

9 TOP FOODS FOR GUT HEALTH

@MAXLUGAVERE

1. Garlic



- Prebiotic
- Antiviral
- Antifungal

2. Leeks



- Prebiotic
- Antioxidant

3. Onions



- Prebiotic
- Antioxidant

4. Jicama



- Prebiotic

5. Kale



- Prebiotic
- Antioxidant

6. Sunchokes



- Prebiotic

7. Bone broth



- Healing

8. Turmeric



- Antioxidant

9. Capers



- Prebiotic
- Antioxidant

How To Gut Health Foods For Moms

Yijin Wang



How To Gut Health Foods For Moms:

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

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