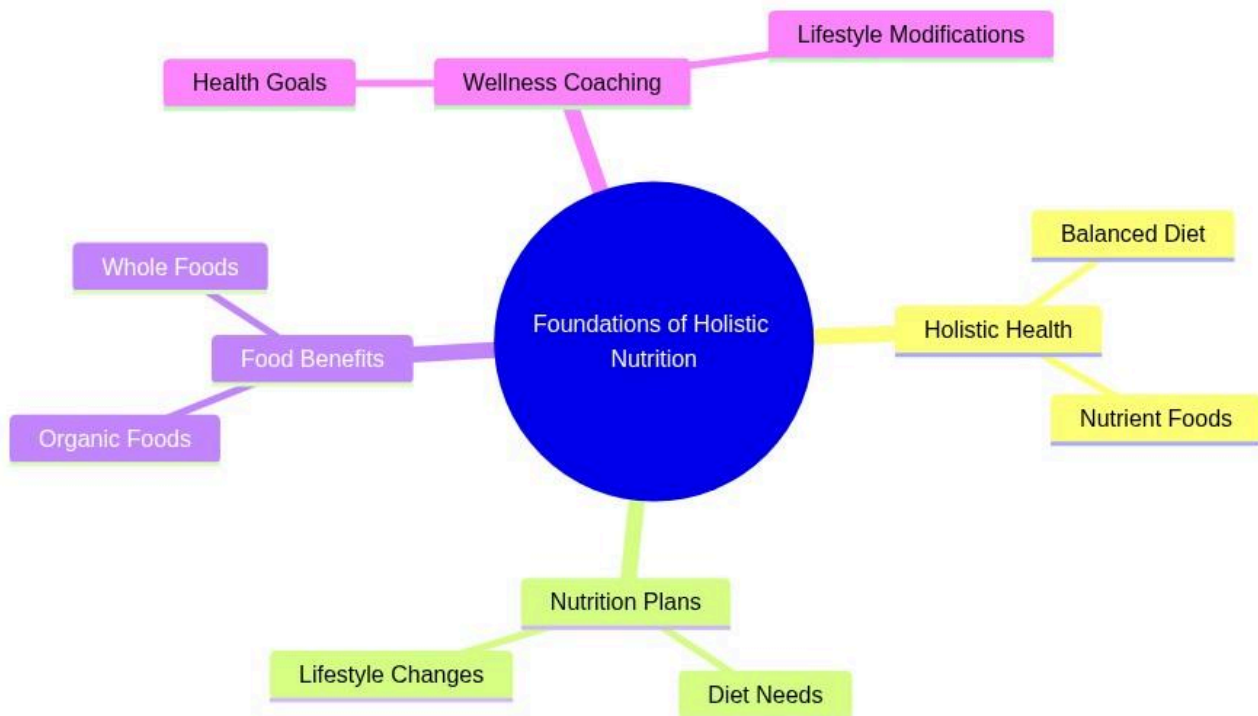


Professional Certificate in Holistic Nutrition and Wellness Coaching

Foundations of Holistic Nutrition



mindmap

root((Foundations of Holistic Nutrition))

Holistic Health

Balanced Diet

Nutrient Foods

Nutrition Plans

Diet Needs

Lifestyle Changes

Food Benefits

Organic Foods

Whole Foods

Wellness Coaching

Health Goals

Lifestyle Modifications