

Food Cheat Sheet to Heal Your Gut



Broccoli, Cruciferous Vegetables Packed with Glucosinolates Fight Inflammation and Cancer



Blueberries Enhance Immune System Destroy Harmful Bacteria



Polenta High in Fiber Fermentable Component



Bananas Fight Inflammation Stabilize Gut Bacteria



Kimchee, Sauerkraut Improves Health of Intestinal Walls Boosts Immune Function



Beans Release Short-Chain Fatty Acids Boost Vitamin Absorption,



Satiety Tempeh Crowds Out Unhealthy Bacteria Boosts Nutrient Absorption



Jerusalem Artichokes Rich in Inulin Fiber Strong Prebiotic