



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

## BESTOW BE CLEANSSED POWDER

In this session I would like to talk to you about the Bestow 'Be Cleansed' Powder.

This product supports the health of the liver and bowel for healthy, radiant skin.

Beauty Beauty Oil moisturises your skin from within...  
Bestow Beauty Powder nourishes your skin from within...  
And the Bestow 'Be Cleansed' powder purifies your skin from within.

Let me tell you some of the back story of how this product came to be created.

When I first started working from within, Adelaide-based naturopath and biochemist, Janice Smith, became my mentor. She was far ahead of her time in the way she treated skin holistically. She taught me that a client's skin is a reflection of their inner health, and in fact, a reflection of their lives as a whole.

She used to say something that I have never forgotten - that you can't heal a constipated skin. What she meant is that skin health and bowel health are closely related. If the bowel is not eliminating toxins efficiently, this can result in a dull, blemished and congested skin. It can also exacerbate skin disorders like eczema and acne.

Over the course of my career I have found this to be true over and over again. I cannot achieve true skin transformation with a client until their bowel is working well.

This is why I developed the Bestow 'Be Cleansed' Powder. Bestow 'Be Cleansed' is a natural blend of fibre-rich superfoods which supports healthy bowel function to purify your skin from within.

Let's take a closer look at how bowel health impacts on our skin cells.

In a well functioning body, skin cells are bathed in a nutrient rich fluid. It's like they are sitting in a little spa of goodness. However these happy little spas are only possible when the body is eliminating toxins efficiently.

Your bowel is one of the main elimination organs and responsible for getting rid of toxins from the body. When it is not working well, the toxins in the digestive tract start to build up. It's a bit like a traffic jam. Eventually the traffic jam of toxins backs right up to the skin cells. When this happens, instead of your cells bathing in goodness, they end up sitting in little sewers.

The other problem is that when your bowel is not working properly it causes any hormonal imbalances to worsen. Our liver is a major detoxification organ. It processes waste hormones and then sends them into the digestive tract to eventually be eliminated. However if that does not occur in a timely manner, then those waste hormones are recycled back into the body. This is called enteric recycling.

As therapists, we know all too well the negative impact that hormonal imbalances can have on the skin, especially for acne and ageing.

Bestow 'Be Cleansed' purifies the skin by ensuring toxins and waste hormones are eliminated efficiently from the body. It cleans up those little sewers in the skin cells and leaves them bathing in nutrient rich fluid.

Let's take a look at the ingredients in Bestow Be Cleansed and how this supports bowel health.

Bestow 'Be Cleansed' contains soluble and insoluble fibre in the form of organic flax seed flour, sunflower seeds and almonds. What fibre does is it swells in the gut. That extension of the bowel wall causes peristalsis, which is the muscle action that promotes elimination. Fibre helps you to exercise your bowel muscles. As you know from the gym, any muscle that you work gets stronger.

A lot of bowel products on the market act as laxatives. These chemically induce elimination and can make the bowel lazy long term.

I wanted to create something that not only encouraged elimination but also supported the proper functioning of the bowel. It's about reminding the bowel how to do its job properly.

Research has shown that a high fibre diet slashes the incidence of many modern diseases like diabetes, heart disease, bowel cancer, breast cancer, not just or 1 or 2 % but 30-50%.

But fibre is only half the story.

Bestow 'Be Cleansed' also includes ingredients like Slippery Elm and liquorice which soothe and repair the gut wall. When the large intestine is damaged this can result in issues like leaky gut syndrome which can negatively impact on our skin and gut health.

Taking 'Be Cleansed' regularly not only encourages healthy bowel function, it helps to repair and restore gut health.

The gut is also home to a huge population of bacteria and it is our job to make sure that we are growing the right kind of bacterial population.

If you eat lots of sugar it encourages the growth of bad bacteria.  
If you eat lots of fibre it encourages the growth of good bacteria.

As well as being high in fibre, the ingredients in 'Be Cleansed' are pre-biotic, which means that they feed good bacteria.

So what impact is this going to have on your skin?

Be Cleansed is going to promote a clearer, more translucent skin. Bad bowel health can result in deeper cystic acne along the jaw line or a dull, congested skin. But with optimum bowel health skin will be clearer and brighter.

How do you use it?

For best results take 1 tablespoon of 'Be Cleansed' every day to maintain bowel health long term. The powder can be added to a Bestow Smoothie along with your Bestow Beauty Oil and Beauty Powder. It can also be added to juice or nut milk or mixed with yoghurt.

Personally, I like to add it to my porridge. I mix the 'Bestow Be Cleansed' powder with the dry oats and then soak them in water over night. As long as you cook it at a low temperature you won't degrade any of the active ingredients. When it's cooked I add some Bestow Beauty Oil, fruit and yoghurt and this gives me a great sustaining start to the day.

It's important when you first start using Bestow 'Be Cleansed' to start slowly. Begin with 1 teaspoon and then build up to 1 tablespoon. Any change in the diet takes time to adjust to, even good change - so be kind to your body.

1 tablespoon of Bestow 'Be Cleansed' will give you 5 grams of fibre. The average western diet gets 10 gm a day but the ideal level is 25 grams. By eating fruits, vegetables and whole grains throughout the day you will be able to reach this 25 grams of fibre easily.

Finally, let's consider frequently asked questions.

Is it suitable for children? Yes, in small doses. 1 teaspoon per day.

Pregnancy & breastfeeding? Yes, but check with your doctor or midwife.

Does it make me anti-social? No and if it does you've had far too much for your body. If you have too much it could give you temporary bloating.

Is it safe to take in the aid of bowel disorders? It has been designed with inflammatory bowel disease, irritable bowel, coeliacs and chrones in mind. Introduce it to the body very slowly. Mixing it into porridge is a gentle way to begin. Irritable bowel is less predictable. Some people with this condition find a high fibre diet helpful and others find their body prefers a low fibre diet. So with the 'Be Cleansed' start small and listen to what the body has to say.

Can I take it dry? No. Mix it into food or liquid. If you mix it into yoghurt or porridge, be sure to take a glass of water with it to bulk up the fibre.

So as you can see, 'Bestow Be Cleansed' is a powerful way to promote gut health and to purify the skin from within.



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