



Symptom: Urinary Problems

What's Happening

Lower estrogen levels can weaken the pelvic floor muscles and lead to urinary symptoms such as urgency, frequency, and leakage.

What to Do

Practice pelvic floor exercises, limit caffeine and alcohol.

Supplements

Cranberry extract, D-mannose.

Food to Consider

Cranberries, blueberries, watermelon, cucumbers, celery, parsley.

Lifestyle Changes

Stay hydrated, empty your bladder regularly.