



Symptom: Irregular Periods

What's Happening

Fluctuating hormone levels, particularly estrogen and progesterone, can disrupt the regular menstrual cycle, causing unpredictable periods, lighter or heavier flows, and changes in cycle length.

What to Do

Keep track of your periods, consult with a healthcare professional if changes are drastic or concerning.

Supplements

Chasteberry (Vitex), Black Cohosh

Food to Consider

Iron-rich foods (leafy greens, lean meats), foods high in B vitamins (whole grains, eggs, dairy or fortified plant-based milk).

Lifestyle Changes

Manage stress, maintain a healthy weight.