



Symptom: Joint & Muscle Aches

What's Happening

Hormonal fluctuations can affect inflammation and joint lubrication, contributing to joint and muscle discomfort.

What to Do

Engage in regular exercise, consider strength training.

Supplements

Glucosamine, chondroitin, turmeric.

Food to Consider

Fatty fish (salmon, trout), nuts and seeds, whole grains, leafy greens, colorful fruits (berries, oranges).

Lifestyle Changes

Maintain a healthy weight, practice stretching.