

# GUT HEALING FOODS

for sensitive stomachs & easy digestion



Bananas



Papaya



Yogurt



Avocado



Pumpkin\*



Oats



Zucchini



Chamomile



Apples\*



Cantaloupe



Cucumber



Blueberries



Ginger



Chia Seeds



Pears\*



Applesauce



Squash



Bone Broth



Beets\*



Sweet Potatoes



Kefir



Carrots\*



Miso



Quinoa

@QuitChronicFatigue

# How To Gut Health Foods Explained For Students

**Zhongjiang Wang, Bailiang Li, Yapeng  
Fang**



## **How To Gut Health Foods Explained For Students:**

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **How To Gut Health Foods Explained For Students** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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