

5. Cold feet



What it means: Women, especially, report cold feet (or more precisely, their bedmates complain about them). It may be nothing -- or it may indicate a thyroid issue. Women over 40 who have cold feet often have an underfunctioning thyroid, the gland that regulates temperature and metabolism. Poor circulation (in either gender) is another possible cause.

More clues: Hypothyroidism's symptoms are pretty subtle and appear in many disorders (fatigue, depression, weight gain, dry skin).

What to do: Insulating layers of natural materials work best for warmth. (Think wool socks and lined boots). If you also have other nagging health complaints, mention the cold feet to your doctor. Unfortunately, however, aside from treatment with medication in the event of a thyroid condition, this tends to be a symptom that's not easily resolved.