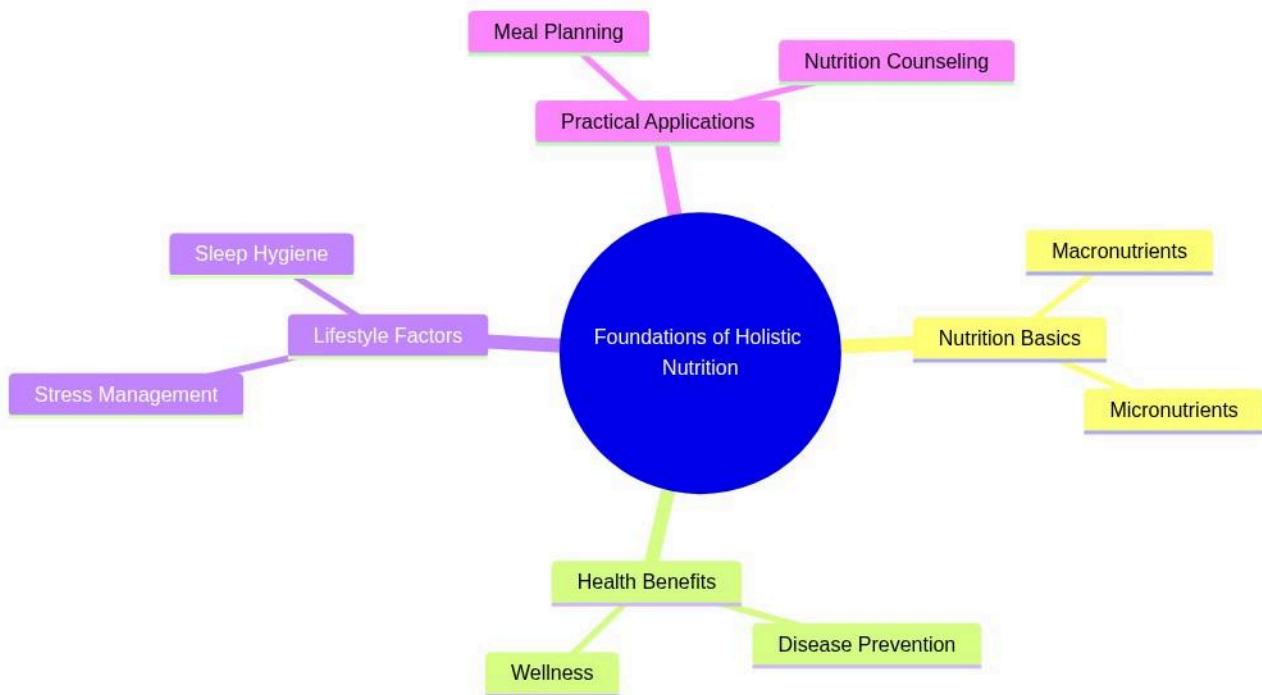


Certificate in Holistic Nutrition (Advanced)

Foundations of Holistic Nutrition



mindmap

root((Foundations of Holistic Nutrition))

Nutrition Basics

Macronutrients

Micronutrients

Health Benefits

Disease Prevention

Wellness

Lifestyle Factors

Stress Management

Sleep Hygiene

Practical Applications

Meal Planning

Nutrition Counseling