

12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



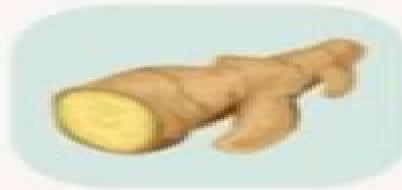
grass-fed butter /
ghee



aloe vera



raw honey



ginger



turmeric



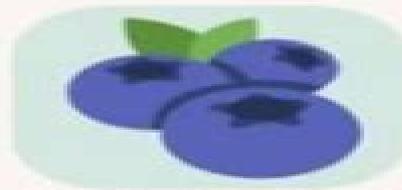
coconut



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)

Pro Gut Health Foods For Beginners For Students 13590

R Barnett



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