



Symptom: Mood Swings

What's Happening

Hormonal fluctuations can impact neurotransmitter activity, leading to mood swings, irritability, and emotional sensitivity.

What to Do

Engage in regular exercise, practice stress-reduction techniques.

Supplements

St. John's Wort, omega-3 fatty acids (fish oil).

Food to Consider

Foods rich in complex carbohydrates (whole grains, legumes), lean proteins, fruits, and vegetables.

Lifestyle Changes

Prioritize self-care, consider therapy or counseling.