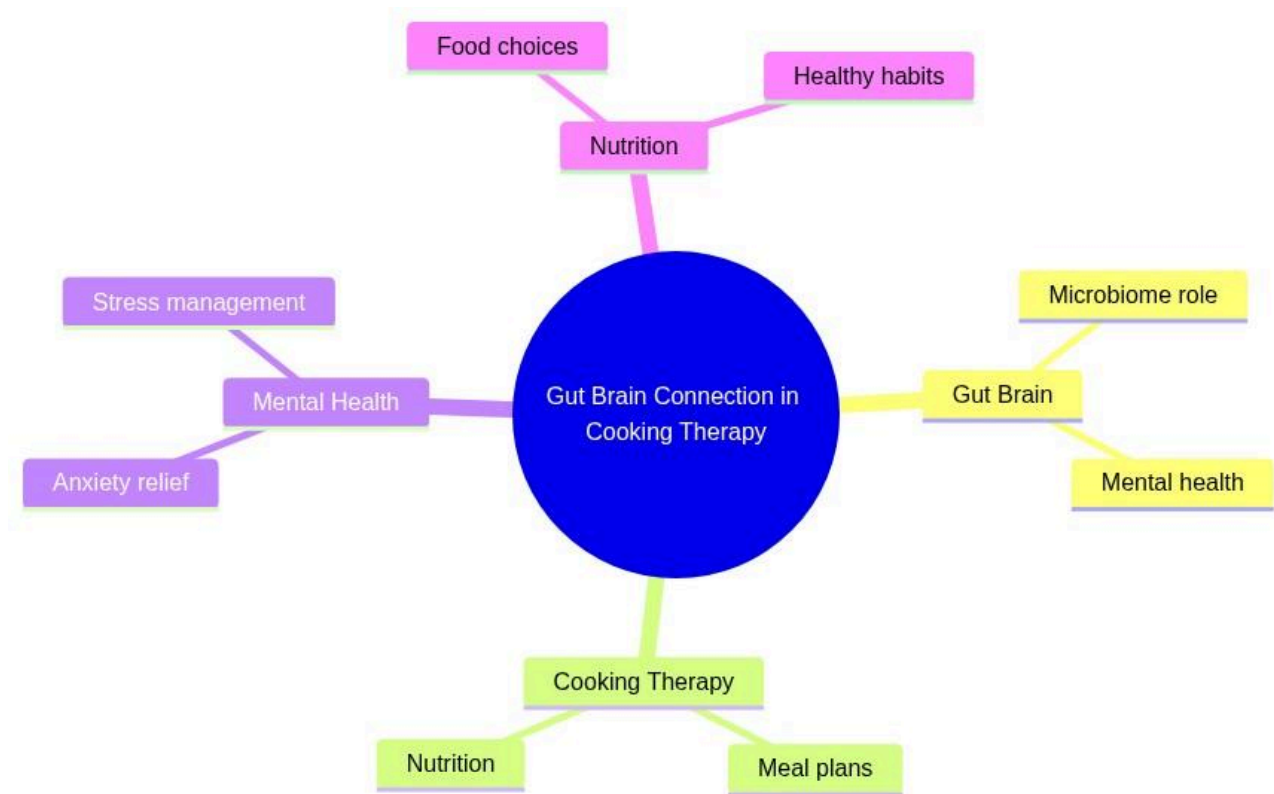


Masterclass Certificate in Cooking Therapy Techniques

Gut-Brain Connection in Cooking Therapy



mindmap

root((Gut Brain Connection in Cooking Therapy))

Gut Brain

Microbiome role

Mental health

Cooking Therapy

Meal plans

Nutrition

Mental Health

Anxiety relief

Stress management

Nutrition

Food choices

Healthy habits