

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

Trending Gut Health Foods For Students For Experts

LL Leslie



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in the story woman at hollering creek the narrator presents a woman named cleófilas who is abused by her husband even though she knows she can return home to her father cleófilas refuses to do it fearing how she will be seen by the people in her village

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loss longing grief the stories in woman hollering creek often center around loss but the nature of this loss varies greatly some characters pine over having lost control of a loved one due to infidelity others feel an acute loss of culture after having moved from mexico to

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as she and her son juan pedrito sit by a river called woman hollering creek she thinks about love about how when a man and a woman love each other sometimes that love sours but a parent s love for a child a child s for its parents is another thing entirely

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lupe a mexican american artist moves to san antonio texas and has an affair with a mexican exterminator named flavio while flavio is confident in himself lupe struggles to find a sense of identity and connect to her mexican roots after flavio leaves her lupe comes to a new realization about the woman she wants to be

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cisneros s tactile prose brings to vibrant being the sights smells joys and heartaches of growing up female in a culture where women are both strong and victimized men are unfaithful and poverty is mitigated only by family community and religious ties

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of all ages eras and walks of life the youngest of the characters are girls still occupied with elementary school and making friends

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climax since woman hollering creek is a collection of short stories there is no single climax however certain stories like never marry a mexican eyes of zapata bien pretty and the titular woman hollering creek serve as focal points in the text since they are longer pieces that grapple most significantly with

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