

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 For Beginners For Students

Michael Brown



Simple Gut Health Foods For Beginners For Students:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Simple Gut Health Foods For Beginners For Students** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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