

---

Professional Certificate in Crystal Healing for Menopause Support

## Bone Health and Grounding Stones

---

mindmap

root((Bone Health and Grounding Stones))

Bone Health

Bone Density

Osteoporosis

Grounding Stones

Black Tourmaline

Smoky Quartz

Menopause

Hormonal Shifts

Estrogen Levels

Crystal Healing

Energetic Fields

Crystal Efficacy