

# GUT HEALING FOODS TO INCLUDE IN YOUR DIET



Spirulina



Fermented foods



Parsley



Cabbage



Kombucha



Tumeric



Steamed vegetables



Aloe



Omega-3 fats

**FITVEGAN** 

**CH Cherryholmes** 

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Food For The Future A Beginners Guide To Better Ways To Feed The Planet**. This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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