

Diet & Lifestyle Measures																																								
	Exercise	Stress Reduction	Practical Respiration	Relaxation	Weight Loss/Ideal Weight	Sun Exposure	Lotion	Sexual Intercourse	Vaginal Moisture/Lubrication	Kegel Exercises	Bleeder Training	Incontinence Devices	Good Hygiene	Dental Hygiene	Balance	Don't Fall	Avoid Talc & Talcum Powder	Frequent Meals	Drinking Water	No Smoking	Limited/No Alcohol	No Caffeine	Low Sugar Diet	Low Fat Diet	High Protein Diet	Low Carbohydrate Diet	High Fiber Diet	No Soft Drinks	No Processed Foods	Soy	Flavored	OPCs/Flavonoids	Green Tea	Cranberry Juice	Garlic	Hypnosis				
Irregular Periods	+/o	+/o	o	o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	
Hot Flashes	+	+	+/o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+/o	+/o	+	+	o	o	o	o	o	o	o	o	+	+/o	o	o	o	o	o	o		
Night Sweats	+	+	+/o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+/o	+/o	+	+	o	o	o	o	o	o	o	o	+	+/o	o	o	o	o	o	o	o	
Insomnia	+	+	+	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	o	o	o	o	o	o	+	+/o	+/o	o	o	o	o	o	o	o	
Fatigue	+	+	+	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	+/o	o	o	o	o	o	+	+/o	+/o	o	o	o	o	o	o	o	o	
Forgetfulness	+/o	+	+	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	+	+	o	o	o	o	o	+	+	+/o	+/o	o	o	o	o	o	o	o	
Mood Swings	+	+	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+/o	o	+	+	+	+	+	+	+	+	+	+	+/o	+/o	o	o	o	o	o	o	o	o	
Irritability	+	+	+/o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+/o	+	+	+/o	+/o	o	o	o	o	o	
Depression	+	+	+	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+/o	+/o	o	o	o	o	o	o	o	
Cravings	o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+/o	+	+	+	+/o	+/o	+	+	+/o	+/o	+/o	+/o	+/o	+/o	o	o	o	o	o	+/o		
Breast Pain	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Joint Pain	+	+	+	+/o	+	o	o	o	o	o	o	o	o	o	+/o	+/o	o	+	+	+	+	+	+/o	+/o	o	o	o	o	+/o	+/o	+/o	+/o	o	o	o	o	o	o	o	
Dry Skin	o	o	o	o	-	+	+	+	+	+	+	+	+	+	+/o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Hair Loss	o	+/o	o	+	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+/o	o	o	o	o	o	o	o	o	
Hair Growth	o	o	o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+/o	o	o	o	o	o	o	o	o	
Vaginal Dryness	o	o	o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Urinary Tract Infection	o	o	o	o	o	o	o	o	o	+/o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Incontinence	+/o	o	o	+/o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+/o	
Weight Gain	+	+/o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Decreased Sex Drive	+/o	+/o	o	+/o	+/o	o	+/o	+/o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Ache	o	+/o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+/o	o	+/o	+	+/o	+	+/o	+	+/o	+/o	o	o	o	o	o	o	
Headaches	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Heart Attack	+	+/o	o	+/o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+/o	+	+	+/o	+	+	+	+	+	+	+	+	+	+	+	+	
Blood Clots	+	+	+	+/o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Stroke	+	+	+	+/o	+/o	o	o	o	o	o	o	o	o	o	o	o	o	+	+/o	+/o	?	?	+/o	o	o	o	o	o	+	+	+	+	+	+	+	+	+	+	+	
Osteoporosis	+	o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Breast Cancer	+	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Uterine Cancer	+/o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Ovarian Cancer	+/o	o	o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Alzheimer's Disease	+	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	+	+/o	+/o	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	

Legend

- + Means: Improves the Situation, Prevents the Situation, or Produces a Desirable Effect.
- Means: Worsens the Situation, Causes the Situation, or Produces an Undesirable Effect.
- o Means: Has No Effect on the Situation.
- n/a Means: Not Applicable.
- ? Means: Unknown Effect.