

# 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)

# Expert Gut Health Foods For Beginners For Creators

**Terry C. Jones**



## **Expert Gut Health Foods For Beginners For Creators:**

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Expert Gut Health Foods For Beginners For Creators** . 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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