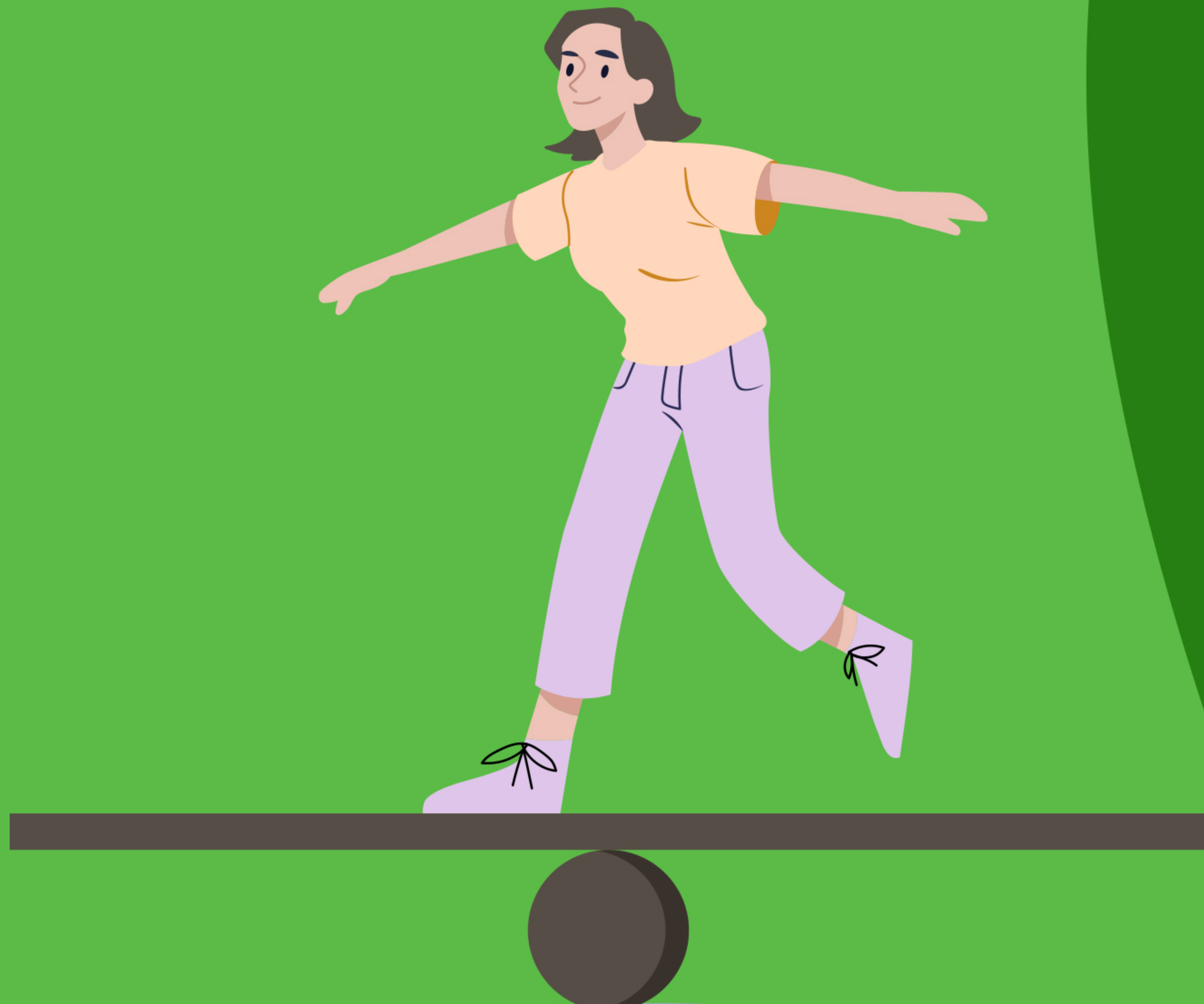


# Restoring balance: Natural ways to reverse hormone imbalance



## Exercise regularly

Exercise improves blood circulation, helps maintain weight, reduces insulin levels, and also increases muscle-mass. To modify hormone levels, walk, do aerobics, play a sport, and strength train.



## Keep your gut healthy

Gut microbiomes help prevent insulin resistance, inflammation and promote healthy weight management. Adding fibre-rich, gut healthy food can positively influence hormones.



## Cut down on sugar

Increased sugar intake causes obesity and diabetes and also disrupts gut microbiome. Eliminate sugary food and drinks to regulate hormones.



## Manage stress

Chronic stress disrupts overall balance. Try different stress reduction techniques like yoga, meditation or listen to music to relax.



## Get enough sleep

The body regulates hormone levels at night during deep sleep. Getting enough undisturbed restorative sleep is crucial to balance hormones.



## Get your omega-3s

Load up on healthy fats that help fight inflammation and boosts metabolism. Add coconut oil, fatty fish, chia seeds, flaxseeds, and avocado to your diet.



# Stay emotionally healthy

Emotions like fear, anger, anxiety, frustration, bitterness, and impatience directly impact health. Practice meditation, spend time outdoors, indulge in selfcare and exercise to improve emotional wellbeing.





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