



# Gut Healing Foods

= Building Blocks for A Strong Immune System

Include 2 (minimum) of the below foods daily

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## 1. Garlic



- Prebiotic  
- Antiviral  
- Antifungal

## 2. Leeks



- Prebiotic  
- Antioxidant

## 3. Onions



- Prebiotic  
- Antioxidant

## 4. Jicama



- Prebiotic

## 5. Kale



- Prebiotic  
- Antioxidant

## 6. Sunchokes



- Prebiotic

## 7. Bone broth



- Healing

## 8. Turmeric



- Antioxidant

## 9. Capers



- Prebiotic  
- Antioxidant



**More gut healing foods:** : saurkraut, Kinchee, kombucha, chicory, asparagus, banana (as green as possible) artichoke, cabbage, Root vegetables ; beets, rutabaga and turnip, carrot, celery, dandelion, yams, parsnip, parsley root, radish