



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

Gut- Skin Connection Series Introduction | Video Transcript

Welcome! I'm very excited to introduce you to the latest update of Bestow University - a special series of lessons called 'The Gut-Skin Connection'. In this series, we're going to learn about the direct connection between gut health and skin health. You'll gain vital knowledge about this important area and I'll introduce you to practical tools and resources. These tools will make it easy for you to integrate gut health strategies into your work with your clients.

You'll probably be aware that gut health is on trend at the moment. Over the last five or so years a lot of gut health research has come into the public awareness. This research offers compelling evidence that gut health has a major impact on our overall health, emotional wellbeing and on our skin. What I find so interesting, is that this research supports much of what we have intuitively practiced as holistic therapists for the last few decades. I have come to trust that the wellness wisdom we use to bring about skin healing will eventually be validated by science. This is certainly happening with gut health.

I have come to firmly believe that beautiful skin begins in the gut. I've been on a very personal journey to arrive at this conviction, which is why I am so passionate about this topic. I'm excited to share both my story and my research with you. Whether you feel like a total beginner when it comes to gut health, or you already have wisdom in this area, there is so much that we can learn together.

Of course, our greatest learnings come when we gain new knowledge and put that into action with our clients. So let's take a quick look at the key things we are going to cover in this series. We'll look at how gut health affects skin health - how to identify whether your client has gut health issues - the link between gut health and mood and what this means for change coaching.

I will share my personal health journey with you and what we can learn from it. Then, we're going to get practical. I'll introduce you to the Bestow products and resources we have developed to help you to confidently integrate gut health into your practice.

There are three powerful tools you have available to you.

- The Bestow Gut Love + Powder.
- The Bestow Love Your Gut Programme, and
- The Bestow Gut-Skin Connection book.

These are some of the best products and resources we've ever created in Bestow and I can't wait for you to try them yourself and with your clients.

So that's the roadmap of the learning journey that lies ahead of us.