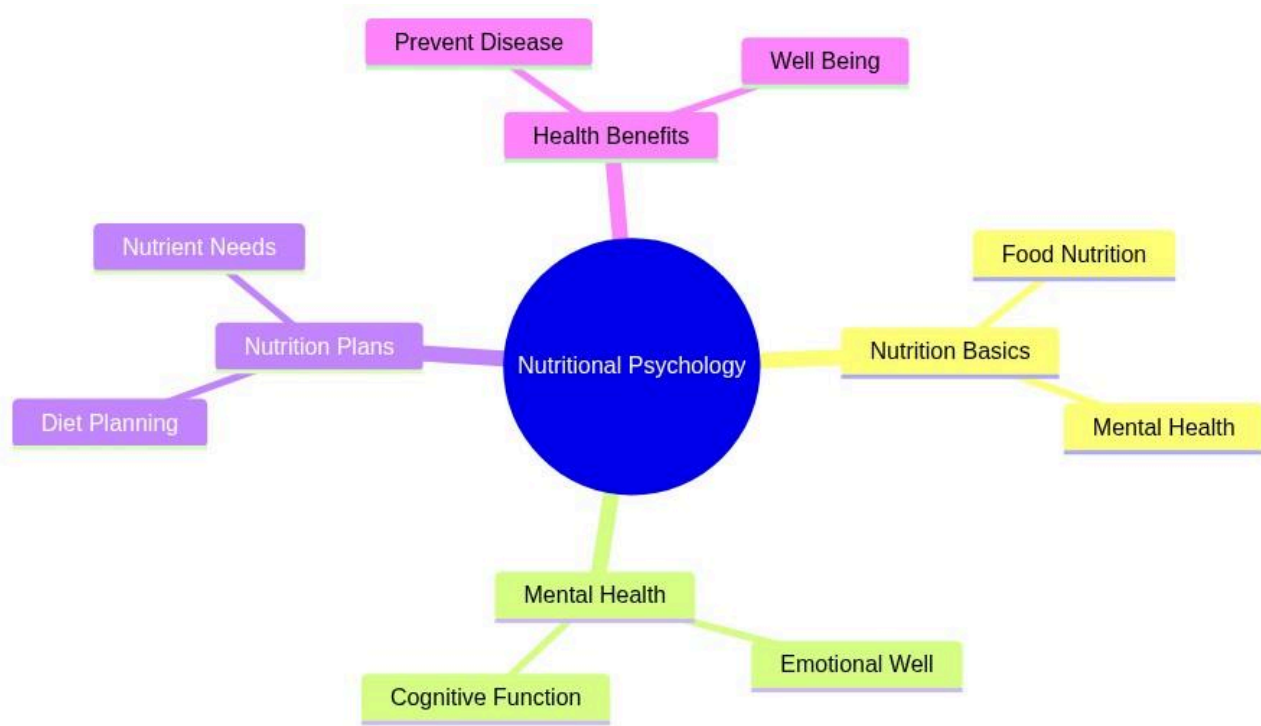


Professional Certificate in Holistic Nutrition for Mental Health

Nutritional Psychology



mindmap

```
root((Nutritional Psychology))
  Nutrition Basics
    Food Nutrition
    Mental Health
  Mental Health
    Emotional Well
    Cognitive Function
  Nutrition Plans
    Diet Planning
    Nutrient Needs
  Health Benefits
    Prevent Disease
    Well Being
```