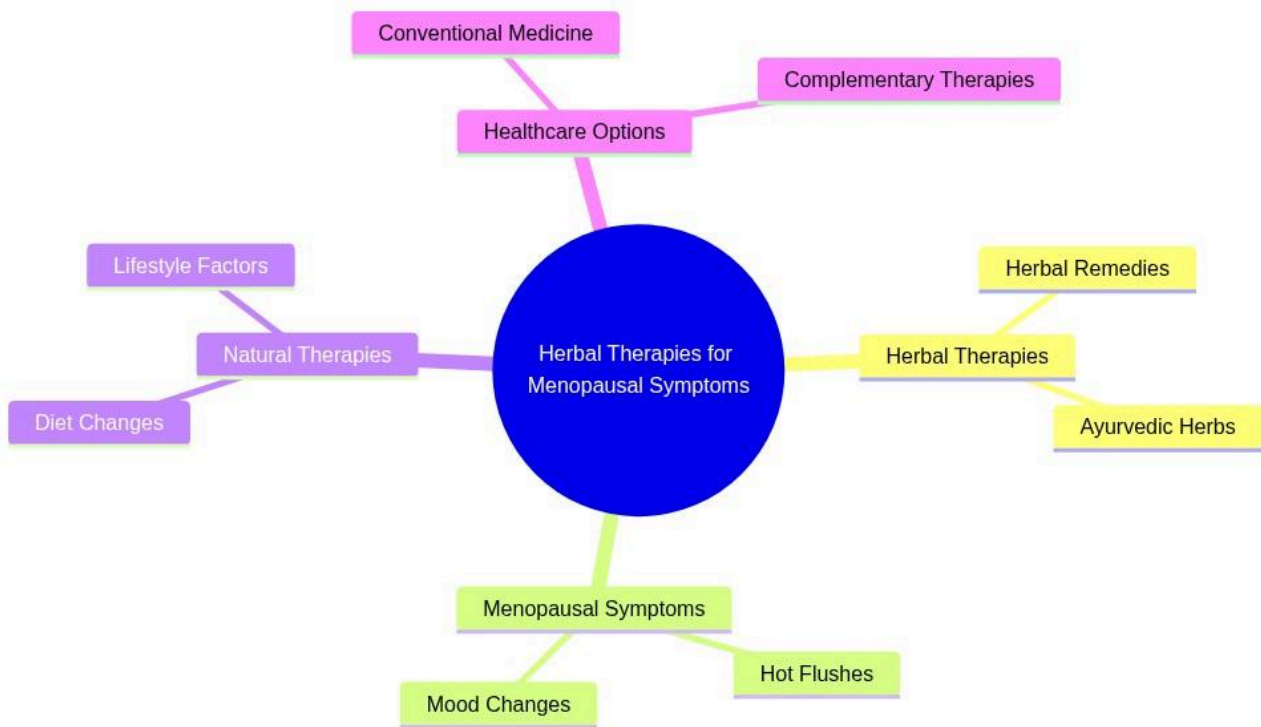


Graduate Certificate in Menopause and Ayurveda

# Herbal Therapies for Menopausal Symptoms



mindmap

root((Herbal Therapies for Menopausal Symptoms))

Herbal Therapies

Herbal Remedies

Ayurvedic Herbs

Menopausal Symptoms

Hot Flashes

Mood Changes

Natural Therapies

Diet Changes

Lifestyle Factors

Healthcare Options

Conventional Medicine

Complementary Therapies