

9 Foods That SUPPORT A HEALTHY GUT



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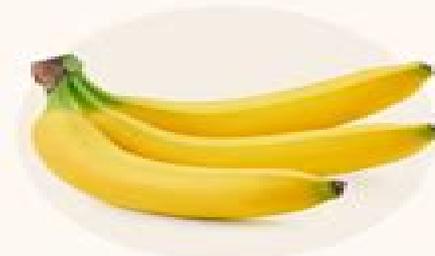
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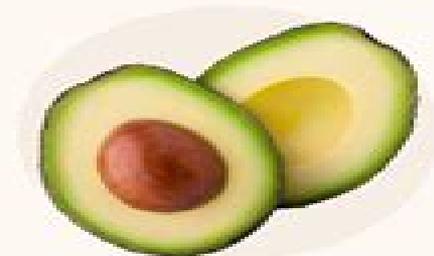
Leafy Greens



Lean Meats



Bananas



Avocados



Yogurt



Kombucha



Oats and Barley

Quick Gut Health Foods Tips

LL Leslie

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