

12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



grass-fed butter /
ghee



aloe vera



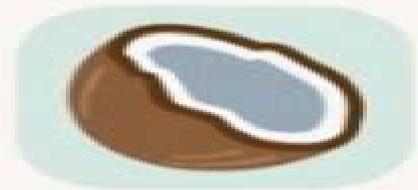
raw honey



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 pudding)

How To Gut Health Foods Step Plan For Experts

Léo Pomar



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latch tab, and spring. Has anyone else had that particular piece break?