



Symptom: Painful Intercourse

What's Happening

Vaginal dryness and thinning of vaginal walls due to lower estrogen levels can cause friction and discomfort during sexual activity.

What to Do

Use lubricants, consider estrogen creams (under medical guidance).
Supplements: Vitamin E, L-arginine.

Supplements

Vitamin E, L-arginine.

Food to Consider

Foods rich in omega-3 fatty acids (salmon, chia seeds), vitamin E-rich foods (almonds, spinach), soy products.

Lifestyle Changes

Engage in regular sexual activity, communicate with your partner.