

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 Usa For Creators 11228

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How To Gut Health Foods Usa For Creators 11228:

How To Gut Health Foods Usa For Creators 11228 Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**How To Gut Health Foods Usa For Creators 11228**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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