

# 12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



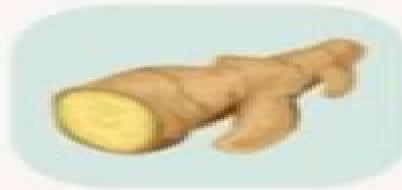
grass-fed butter /  
ghee



aloe vera



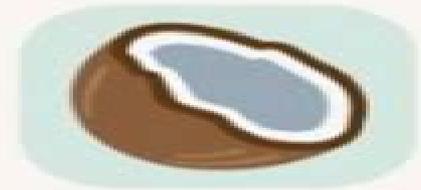
raw honey



ginger



turmeric



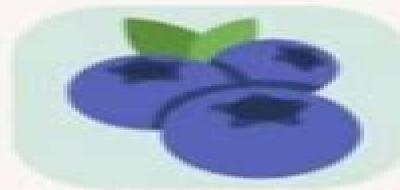
coconut



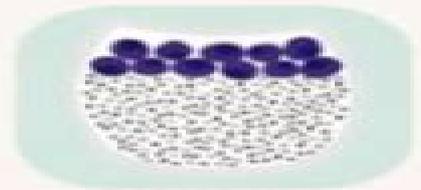
vitamin c-rich foods  
\*see caption for examples



omega 3 fats  
\*see caption for examples



polyphenol-rich foods  
\*see caption for examples



soaked chia seeds  
(see chia seed pudding)

# Top Method For Gut Health Foods Step Plan 13701

**Emilie Sanchez**



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