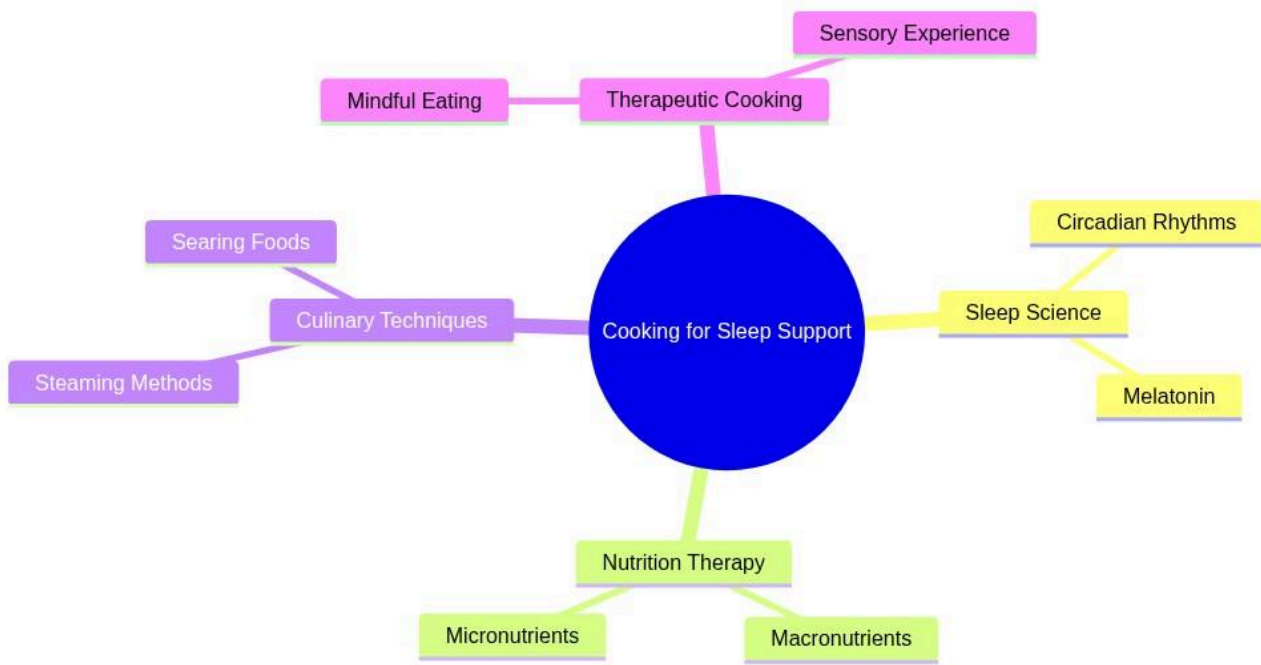


Masterclass Certificate in Cooking Therapy Techniques

Cooking for Sleep Support



mindmap

```
root((Cooking for Sleep Support))
```

```
  Sleep Science
```

```
    Circadian Rhythms
```

```
    Melatonin
```

```
  Nutrition Therapy
```

```
    Macronutrients
```

```
    Micronutrients
```

```
  Culinary Techniques
```

```
    Steaming Methods
```

```
    Searing Foods
```

```
  Therapeutic Cooking
```

```
    Mindful Eating
```

```
    Sensory Experience
```