



## BESTOW UNIVERSITY

KNOWLEDGE IS  
BEAUTIFUL

### BESTOW 'LOVE YOUR GUT' PROGRAMME

A 7-day online programme to restore the gut and renew the skin.



*In order for clients to experience skin transformation they need to:*

- Create new habits.
- Learn how to cook and eat to support skin/gut health.
- Establish rituals that support wellbeing.
- Take Bestow products every day
- Understand the 'why' behind these things, so they are motivated to make change.

Bestow online programmes bring all these goals together into a practical, easy-to-follow plan.

#### THERE ARE THREE ONLINE PROGRAMMES:

1. Bestow Winter Cleanse
2. Bestow Summer Cleanse
3. Bestow Love Your Gut Programme

Clients can return to the online platform and repeat programme, or try a different one, any time.

#### THE BESTOW LOVE YOUR GUT PROGRAMME

A 7-day online programme to restore the gut and renew the skin.

Makes it easy for people to put gut science into practical action.  
[www.bestowcleanse.com/bestow-love-your-gut-programme/](http://www.bestowcleanse.com/bestow-love-your-gut-programme/)

*Bestow Love Your Gut Programme includes:*

- 7 Day Meal Planner
- Gut-healing breakfast, lunch and dinner recipes
- Shopping lists
- Preparation notes
- Getting Started Guide.
- Printable downloads in pdf format if you prefer hard copies.
- Bestow rituals to support the gut-mind connection.
- Daily emails to help you stay on track.

*Bestow Love Your Gut Programme works by:*

- Removing gut-irritating foods and drinks.
- Repairing gut wall with bone broths and therapeutic plants.
- Rebalancing gut microbiome with probiotics, prebiotics and gut-healing recipes
- Reinforcing positive gut-brain connection through wellbeing rituals.
- Kickstarting clients' gut/skin health journey
- Immersing them in Bestow way of living well.

#### *Key Features of Programme*

##### Daily Bestow Smoothie ritual.

- Bestow Love Your Gut Smoothie includes Bestow Beauty Plus Oil, Bestow Beauty Powder and Bestow Gut Love + in a smoothie base of gut-friendly foods.
- Delivers powerful gut/skin nutrition
- Makes significant contribution to recommended daily intake of many nutrients.
- Gets clients in the habit of taking Bestow products every day

##### Bone Broths

One of best foods to address gut permeability issues. Contains two specific amino acids, glycine and proline, which strengthen epithelial tissue and repair gut wall. Also vital building blocks for collagen production. Super easy to make and great way to use up vegetables.

If serious gut rebalancing is needed, repeat 7-day plan for four weeks, or longer, for greater benefits.



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### *How to Use This Tool In Your Clinic*

Retail the Bestow Love Your Gut pack which includes:

- 1 x full size Bestow Beauty Plus Oil
- 1 x full size Bestow Gut Love + powder
- 2 x samples of Bestow Beauty Powder
- 5 x samples of Bestow organic herbal tea
- Bestow tea infuser
- Bestow body brush
- Bestow Blessings Journal.



Your client purchases their pack from you and then registers for programme online at home.

1. Go to [www.bestowcleanse.com](http://www.bestowcleanse.com),
2. Select 'Love Your Gut programme' option from Programmes menu,
3. Choose 'Option One' from purchase panel.

We recommend you support your client through programme by checking in via phone, text or email throughout that week.

### BESTOW GUT-SKIN CONNECTION BOOK

*Restore the gut and renew the skin*

The book alternative to the Bestow Love Your Gut Programme.

- A beautifully designed hardcover book version of the Bestow Love Your Gut
- Programme. Offers a wider variety of gut-friendly recipes than the online programme.
- Perfect for clients who have serious gut health work to do and need to follow a gut-healing plan for a month or more.

*Book includes:*

- Education about gut health and the gut-skin connection.
- Wide variety of gut-friendly recipes for breakfast, lunch and dinner.
- Recipes for fermented foods (kombucha, coconut yoghurt, kefir and sauerkraut).
- Hard-copy version of one-week 'Love Your Gut' online programme meal planner, prep plans and shopping lists.
- Seven inspiring rituals for skincare, self-care and soul care.
- Janine's story of healing chronic pain through gut restoration
- Jenny Barrow's story of connection between gut health and emotional wellbeing.

