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.

© 2024 European Society of Endocrinology
www.ese-hormones.org
www.ese-foundation.org

#BecauseHormonesMatter

REDUCE EXPOSURE TO ENDOCRINE DISRUPTORS
BE AWARE OF EARLY SIGNS AND SYMPTOMS OF ENDOCRINE DISEASE

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
ADOPT A HEALTHY LIFESTYLE

PREVENT AVOIDABLE HORMONE DEFICIENCIES

1. Get physical
2. Eat healthy
3. Get enough sleep
4. Maintain vitamin D intake
5. Avoid plastic packaging
6. Improve indoor air quality
7. Choose your care products and cosmetics wisely
8. Get an accurate diagnosis

9. Physical activity is essential for a healthy hormone balance. Exercising 1.5-2.5 hours/week helps the body produce hormones. Eat lots of fresh fruits, vegetables and whole grains, and keep processed foods to a minimum.

10. Aiming for at least 7 hours of uninterrupted sleep at the same time every night will ensure you wake up fresh and full of energy!

- 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.

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

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

- 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.

- Yoghurt, almonds, beans, and dark leafy greens will help protect your bones and teeth.

- Seafood, seaweed, eggs and dairy can help keep your iodine levels up.

BER 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

#BecauseHormonesMatter