

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

Easy Gut Health Foods For Beginners For Experts

Y Pai



Easy Gut Health Foods For Beginners For Experts:

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

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