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
(ex: chia seed pudding)

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CH Cherryholmes

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