

# 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 purchasing)

# Advanced Gut Health Foods For Beginners For Beginners 7345

**N Noddings**



## **Advanced Gut Health Foods For Beginners For Beginners 7345:**

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**Gut Health Diet for Beginners** Charles Thompson,2021-03-03 Do you want to have a healthy gut but want to continue

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