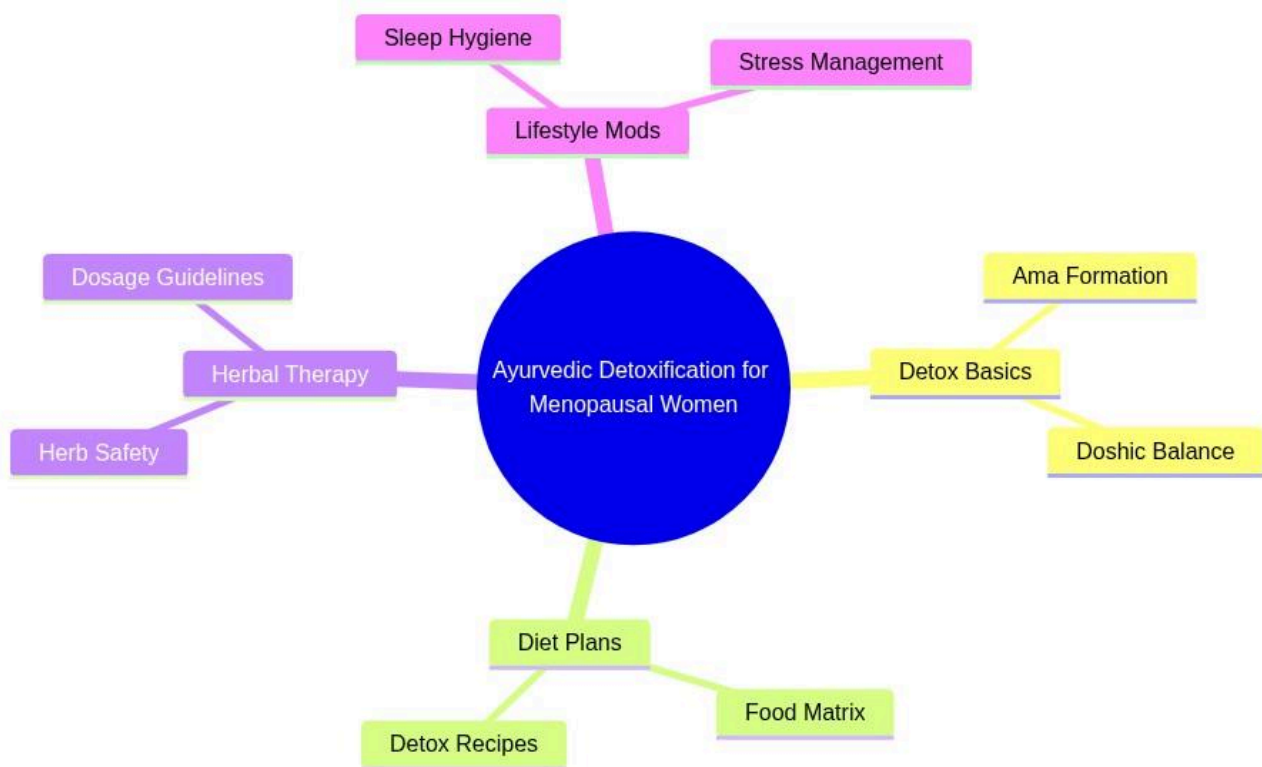


Graduate Certificate in Menopause and Ayurveda

# Ayurvedic Detoxification for Menopausal Women



mindmap

```
root((Ayurvedic Detoxification for Menopausal Women))
  Detox Basics
    Ama Formation
    Doshic Balance
  Diet Plans
    Food Matrix
    Detox Recipes
  Herbal Therapy
    Herb Safety
    Dosage Guidelines
  Lifestyle Mods
    Sleep Hygiene
    Stress Management
```