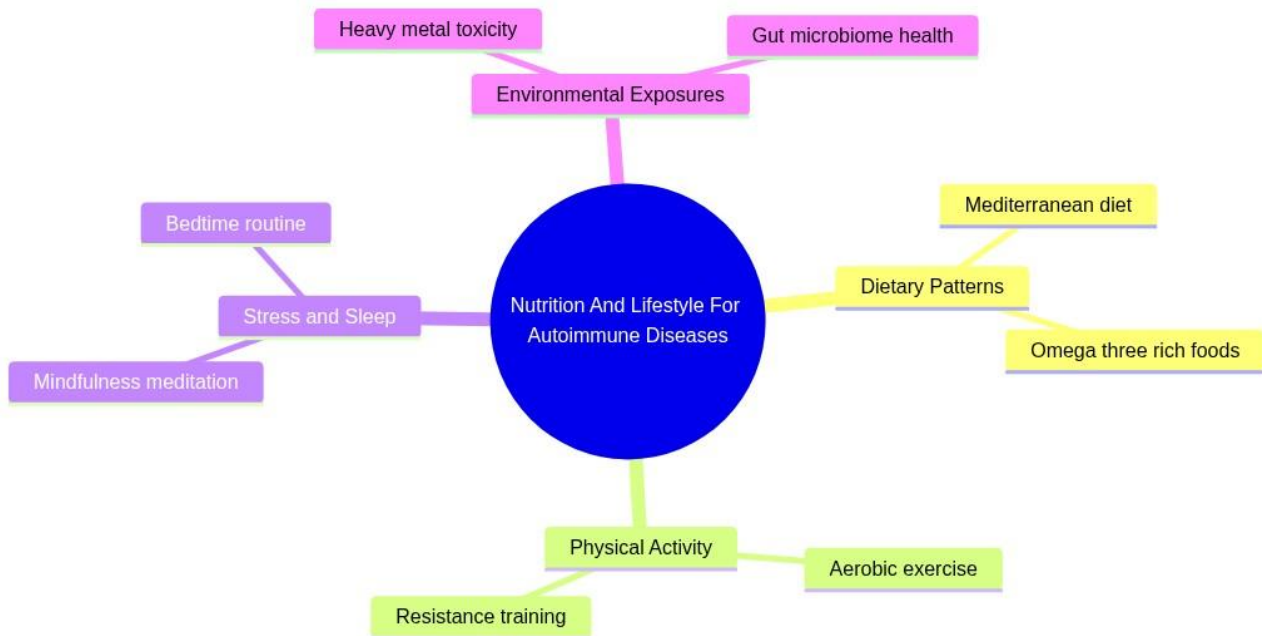


Professional Certificate in Autoimmune Disease Advocacy

Nutrition And Lifestyle For Autoimmune Diseases



mindmap

root((Nutrition And Lifestyle For Autoimmune Diseases))

Dietary Patterns

Mediterranean diet

Omega three rich foods

Physical Activity

Aerobic exercise

Resistance training

Stress and Sleep

Mindfulness meditation

Bedtime routine

Environmental Exposures

Heavy metal toxicity

Gut microbiome health