

Name: _____

Gut Health and Wellbeing

U V M A R U N E T U Y E A W I W G
V J G U B W H O L E F O O D S I W
Q U G Z W S O Y N W A I J M G L E
U N O U C O O K B S X R O Q F U L
E O O V M I C R O B I O M E V R L
S I D B W V G Y P I X K N H W L B
N T B N S O U H U T B A D G S N E
A S A F O T D X O V I K Q U H L I
E E C S F U N O R O B O D T R W N
L G T S E Y R E E R B O N H E U G
C I E L H M O I I P D D R E S X L
T D R Z J C Y P S R K Y S A T O N
Y I I E F V V Z H H T L D L O T Q
Z T A M L A F N N F G U U T R E Y
J G N C E U X H I E X V N H E D X
V H E A L I N G V N K M B G I Z I
Q P C I T O I B O R P M G L R U A

good bacteria
microbiome
nutrients
cleanse
nourish

absorption
wholefoods
probiotic
enzymes
restore

gut health
digestion
wellbeing
healing
detox