

# 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)

# Beginner Friendly Gut Health Foods Usa For Workers

**SJ Ball**



**Beginner Friendly Gut Health Foods Usa For Workers:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Beginner Friendly Gut Health Foods Usa For Workers** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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