10 recommendations for good hormone health

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

European Hormone Day
Because Hormones Matter
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ADOPT A HEALTHY LIFESTYLE
PREVENT AVOIDABLE HORMONE DEFICIENCIES

Get physical
Eat healthy
Get enough sleep
Maintain vitamin D intake
Avoid plastic packaging
Improve indoor air quality
Choose your care products and cosmetics wisely
Get an accurate diagnosis

10. 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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