

12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



grass-fed butter /
ghee



aloe vera



raw honey



ginger



turmeric



coconut



vitamin c-rich foods
*see caption for examples



omega 3 fats
*see caption for examples



polyphenol-rich foods
*see caption for examples



soaked chia seeds
(see chia seed purchasing)

Trending Gut Health Foods For Students For Beginners

Padhraic Smyth



Trending Gut Health Foods For Students For Beginners:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Trending Gut Health Foods For Students For Beginners** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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