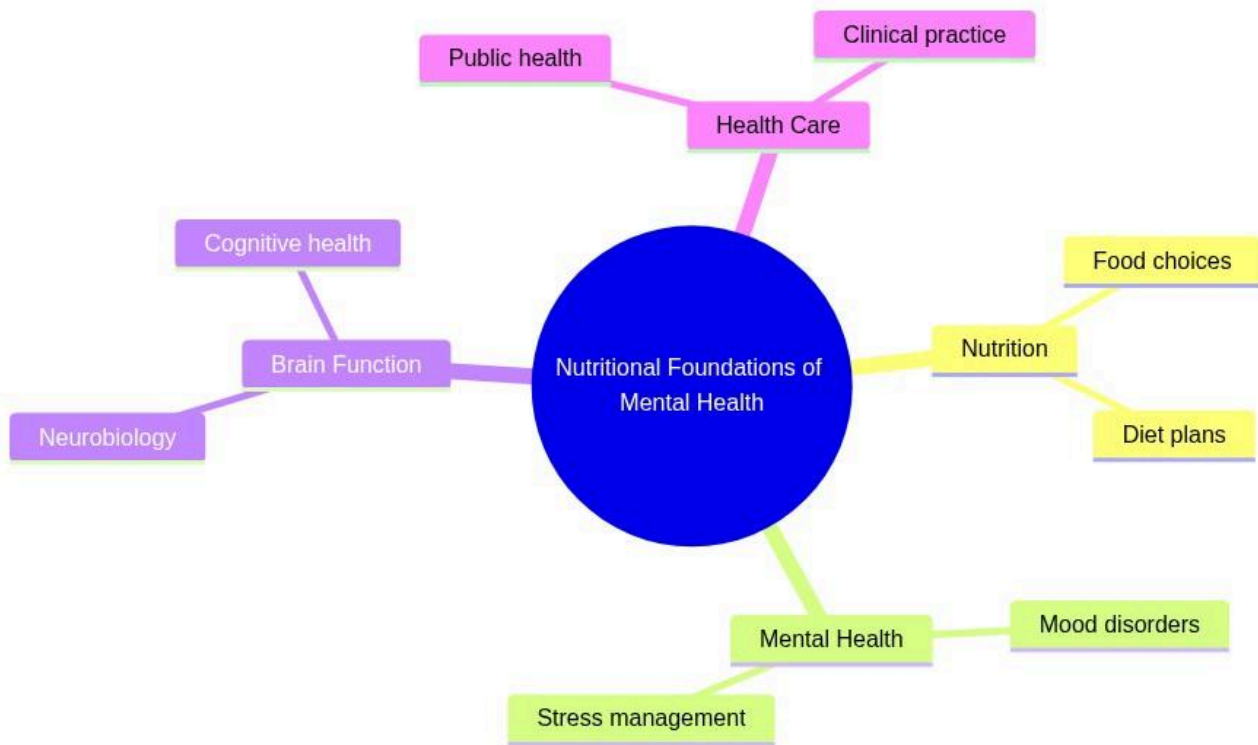


Masterclass Certificate in Nutritional Psychology

# Nutritional Foundations of Mental Health



mindmap

root((Nutritional Foundations of Mental Health))

Nutrition

Food choices

Diet plans

Mental Health

Mood disorders

Stress management

Brain Function

Neurobiology

Cognitive health

Health Care

Public health

Clinical practice