



# Symptom: Dry Skin

## What's Happening

Declining estrogen levels can lead to decreased production of skin's natural oils, contributing to dryness, itchiness, and a dull complexion.

## What to Do

Use moisturizers, avoid harsh skincare products.

## Supplements

Omega-3 fatty acids (fish oil), vitamin E.

## Food to Consider

Fatty fish (salmon, sardines), avocados, nuts (almonds, walnuts), olive oil, berries.

## Lifestyle Changes

Stay hydrated, use humidifiers.