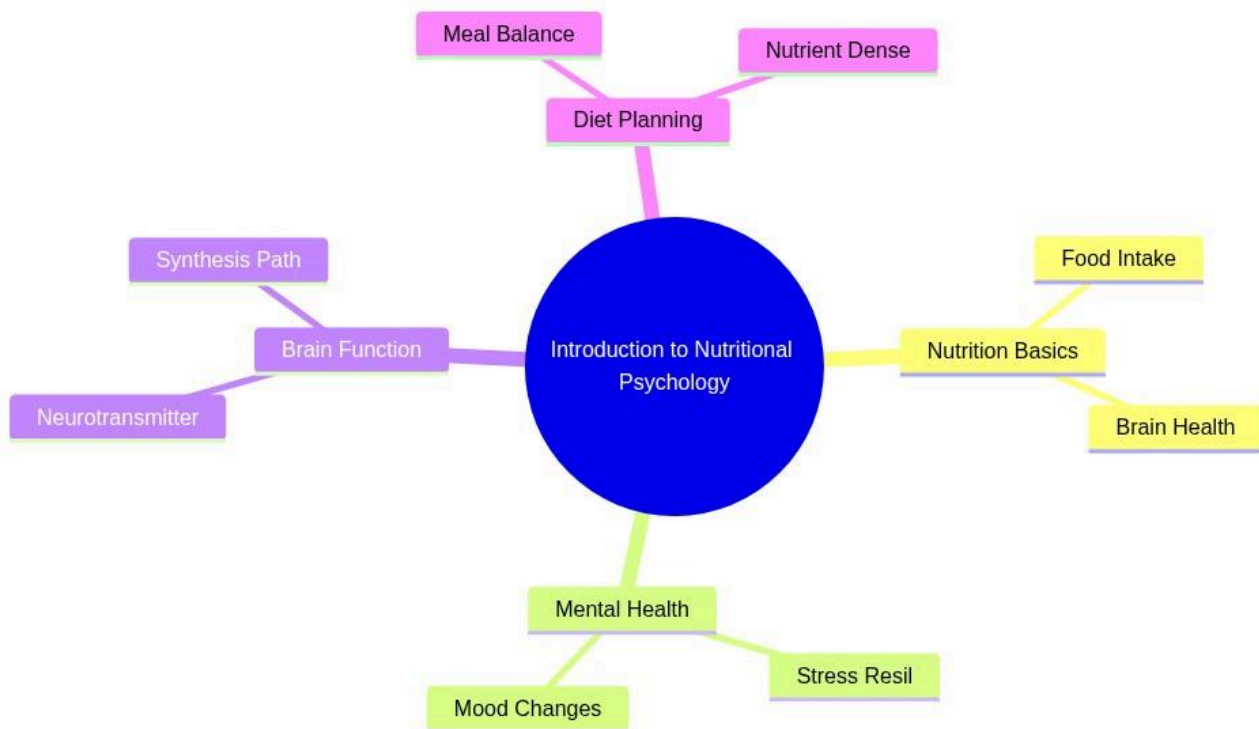


Masterclass Certificate in Nutritional Psychology

Introduction to Nutritional Psychology



mindmap

```
root((Introduction to Nutritional Psychology))
```

```
  Nutrition Basics
```

```
    Food Intake
```

```
    Brain Health
```

```
  Mental Health
```

```
    Stress Resil
```

```
    Mood Changes
```

```
  Brain Function
```

```
    Neurotransmitter
```

```
    Synthesis Path
```

```
  Diet Planning
```

```
    Meal Balance
```

```
    Nutrient Dense
```