



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

Bestow 'Love Your Gut' Programme | Video Transcript

At this stage of my life I am taking stock of the knowledge and experience I have been fortunate to accumulate in my chosen field. I am passionate about passing on my holistic skincare wisdom to therapists like you. This is why I invest time and energy into online education. As a team, we often think about how we can take all of this life-changing knowledge and help your clients put it into action.

As you know, in order for them to truly experience skin transformation, they need new insights and new habits. They need to learn how to cook and eat in a way that supports skin health. They need to establish rituals that support wellbeing. They need to get into the habit of taking their Bestow products every day – and they need to have some understanding of why they should do all of this so they are motivated to make change.

We have designed the Bestow online programmes to bring all of these goals together with a variety of simple-to-follow seven day eating and wellbeing plans. The experience helps clients to improve their diet, use their Bestow products and establish wellness habits. The knowledge they gain in this one week will support their ongoing journey and they can return to the online platform and repeat the programme, or try a different one, at any time.

I'll introduce you to the Bestow Summer and Winter Cleanses at another time, but for now I would like to introduce you to the Bestow Love Your Gut Programme. We developed the Bestow Love Your Gut Programme to make it easy for people to put gut science and holistic wisdom into practical action. This one-week online programme takes all the principles of growing a healthy gut garden and translates them into an easy-to-follow plan, where all of the thinking is done for you. These are the same principles I personally followed in my gut healing journey.

The Bestow Love Your Gut Programme provides a meal planner, recipes, rituals, guides and education to restore gut health and total wellbeing. We include

wellness rituals to strengthen the mind-gut connection and Bestow products to maximise skin transformation – so it's a very powerful programme for healing the gut and renewing the skin.

The programme works by:

Removing gut-irritating foods and drinks.

Repairing the gut wall with bone broths and therapeutic plants.

Rebalancing the gut microbiome with probiotics, prebiotics and gut-healing recipes, and

Reinforcing a positive gut-mind connection through wellbeing rituals.

It's a fantastic way for a client to kickstart their gut health and skin health journey and it really immerses them in the Bestow way of living well.

Bone broths are an important feature of the Love Your Gut programme. This is because they are one of the best foods that you can have to address gut permeability issues. Bone broths contain two specific amino acids, glycine and proline, which strengthen epithelial tissue and therefore help to repair the gut wall.

As an added bonus, glycine and proline are also vital building blocks for collagen production. On the programme, you actually have a broth and vegetable breakfast during part of the week. I found eating something savoury for breakfast strange to start with, but now I love it and find it a very grounding way to start the day. Bone broths are super easy to make and a great way to use up vegetables. We guide you through the process step by step and you'll soon be best friends with your slow cooker and making bone broths like a pro!

So let's take a closer look at what is included in the Bestow Love Your Gut programme.

The online programme is built around a seven day meal planner. Seven days of gut-healing breakfast, lunch and dinner recipes are provided in an online meal plan. This week long experience takes dedication and focus, but the shopping lists, preparation notes and a getting started guide make the process clear and well supported.

If you like physical copies of information you'll appreciate the printable downloads. The 7-Day Meal Planner, Prep Guide, Shopping Lists, Daily Checklist and the Getting Started Guide, are all available in pdf format to keep on display in a handy place.

Bestow rituals are beautiful daily habits that support your skin, health and wellbeing. Over the seven days we guide participants through a daily pattern of skin-care rituals which boost skin health and soul-care rituals that reinforce positivity and reduce anxiety by supporting the gut-mind connection.

Another key aspect of the programme is the daily Bestow Smoothie ritual. The Bestow Love Your Gut Smoothie includes Bestow Beauty Plus Oil, a Bestow skin nutrition powder and Bestow Gut Love +. These powerful boosters are added to a smoothie base of gut-friendly foods.

