ADOPT A HEALTHY LIFESTYLE

1. Get physical
   Physical activity is essential for a healthy hormone balance. Exercising 1.5-2.5 hours/week helps the body produce hormones.

2. Eat healthy
   Eat lots of fresh fruits, vegetables and whole grains, and keep processed foods to a minimum.

3. Get enough sleep
   Aim for at least 7 hours of uninterrupted sleep at the same time every night and you will be waking up fresh and full of energy!

PREVENT AVOIDABLE HORMONE DEFICIENCIES

4. Maintain vitamin D intake
   Eat oily fish like salmon and sardines. Consider taking vitamin D supplements like cod liver oil in fall and winter months when sun exposure is low.

5. Eat iodine-rich foods
   Seafood, seaweed, eggs and dairy can help keep your iodine levels up.

6. Eat calcium-rich foods
   Yoghurt, almonds, beans, and dark leafy greens will help protect your bones and teeth.

Ask your doctor if supplements would be beneficial

Recommendations for good hormone health

#BecauseHormonesMatter
**ADOPT A HEALTHY LIFESTYLE**

**PREVENT AVOIDABLE HORMONE DEFICIENCIES**

**Get physical**
- Eat healthy
- Get enough sleep
- Maintain vitamin D intake

**Avoid plastic packaging**
- Use glass or stainless steel containers instead of plastic containers and bottles. Drink tap water instead of bottled water. And never microwave plastic!

**Improve indoor air quality**
- The air in and outside the house can contain endocrine disrupting properties. Regularly vacuum, dust and ventilate to reduce the presence of dust particles.

**Choose your care products and cosmetics wisely**
- Care products and cosmetics can have an endocrine disrupting effect. Check the ingredients and try to avoid buying cosmetics that contain endocrine disrupting chemicals such as phthalates, parabens and triclosan.

**BE AWARE OF EARLY SIGNS AND SYMPTOMS OF ENDOCRINE DISEASE**

**Get an accurate diagnosis**
- Speak to your doctor if you experience any of the following symptoms:
  - Unexplained weight gain/loss
  - Sensitivity to cold
  - Changes in appetite
  - Brittle hair and nails
  - Fatigue
  - Dry and flaky skin
  - Onset of depression
  - Excessive thirst
  - Signs of early or late puberty (outside age 8–13 in girls and 9–14 in boys)
  - Adult-specific: loss of libido, irregular menstrual cycles, infertility

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