

# 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)

# Simple Gut Health Foods Explained For Beginners

**JL Elias**



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