

# 9 TOP FOODS FOR GUT HEALTH

@MAXLUGAVERE

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## 1. Garlic



- Prebiotic
- Antiviral
- Antifungal

## 2. Leeks



- Prebiotic
- Antioxidant

## 3. Onions



- Prebiotic
- Antioxidant

## 4. Jicama



- Prebiotic

## 5. Kale



- Prebiotic
- Antioxidant

## 6. Sunchokes



- Prebiotic

## 7. Bone broth



- Healing

## 8. Turmeric



- Antioxidant

## 9. Capers



- Prebiotic
- Antioxidant

# Quick Gut Health Foods For Beginners For Experts

**Annelies Wilder-Smith**



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