

12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



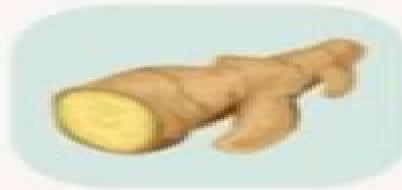
grass-fed butter /
ghee



aloe vera



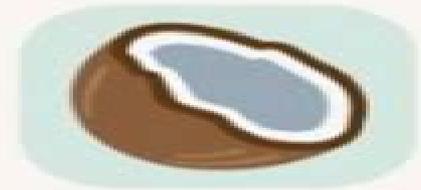
raw honey



ginger



turmeric



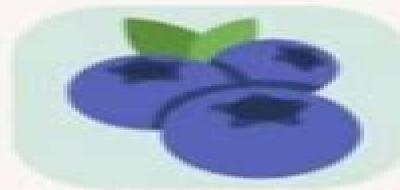
coconut



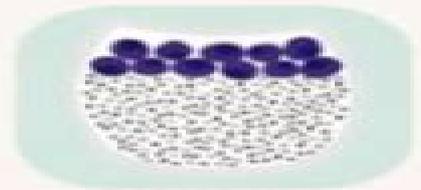
vitamin c-rich foods
*see caption for examples



omega 3 fats
*see caption for examples



polyphenol-rich foods
*see caption for examples



soaked chia seeds
(see chia seed pudding)

Simple Gut Health Foods For Creators 724

Liyong Dong



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