

# Download Maintaining The Body With The Right Foods

Healing and keeping your gut happy is important for your body and mind. Give your gut the best foods for gut health so it can do its job and keep you well. The following story is excerpted from TIME's special edition, 100 Most Healing Foods, which is available in stores, at the Meredith Shop and at Amazon. Inflammation is our body's healthy ... Wonderfully sweet with firm and creamy flesh, bananas come prepackaged in their own yellow jackets and are available for harvest throughout the year. Both nutrition and physical activity are critical if you want to gain lean muscle. To get started, it's essential to challenge your body through physical activity. - Maintaining The Body With The Right Foods