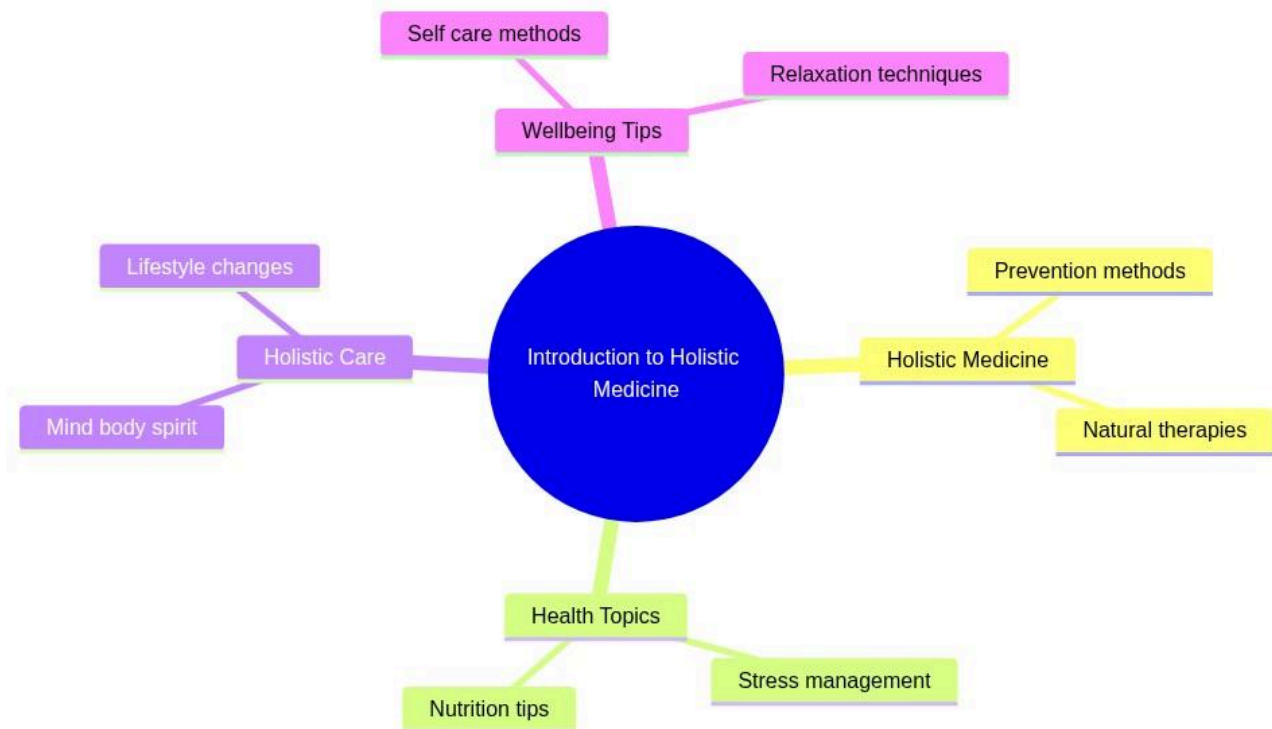


Masterclass Certificate in Holistic Medicine

# Introduction to Holistic Medicine



mindmap

root((Introduction to Holistic Medicine))

Holistic Medicine

Prevention methods

Natural therapies

Health Topics

Stress management

Nutrition tips

Holistic Care

Mind body spirit

Lifestyle changes

Wellbeing Tips

Self care methods

Relaxation techniques