



Natural Health Tip:

Hyperthyroid Symptoms

There are two cases when your body can have too much thyroid hormone. A thyroid could simply be putting out too much of its hormone or if you're taking thyroid medication, the dosage can be too high.

If your thyroid hormone is too high, here are some the symptoms:

- Heart racing or palpitations
- Anxiety or nervousness
- Aggressiveness or irritability
- Difficulty sleeping or relaxing
- Tremors, trembling and weakness
- Weight Loss
- Bowel movements are more frequent
- Overheating or unusual sweating

Suggestions:

1. Check your pulse for a minute. If it's often at 100 or over, come see me or your general practitioner as soon as possible.
2. Decrease all caffeine sources gradually so within one week you'll be off
3. Go onto our website, click on Healthy Tips Library and read Thyroid-Diesel. Thyroid-Temperature Test and Thyroid-Hyperthyroid.

You can also give the office a call and schedule for a **Free Consultation** visit.

Yours for health naturally,

Dr B

www.baritzwellness.com

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