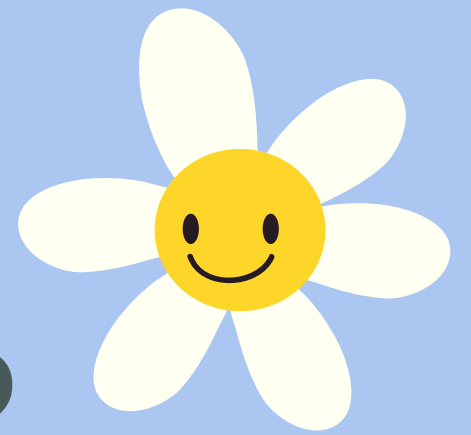
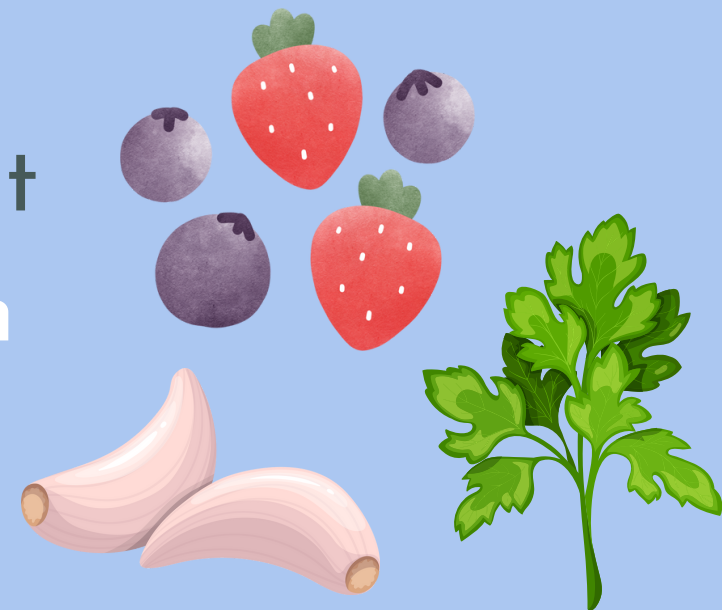


WHAT IS GUT-FRIENDLY?



Foods that:

- feed the bacteria in the gut
- improve microbiome health
- are good for digestion



A life that:

- works for you on a daily basis
- manages stress levels
- is socially active
- has contact with nature