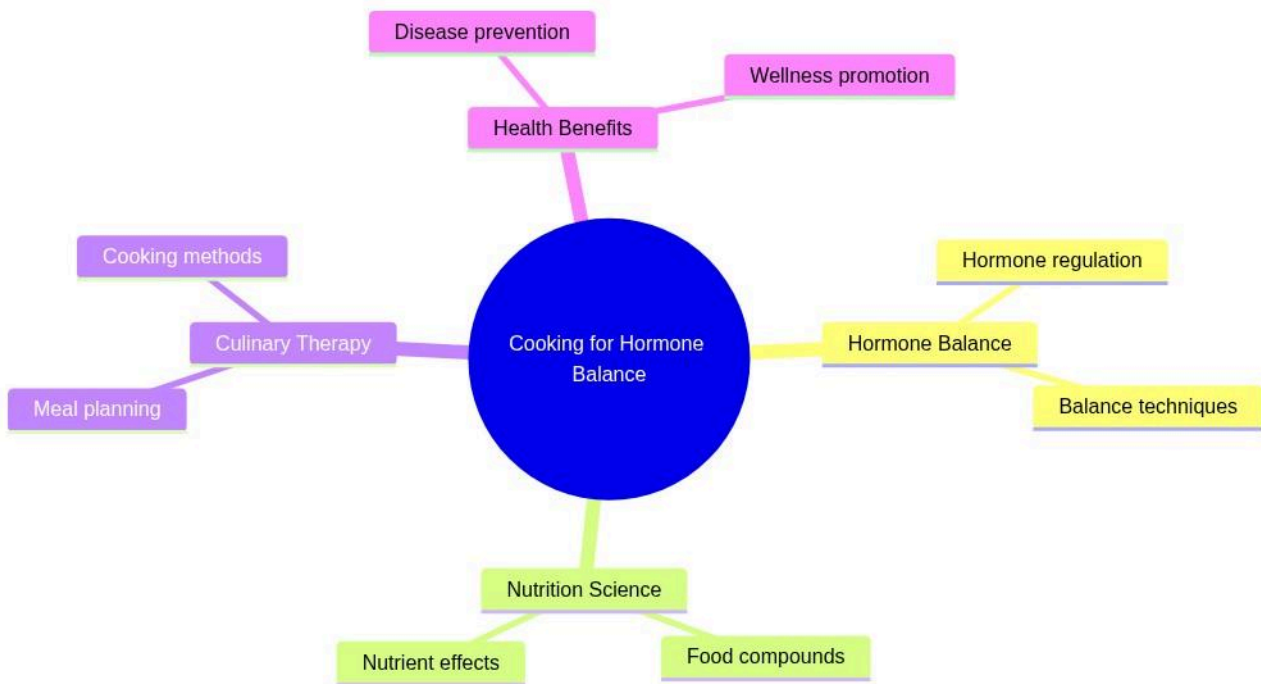


Masterclass Certificate in Cooking Therapy Techniques

# Cooking for Hormone Balance



mindmap

```
root((Cooking for Hormone Balance))
  Hormone Balance
    Hormone regulation
    Balance techniques
  Nutrition Science
    Food compounds
    Nutrient effects
  Culinary Therapy
    Meal planning
    Cooking methods
  Health Benefits
    Disease prevention
    Wellness promotion
```