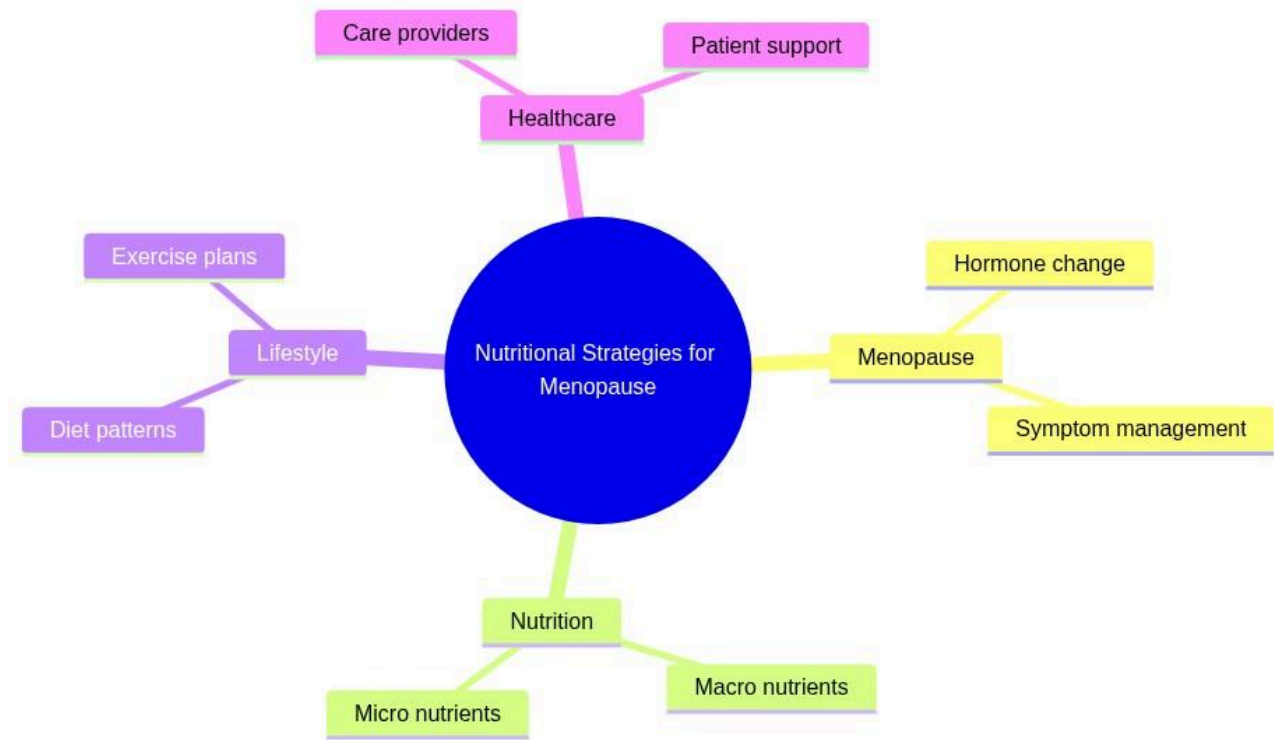


Graduate Certificate in Menopause and Ayurveda

Nutritional Strategies for Menopause



mindmap

```
root((Nutritional Strategies for Menopause))
  Menopause
    Hormone change
    Symptom management
  Nutrition
    Macro nutrients
    Micro nutrients
  Lifestyle
    Diet patterns
    Exercise plans
  Healthcare
    Care providers
    Patient support
```