



# Symptom: Digestive Problems

## What's Happening

Hormonal changes can influence gastrointestinal motility, potentially leading to digestive discomfort, bloating, and changes in bowel habits.

## What to Do

Eat fiber-rich foods, stay hydrated.

## Supplements

Probiotics, ginger.

## Food to Consider

High-fiber foods (beans, lentils, whole grains), yogurt with probiotics, ginger, peppermint.

## Lifestyle Changes

Eat smaller, more frequent meals.