



Symptom: Vaginal Dryness

What's Happening

Reduced estrogen levels cause vaginal tissue to become thinner and less elastic, leading to dryness, discomfort, and potential pain during intercourse.

What to Do

Use water-based lubricants, consider vaginal moisturizers.

Supplements

Vitamin E, sea buckthorn oil.

Food to Consider

Flaxseeds, chia seeds, soy products (tofu, tempeh), whole grains, water-rich fruits (watermelon, cucumber).

Lifestyle Changes

Stay hydrated, avoid douching and harsh soaps.