

TOP 12 FOODS THAT PROMOTE HEALTHY GUT BACTERIA

Happy
Tummy

Healthy gut bacteria



Needed
for digestion



Supply essential
nutrients



Good for physical
& mental health



More gut bacteria
than cells in the body

Food good for gut bacteria



Beans

Prevents
constipation



Oats

Fibre
rich



Dried Fruits

Good in vitamin A
& K



Apples

Full of
nutrients



Broccoli

Good for lowering
inflammation



Bananas

Regulates bowel
movement



Yogurt

Fermented food
and probiotic



Dark chocolate

Better immunity
and health



Onions

Prebiotic and
antioxidants



Garlic

Contains
functional
fibre-inulin



Green Vegetable

Healthy
digestion



Pears

Contain fibre
good for bowel
movements

How To Gut Health Foods Full Tutorial 31871

SA Dillow



How To Gut Health Foods Full Tutorial 31871:

Unveiling the Magic of Words: A Review of "**How To Gut Health Foods Full Tutorial 31871**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**How To Gut Health Foods Full Tutorial 31871**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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