This daily smoothie delivers powerful gut and skin nutrition and makes a significant contribution to the recommended daily intake of many nutrients. The Bestow Smoothie ritual is an amazing way to get your clients to take their Bestow products every day. If they continue this habit beyond the programme it will make such a difference to their skin and wellbeing.

The daily emails are an important part of helping clients stay on track. For each of the seven days, participants receive an email with an overview of meals and rituals for that day. They also contain wellness wisdom from Jenny Barrow and myself and kitchen tips from Sheryl Nicholson, the food-guru and creator of all the beautiful recipes on the Bestow Love Your Gut Programme.

Put simply, this seven-day online programme is an amazing way to help your clients to break old habits and establish new ones. It will also give them a taste of what it feels like to have a healthy gut. If your client has some serious work to do to rebalance their gut, we recommend they repeat the seven-day plan for four weeks, or even longer, for greater benefits.

So, now that you understand the basics of the programme, let's take a look at how you can use this tool in your clinic and with your clients. There is a Bestow Love Your Gut pack which includes the Bestow products your client will need to successfully complete the online programme. Your client purchases the pack from your clinic, so you can support them on their journey. In this value-pack your client will find everything they need to support them on their one week programme.

The Bestow Love Your Gut Pack contains:

- One full size Bestow Beauty Plus Oil
- One full size Bestow Gut Love + powder
- Two samples of Bestow Beauty Powder
- Five samples of Bestow organic herbal teas
- A Bestow tea infuser
- Bestow body brush and
- A Bestow Blessings Journal.

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

If you want to truly help a client to experience positive change, this programme is a fantastic way to kick-start their journey. The very best way you can support your clients through this programme, is to experience it for yourself! My dream would be for every Bestow therapist to try the Bestow Love Your Gut programme. Then you can offer personal insight and practical support to your clients who go on this journey.

Bestow Gut-Skin Connection Book

The final resource I would like to introduce you to is the Bestow Gut-Skin Connection book. Your clients are going to love this book. It contains amazing gut-healing recipes, but it is much more than a recipe book. It also contains beautiful rituals to help establish positive changes and fascinating information about gut healing and skin health. In fact, the book provides clients with much of the information that this online series has offered you. It includes information about the gut microbiome, the gut-skin connection, how to identify poor gut-health, how to grow a healthy gut garden and more. This hardcover book is beautifully designed with amazing photography. It would make a great gift and looks fabulous in the kitchen or on the coffee table.

The Bestow Gut-Skin Connection book includes:

- Education about gut health and the gut-skin connection.
- A wide variety of gut-friendly recipes for breakfast, lunch and dinner.
- Recipes for fermented foods including kombucha, coconut yoghurt, kefir and sauerkraut. A hard-copy version of the one-week 'Love Your Gut' online programme, including shopping list and meal-prep plan.
- Seven inspiring rituals for skincare, self-care and soul care.
- My story of healing chronic pain through gut restoration, and
- Jenny Barrow's personal story about the connection between gut-health and emotional wellbeing.

I'm so proud of the work my team has done on this book. It is an amazing resource for your clients, especially for those who prefer a physical book to an online programme. It contains a wider variety of gut-friendly recipes than the online programme. It's perfect for clients who have some serious work to do to improve their gut health and who need to follow the principles for a month or more. I look forward to hearing about your experiences of using this book to support your clients.

So having looked at Gut Love + powder, the Love your Gut programme, and the Gut-Skin Connection book, we have now come to the end of this gut-health series. But this is definitely not to the end of your learning journey. You will learn so much by taking the new insights you have gained and putting them into practice with your clients.

Our gut health really does matter for our health and our skin health. It colours the way we see the world and has a greater impact on our wellbeing than we ever imagined. To care for our gut we need to keep before us the principles of growing a healthy gut garden and take advantage of the Bestow resources that have been created to put these principles into practice. We are here to support you and I really look forward to hearing about your experiences of journeying with your clients as they transform their skin through healing their gut.