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

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• 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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