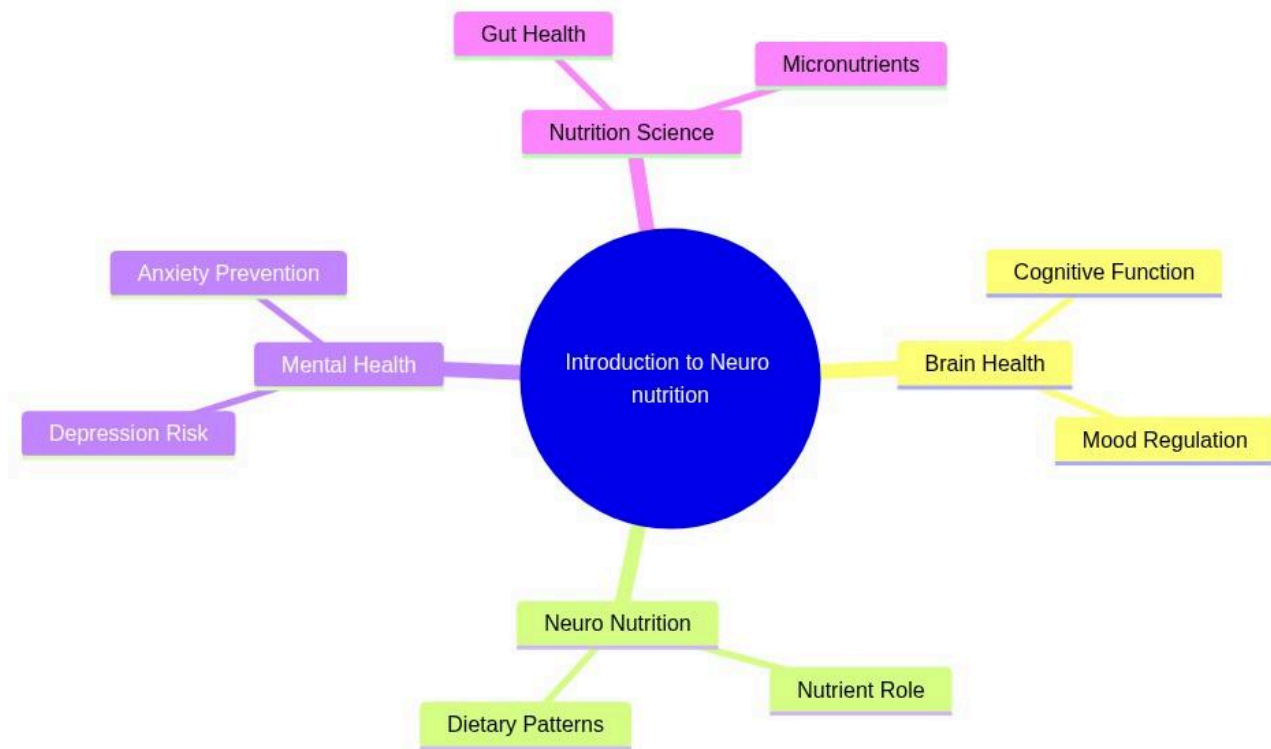


Postgraduate Certificate in Neuro-nutrition and Mental Health

# Introduction to Neuro-nutrition



mindmap

```
root((Introduction to Neuro nutrition))
  Brain Health
    Cognitive Function
    Mood Regulation
  Neuro Nutrition
    Nutrient Role
    Dietary Patterns
  Mental Health
    Depression Risk
    Anxiety Prevention
  Nutrition Science
    Gut Health
    Micronutrients
```