

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

Expert Gut Health Foods For Small Business For Workers

Thomas Griffiths



Expert Gut Health Foods For Small Business For Workers:

Discover tales of courage and bravery in Crafted by is empowering ebook, **Expert Gut Health Foods For Small Business For Workers** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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