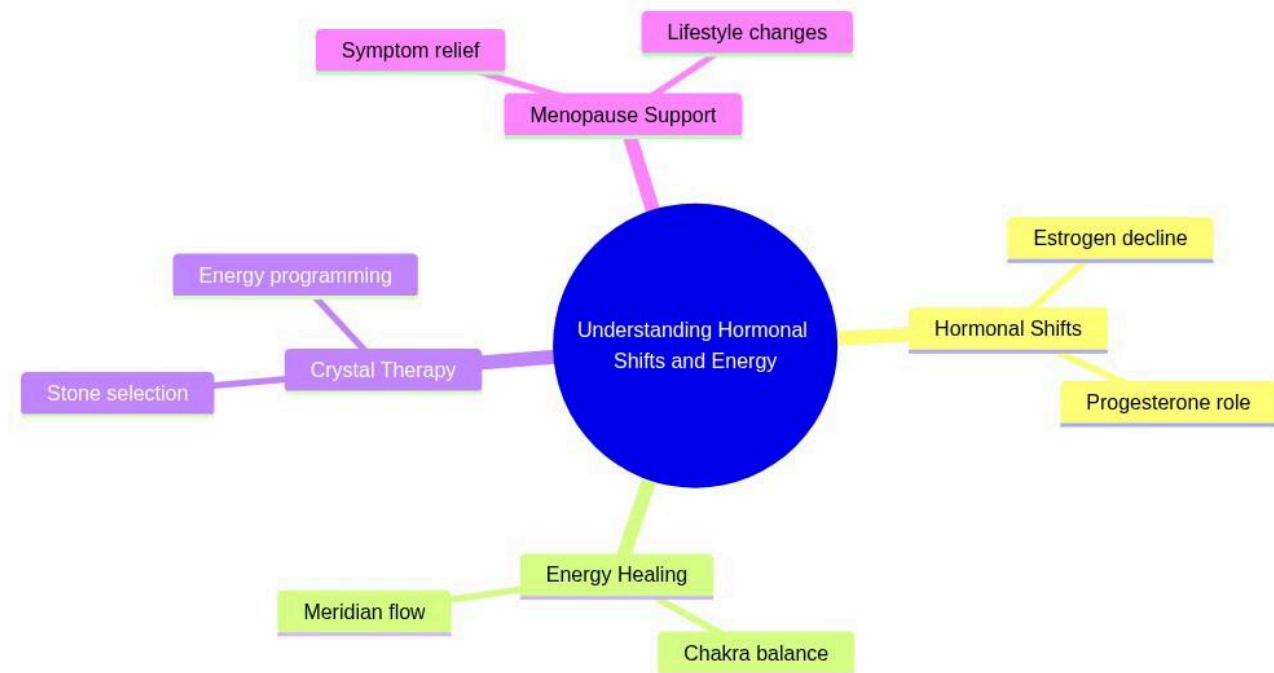


Professional Certificate in Crystal Healing for Menopause Support

# Understanding Hormonal Shifts and Energy



mindmap

```
root((Understanding Hormonal Shifts and Energy))
  Hormonal Shifts
    Estrogen decline
    Progesterone role
  Energy Healing
    Chakra balance
    Meridian flow
  Crystal Therapy
    Stone selection
    Energy programming
  Menopause Support
    Symptom relief
    Lifestyle changes
```