

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)

How To Gut Health Foods Step Plan For Creators

M Lipman



How To Gut Health Foods Step Plan For Creators:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **How To Gut Health Foods Step Plan For Creators** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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