

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

Best Gut Health Foods Step Plan

M Mark



Best Gut Health Foods Step Plan:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Best Gut Health Foods Step Plan** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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