

- Acne
- Agitation/irritability
- Allergies
- Anxiety/panic attacks
- Arrhythmias (irregular heart rhythm)
- Bladder and kidney infections
- Blepharospasm (eye twitching) is more common
- Carpal tunnel syndrome
- Cholesterol levels that are high (hypercholesterolemia)
- Cognitive decline
- Cold hands and feet
- Cold intolerance
- Congestive heart failure
- Constipation
- Coronary heart disease/acute myocardial infarction (heart attack)
- Decreased cardiac output
- Decreased sexual interest
- Delayed deep tendon reflexes
- Deposition of mucin (glycoprotein) in connective tissues
- Depression
- Dizziness/vertigo
- Downturned mouth
- Drooping eyelids
- Dull facial expression
- Ear canal that is dry, scaly, and may itch
- Ear wax build-up in the ear canal (cerumen)
- Easy bruising
- Eating disorders
- Elbows that are rough and bumpy (keratosis)
- Endometriosis
- Erectile dysfunction
- "Fat pads" above the clavicles
- Fatigue
- Fibrocystic breast disease
- Fluid retention
- Gallstones
- Hair loss in the front and back of the head
- Hair loss in varying amounts from legs, axilla, and arms
- Hair that is sparse, coarse, and dry
- Headaches, including migraine headaches
- High cortisol levels
- High C-reactive protein (CRP)
- Hoarse, husky voice
- High homocysteine levels (hyperhomocysteinemia)
- High insulin levels (hyperinsulinemia)
- Hypertension (high blood pressure)
- Hypoglycemia (low blood sugar)
- Impaired kidney function

- Inability to concentrate
- Increased appetite
- Increased risk of developing asthma
- Increased risk of developing bipolar disorder
- Increased risk of developing schizoid or affective psychoses
- Infertility
- Insomnia
- Iron deficiency anemia
- Joint stiffness (arthralgias)
- Loss of eyelashes or eyelashes that are not as thick
- Loss of one-third of the eyebrows
- Low amplitude theta and delta brain waves.
- Low blood pressure
- Low body temperature
- Menstrual cycle pain
- Menstrual irregularities including abnormally heavy bleeding
- Mild elevation of liver enzymes
- Miscarriage
- Morning stiffness
- Muscle and joint pain
- Muscle craps
- Muscle weakness
- Muscular pain
- Nails that are brittle, easily broken, ridged, striated, thickened nails
- Nocturia (need to get up and urinate in the middle of the night)
- Nutritional imbalances
- Osteoporosis (bone loss)
- Paresthesia (abnormal sensation of feeling burning, tingling, and itching)
- Poor circulation
- Poor night vision
- Premenstrual syndrome (PMS)
- Puffy face
- Reduced heart rate
- Rough, dry skin
- Shortness of breath
- Sleep apnea
- Slow movements
- Slow speech
- Swollen eyelids
- Swollen legs, feet, hands, and abdomen
- Tendency to develop allergies
- Tinnitus (ringing in the ears)
- Vitamin B12 deficiency
- Weight gain
- Yellowish skin discoloration due to the inability to convert beta carotene into vitamin A