

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)

Advanced Gut Health Foods Step Plan

Guillaume Favre



Advanced Gut Health Foods Step Plan:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Advanced Gut Health Foods Step Plan** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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