

# 10 recommendations for good hormone health

## ADOPT A HEALTHY LIFESTYLE



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### 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!



## European Hormone Day

Because Hormones Matter  
24 April 2024

## PREVENT AVOIDABLE HORMONE DEFICIENCIES

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### 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

## REDUCE EXPOSURE TO ENDOCRINE DISRUPTORS

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### 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!



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### 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.

10

## 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



# #BecauseHormonesMatter



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