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.

**REDUCE EXPOSURE TO ENDOCRINE DISRUPTORS**

7. **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!

8. **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.

9. **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**

10. **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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