



# Symptom: Headaches

## What's Happening

Hormonal changes, particularly the decline in estrogen, can trigger headaches or migraines in susceptible individuals.

## What to Do

Manage stress, stay hydrated, practice relaxation techniques, such as yoga, meditation and breathwork.

## Supplements

Magnesium, riboflavin (vitamin B2).

## Food to Consider

Magnesium-rich foods (spinach, nuts, whole grains), ginger, water-rich fruits (watermelon, strawberries).

## Lifestyle Changes

Maintain a consistent sleep schedule.