

# 12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



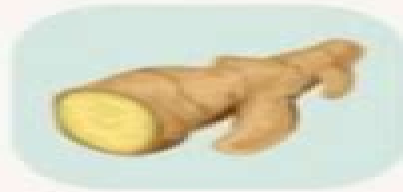
grass-fed butter /  
ghee



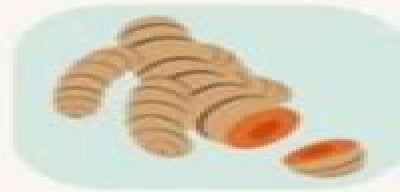
aloe vera



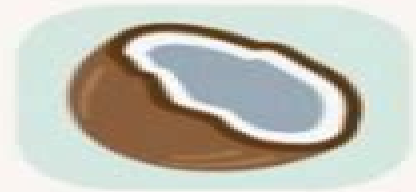
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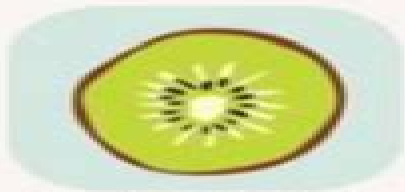
ginger



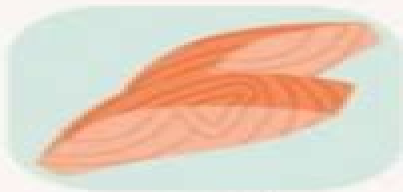
turmeric



coconut



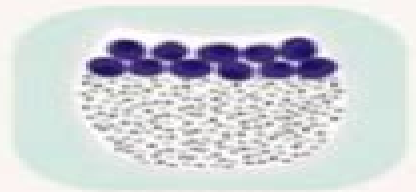
vitamin c-rich foods  
\*see caption for examples



omega 3 fats  
\*see caption for examples



polyphenol-rich foods  
\*see caption for examples



soaked chia seeds  
(see chia seed pudding)

# How To Gut Health Foods Usa For Beginners

**Jianjun Gao**



## **How To Gut Health Foods Usa For Beginners:**

Eventually, you will extremely discover a other experience and finishing by spending more cash. nevertheless when? attain you recognize that you require to acquire those every needs behind having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more vis--vis the globe, experience, some places, subsequently history, amusement, and a lot more?

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