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Growing a Healthy Gut Garden | Video Transcript

In this video I'd like to help you understand how I healed my gut, under my physiotherapist's guidance. There is no one single magical thing you can do to heal your gut. Rebalancing your gut requires a number of different strategies and you really need to do them all at the same time to truly make a difference. My team has developed an analogy to help us understand the big picture of gut restoration. We call it 'Growing a Healthy Gut Garden'.

Now of course, I'm not talking about planting an actual garden, although that is also a good idea. When we talk about growing a healthy gut garden, we are describing a helpful metaphor for understanding how to cultivate a healthy gut microbiome.

As every gardener knows, the same soil can grow healthy plants or toxic weeds. It's exactly the same with your gut. Your gut can grow beneficial microbes that will support health or destructive microbes that will undermine your health. It all comes down to how you take care of your garden.

We've come up with four principles to help you grow a flourishing gut garden within.

- Create a healthy soil environment.
- Plant good seeds.
- Fertilise the plants.
- Starve the weeds.

Let's take a look at each of these key principles in more detail.

I. Create a healthy soil environment.

The quality of the soil in your gut garden will hugely influence the quality of the gut flora – or

microbes - that grow there. This means we need to prepare the inner environment of our gut, the same way a gardener would prepare the soil before planting seeds. There are a few factors to consider here.

Firstly, fibre is an essential factor in gut healing. The optimum environment for healthy gut microbes occurs in a digestive system where wastes, toxins and hormones are regularly cleared through bowel movements. You can't heal a constipated skin! To create healthy soil in your gut garden, avoid processed foods which usually have minimal fibre, and eat a whole-food, fibre-rich diet, high in fruit and vegetables. [Bestow Gut Love +](#) powder includes a blend of soluble and insoluble fibres to promote regular elimination.

Secondly, avoid gut aggravating foods. It is vital to remove foods that can aggravate and inflame an unhappy gut. In the Bestow Love Your Gut Programme we remove dairy, grains, beans, pulses, legumes and night shades until the gut is strong enough to handle them again. Even though these foods are healthy, they are only healthy for a well-balanced gut. They are irritating to a gut that is sensitive and in need of healing.

Thirdly, strengthen the gut wall. Preparing the soil also involves healing and repairing the gut wall. A permeable gut can increase the amount of harmful substances entering the blood stream where they can cause inflammation in the skin and body. Bone broths are a key feature of the [Bestow Love Your Gut Programme](#), because they contain specific amino acids which help to repair the gut wall. Bestow Gut Love + powder also contains liquorice, slippery elm, organic

sulphur and L-glutamine which are instrumental in facilitating healing and repair of the gut wall.

So, to recap, we create a healthy soil environment in our gut garden by increasing our fibre intake, removing aggravating foods for a time and strengthening the gut wall. This provides the optimum conditions for the second step - planting good seeds.

2. Plant good seeds.

Step number two of growing a healthy gut garden is to plant good seeds. In this analogy, probiotics are the good seeds you plant in your gut garden. As you'll recall, probiotics are beneficial live microbes - bacteria and fungi - which your gut needs in order to thrive. To support your gut, you need to supply it with probiotics on a daily basis. It's important to eat from a variety of probiotic sources in order to supply a wide range of microbe strains. The goal is to grow a garden with a variety of beneficial gut flora, so make sure you plant more than one type of seed! Let's take a look at three helpful sources of probiotics.

Organic fruit and vegetables provide living beneficial microbes, unlike the spray-treated vegetables available in supermarkets. These living microbes will provide protection against allergens in the environment in which they grow, so eat organic produce from your local area for optimal health benefits.

Probiotic powders and supplements are a great way to boost your probiotic intake on a daily basis. [Bestow Gut Love +](#) is a synbiotic powder which includes a world-class probiotic that supplies both beneficial bacteria and fungi for a thriving gut garden.

Fermented foods generate beneficial live microbes as part of the natural fermentation process. Sauerkraut, kombucha and coconut yoghurt are key foods in the [Bestow Love Your Gut Programme](#) for this reason. These yummy foods are easy to incorporate into your daily eating patterns.

So, to recap, if we want healthy plants in our gut garden, we have to plant good seeds. We seed the gut with beneficial microbes by having probiotics from a variety of sources including organic fruit and vegetables, probiotic powders and fermented foods. Of course, once they are planted, we have to take good care of them, which leads us to step three of growing a healthy gut garden - fertilise the plants.

3. Fertilise the plants

How do we support the living probiotics we seed into our gut? With prebiotics! Prebiotics are plant-based foods that fertilise and nourish the probiotics growing in your gut garden. Prebiotics pass through the small intestine undigested which means they are able to feed the live beneficial microbes in the large intestine. Dietary sources of prebiotics all have resistant fibre as a common denominator. In the [Bestow Love Your Gut Programme](#), key prebiotic foods are sweet potato, onion, garlic, leek, banana and apple.

Prebiotic powders or supplements can provide a helpful gut boost. [Bestow Gut Love +](#) powder supplies prebiotics in the form of flax fibre, slippery elm and blackcurrant extract. Blackcurrant specifically encourages the growth of microbes that reduce inflammation in the body. Bestow Gut Love + is a synbiotic powder, which means it contains both probiotics and prebiotics.

So, after preparing our soil, planting good seeds in the form of probiotics and fertilising them with prebiotics, all that remains is for us to starve out the weeds in our gut garden.

4. Starve the weeds

The bad microbes in your gut can easily overtake the populations of good bacteria if you don't keep them in check. The best way to root out these pesky weeds is to starve them out. They are quite cunning creatures. Research suggests that sugar-loving bad microbes can actually hack into your nervous system and drive sugar cravings. So perhaps your chocolate addiction is a result of the bad microbes in your gut ganging up on you!

The only way to break this cycle, is to go cold turkey and stop eating sugar and processed foods for a time. It won't take too long to starve out the bad guys, and then the cravings will disappear. I know it's not easy. I picture those rogue little microbes trying to manipulate my food choices, and I'm determined not to let them win.

You can starve the weeds by cutting out sugar, processed foods and alcohol for a period of time. In the Bestow Love Your Gut Programme we cut these out to give your gut garden a chance to bloom without being choked out by the weeds.

Let's take a final look at the four steps, now that you have a deeper understanding of each one. In order to Grow a Healthy Gut Garden, we: number one - create a healthy soil environment, number two - plant good seeds, number three - fertilise the plants and number four - starve the weeds.

So, there you have it - you now have some insight into the process I went through to heal, rebalance and restore my gut health. By following all four of these principles, for as long as your gut needs you to, you can experience a remarkable turnaround in your health, skin health and emotional wellbeing. I hope this motivates you to cultivate your own healthy gut garden.