

9 TOP FOODS FOR GUT HEALTH

@MAXLUGAVERE

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

Advanced Gut Health Foods Ideas For Workers 17204

Gavin Pritchard, Maya Gangadharan



Advanced Gut Health Foods Ideas For Workers 17204:

Healthy Gut Cookbook Gavin Pritchard, Maya Gangadharan, 2016-07-12 A soothing and flavorful collection of 120 recipes for broths fermented foods greens salads meats and more proving that healing your digestive system doesn't have to be bland and boring If you're seeking to alleviate Leaky Gut Syndrome or if you follow a GAPS Specific Carbohydrate Diet Paleo or gluten free diet you will find delicious relief within the pages of Healthy Gut Cookbook With 120 recipes and up to 30 variations for bone broths fermented foods soups yogurt meat and fish dishes appetizers and desserts you can heal yourself without compromising on flavor Go beyond the recipes themselves and learn more about Leaky Gut Syndrome and its stages of healing as well as the Leaky Gut Diet program how to prepare for it and what to expect Healthy Gut Cookbook includes tips on preparing your kitchen and pantry for the diet how to save time and money in preparing recommended foods and advice on choosing the right supplements to go along with the diet Plans to target your specific health issue allow you to get the most out of the Healthy Gut Diet and expert tips guide you in maintaining gut health beyond the intensive stages of the plan Authors Gavin Pritchard RD CSSD CD N CDE and Maya Gangadharan NTP are your well practiced experts in the world of nutrition healing and cooking With their help you will soon be well on your way to healing without having to leave your love of food behind

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