



Symptom: Electric Shock Sensation

What's Happening

Hormonal changes can affect nerve sensitivity, leading to sensations commonly described as "electric shocks" or tingling.

What to Do

Manage stress, maintain a healthy lifestyle.

Supplements

B vitamins (B-complex), magnesium.

Food to Consider

Whole grains, lean proteins, leafy greens, nuts, seeds, colorful fruits.

Lifestyle Changes

Engage in regular exercise, prioritize sleep.