

# 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)

# Pro Gut Health Foods Step Plan For Experts

**Padhraic Smyth**



## **Pro Gut Health Foods Step Plan For Experts:**

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Pro Gut Health Foods Step Plan For Experts** . 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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