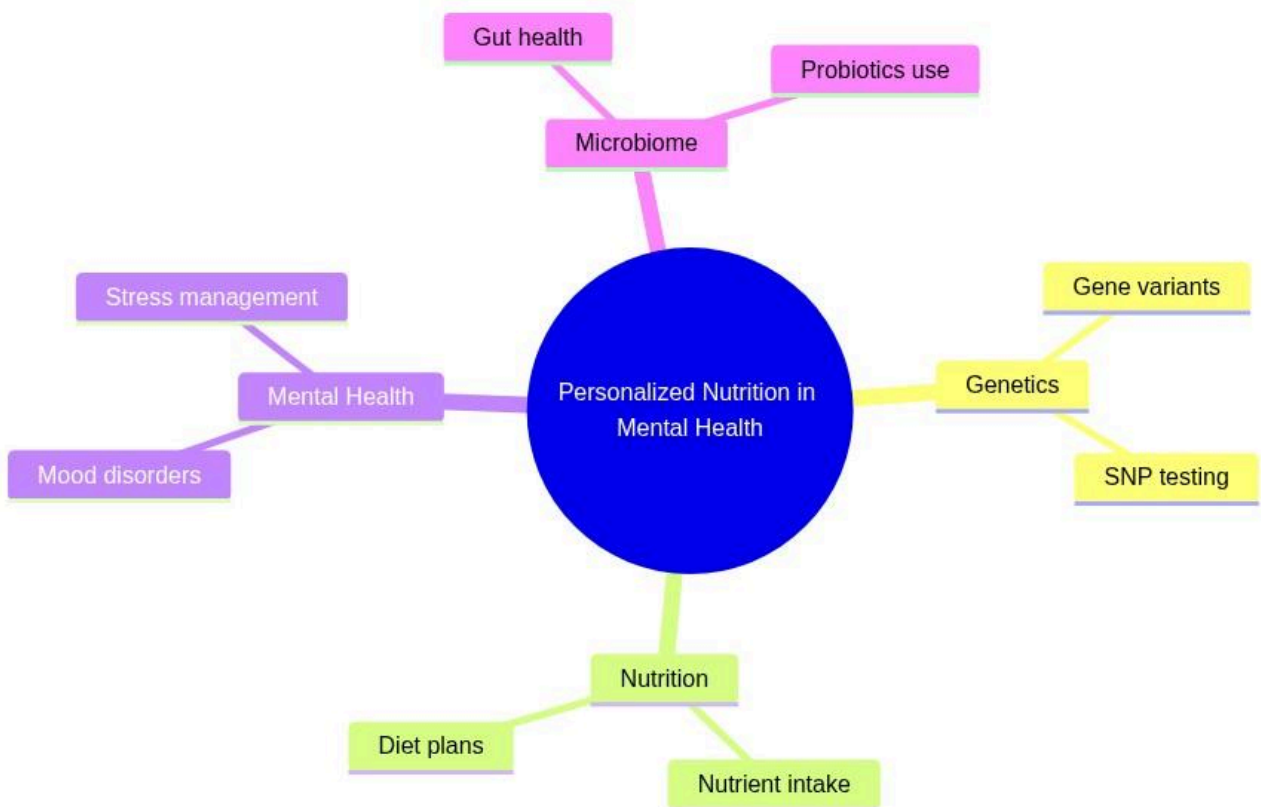


Global Certificate in Nutritional Psychiatry

# Personalized Nutrition in Mental Health



```
mindmap
  root((Personalized Nutrition in Mental Health))
    Genetics
      Gene variants
      SNP testing
    Nutrition
      Diet plans
      Nutrient intake
    Mental Health
      Mood disorders
      Stress management
    Microbiome
      Gut health
      Probiotics use
```