

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 Use Gut Health Foods Explained For Beginners 9822

JL Elias



How To Use Gut Health Foods Explained For Beginners 9822:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **How To Use Gut Health Foods Explained For Beginners 9822** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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