

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 pudding)

Ultimate Gut Health Foods For Beginners For Beginners

Hongru Du



Ultimate Gut Health Foods For Beginners For Beginners:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Ultimate Gut Health Foods For Beginners For Beginners** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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