

# 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 Online For Creators 12143

**Karin Nielsen-Saines**



## **How To Gut Health Foods Online For Creators 12143:**

## Enjoying the Beat of Expression: An Mental Symphony within **How To Gut Health Foods Online For Creators 12143**

In a world consumed by displays and the ceaseless chatter of immediate interaction, the melodic splendor and emotional symphony created by the published term often disappear in to the background, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, set within the pages of **How To Gut Health Foods Online For Creators 12143** a wonderful literary prize full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that charming masterpiece conducts visitors on a mental journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of this emotional analysis, we will investigate the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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