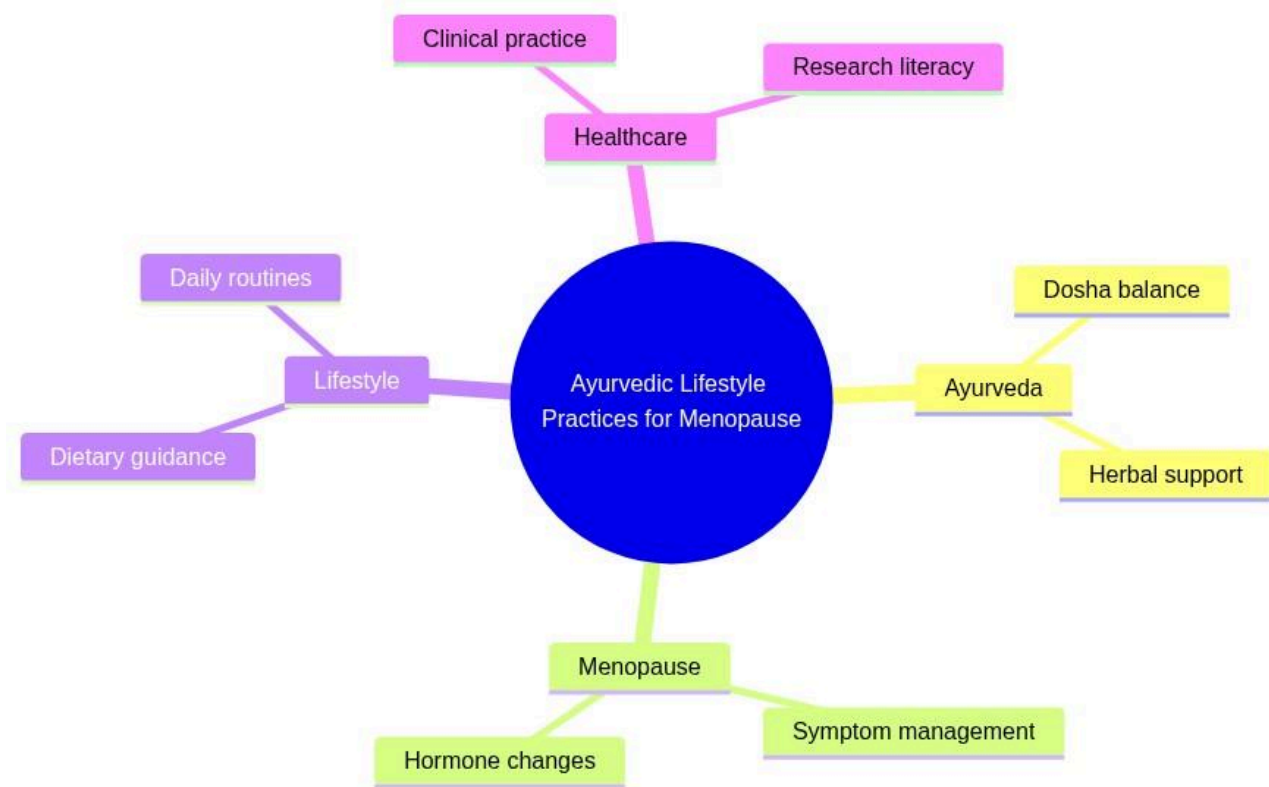


Graduate Certificate in Menopause and Ayurveda

Ayurvedic Lifestyle Practices for Menopause



mindmap

```
root((Ayurvedic Lifestyle Practices for Menopause))
  Ayurveda
    Dosha balance
    Herbal support
  Menopause
    Symptom management
    Hormone changes
  Lifestyle
    Dietary guidance
    Daily routines
  Healthcare
    Clinical practice
    Research literacy
```