



imbalance includes PMS, fibroids, thyroid complications, early menopause, and even infertility in several cases. Hormonal imbalance also leads to weakening of the immune system making women more prone to infections. It also speeds up the aging process in a woman, making her look older at a young age.

### **How to avoid hormonal imbalance?**

#### **Stay happy:**



Leading a happy and stress free life is the key to avoid hormonal imbalance in women. Working women are under a lot of stress most of the times due to their work. They should not let stress take over and simply find some time to relax. This can be done by taking a long relaxing bath or calling over a friend for a cup of tea and having a good conversation. Spend some time reading or watching comedy movies or baking cookies or gardening. As a matter of fact the best way to beat stress is to do something that makes you feel good and happy.

## **Healthy diet and regular exercise**

Eating unhealthy food is another main cause of hormonal imbalance, Switching to a healthy lifestyle is the best solution to resolve hormonal problems. Eating the right foods, including at least an hour of physical activity, and getting enough sleep (seven to nine hours a day) are some appropriate ways of living a healthy lifestyle.

Along with all this, a woman should also make sure of getting regular checkups and screenings to treat any problem at its roots before it may lead to life threatening illnesses. Hormonal problems can also be avoided by giving up smoking or excessive drinking. To conclude, we can say that if a woman re-evaluates her lifestyle she can maintain her physical as well as mental health.