



Symptom: Fatigue

What's Happening

Hormonal changes, sleep disturbances, and increased stress levels can contribute to feelings of fatigue and low energy.

What to Do

Maintain a regular sleep schedule, engage in moderate exercise.

Supplements

B vitamins (B-complex), iron (if deficient), magnesium.

Food to Consider

Iron-rich foods (leafy greens, lean meats), whole grains, fruits, vegetables, nuts.

Lifestyle Changes

Manage stress, stay hydrated.