three major categories of symptoms that may be signs that you have low thyroid function. Number one is dryness, head to toe, dry hair, dried skin, drying fingernails, and even dryiness inside.

So this can cause constipation.

Puffiness and swelling

Not to get too personal here, but even if you're having a bowel movement every day, if he noticed it's in small pieces or breaking apart into smaller, drier pieces, this could be constapation due to low-thyroid function, Category number two is puffiness.

So swelling in your face, waking up with your eyes being puffy, noticing sausage fingers.

Slowness and low thyroid symptoms

Puffiness overall is a symptom of low thyroid function, and particularly if your thyroid is swollen, this little notch right here above your sternum, will actually be a little full and pufy, so you wouldn't be able to feel a notch there.

Sign number three is slowness, slower thinking, lower mood, slower digestion. So be on the lookout for these signs and if you're noticing them it's time to get your thyroid levels checked.