

TABLE 3.1 The Most Common Signs of Autoimmunity

Circle the symptoms you experience on a daily basis.		
Extreme fatigue	Low blood sugar	Recurring headaches
Muscle and joint pain	Blood pressure changes	Low-grade fevers
Muscle weakness	<i>Candida</i> yeast infections	Premenstrual syndrome
Swollen glands	Digestive problems	Hair loss
Inflammation	Anxiety and depression	Recurrent miscarriage
Susceptibility to infections	Memory problems	Thyroid problems
Sleep disturbances	Skin rashes	Allergies
Weight loss or gain		White patches on your skin

Note: Whether you have an autoimmune condition or not, if you are experiencing more than five of these symptoms on a regular basis, there is definitely a good deal of inflammation in your body, and it is definitely affecting your ability to conceive. Follow the recommendations in this book, and consult with your physician about testing for autoimmune disorders.