

BESTOW

LOVE YOUR GUT

GETTING STARTED GUIDE

*The Bestow Love Your Gut Programme
combines holistic wisdom with new scientific research to rebalance
the gut and heal skin from within.*





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A LITTLE KINDNESS GOES A LONG WAY

Congratulations,

You have chosen to take seven whole days to be kind to yourself and to invest in your own health and wellbeing. In the middle of demanding schedules and multiple commitments that is no small feat and we salute you!

We know that this programme has the gentle power to kick-start your journey to beautiful, clear skin that glows from within. But beyond that, it also invites you to embrace the Bestow philosophy of caring for your skin by caring for your life. Skin-nutrition, beautiful recipes and self-care rituals are part of the gut healing journey you will embark on over the next seven days and beyond. It's a beautiful way to live.

We're so glad you are joining us.

Janine, Sheryl & Jenny

YOUR GUT HEALING PATHWAY — TWO CHOICES

BESTOW 7-DAY GUT LOVE YOUR GUT PROGRAMME

Take one week to cleanse your body, boost your gut health and develop gut-supporting habits to improve your wellbeing and skin health.

BESTOW LOVE YOUR GUT FOUR WEEK PROGRAMME

If you are serious about getting to the root of challenging skin concerns, we recommend you embark on a four week gut healing programme. Simply repeat the 7-day meal plan four times and follow the instructions in the [Bestow Love Your Gut Smoothie](#) to increase the quantities of Bestow skin nutrition products week by week.

THE GUT-SKIN CONNECTION

Hidden in the mysterious darkness of your large intestine, live trillions of bacteria and fungi, collectively known as your gut microbiome. Individually invisible to the naked eye, together they account for up to two kilograms of your total body weight.

Our personal gut microbiome evolves throughout our lifetime, reflecting our environment, mindset, stress resilience and, perhaps most importantly, our diet. A modern diet, high in sugar and processed foods, does much to upset the delicate equilibrium of 'good' and 'bad' microbes in the gut, leading to imbalance and disease – commonly called gut dysbiosis.

In turn, poor gut health wreaks havoc on our skin. A sluggish digestive system and imbalanced gut leads to an overloaded liver and unwanted inflammatory toxins circulating around the body. This exacerbates skin challenges like acne, rosacea and any sensitive or inflamed skin conditions. It gets in the way of a clear, glowing complexion.

But the reverse is also true. When we make the changes required to heal our gut, our skin is supported and renewed from within. The gut-skin connection is very direct.

We developed the [Bestow Love Your Gut Programme](#) to make it easy for people to put gut science and holistic wisdom into an actionable plan. This one week online programme gives you the recipes, rituals, meal-planner, guides and wellness wisdom to support your skin by re-balancing your gut.

BESTOW KITCHEN ESSENTIALS

These are the items that we recommend you have in your kitchen to make your Bestow Love Your Gut Programme easier.

- A good quality large knife and a small vegetable knife.
- A vegetable mandolin - either a small hand held one that looks similar to a potato peeler or a larger zyliss type one.
- A high powered blender. A bullet or stick blender will see you through at a pinch.
- A food processor (A high-powered blender, bullet, or stick blender will do the job though you may have to process things in batches).
- A slow cooker



GUT HEALING PRINCIPLES

Understanding the wellness wisdom and scientific insights behind this programme will strengthen your commitment to this life-changing process.

REMOVE

For a limited time, we remove all foods that can irritate the gut.

During this programme, it is important to give your gut a complete break from the following food groups in order to give the gut space to repair and heal. Try introducing these foods one at a time at the end of your programme and notice how your body responds to them.

Grains, beans, pulses, legumes and night-shades.

These food groups, while nutritious, can compromise gut healing. They contain anti-nutrients (phyto-actives that have no nutritional value), which can be irritating to a sensitised gut.

Sugar

Sugar feeds the populations of bad microbes in our gut, allowing them to overtake the populations of good bacteria. This creates gut imbalance or dysbiosis, which sets up inflammation pathways in the gut, brain and skin.

Alcohol

Alcohol damages the tight junctions between the cells in our gut lining, amplifying 'leaky gut' syndrome and allowing toxins to enter the blood stream. Removing alcohol also frees up your liver to effectively process other toxins and wastes in the body, resulting in many skin and wellbeing benefits.

Coffee

Coffee taxes the liver and inhibits the liver's ability to be truly effective in detoxing. It is also hard on the gut and can result in an over-production of gastric acid, inflaming and irritating the gut wall.

Dairy

Dairy can be difficult for some people to process and can be a contributor to skin disorders such as acne and eczema. If your skin is prone to congestion, removing dairy like cheese and cream can make your skin significantly clearer.

REPAIR

We heal and repair the gut wall

The gut is lined with epithelial tissue, which is very similar structurally to our skin. When this tissue is strong and healthy it provides a protective barrier between the gut and the rest of the body. However, a leaky, permeable gut wall allows harmful toxins and microbes to escape and enter the blood stream where they can cause irritation and inflammation in the skin.

Bone Broths

Homemade bone broths are one of the very best ways to heal a permeable gut. They contain two specific amino acids, glycine and proline, which strengthen epithelial tissue and therefore help to repair the gut wall.

Plant Therapy

Liquorice, slippery elm, organic sulphur and L-glutamine are key ingredients in [Bestow Gut Love + powder](#) (used in your Bestow Love Your Gut Smoothie). These plant-based ingredients facilitate healing and repair of the gut wall.

REBALANCE

We rebalance your gut microbiome with probiotics and prebiotics.

PROBIOTICS are beneficial live microbes (bacteria and fungi) which your gut needs in order to thrive. Stress, poor diet and some medications can deplete good microbe colonies. 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.

SOURCES OF PROBIOTICS

Organic fruit and vegetables provide beneficial microbes via the tiny particles of soil they carry. These 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.

Fermented foods are pre-digested by live bacteria and help to seed nutrients and beneficial microbes into the gut. Sauerkraut, kombucha and coconut yoghurt are key foods in the Bestow Love Your Gut Programme for this reason.

Probiotic Powders/Supplements are a great way to boost your probiotic intake on a daily basis. Bestow Gut Love + is a world-class synbiotic powder including probiotics, prebiotics and digestive enzymes to support a thriving gut microbiome.

PREBIOTICS feed probiotics. They are particular foods containing resistant fibres which pass through the small intestine undigested. This means that when they reach the large intestine they can feed the beneficial microbe populations.

SOURCES OF PREBIOTICS

Dietary sources of prebiotics all have resistant fibres as a common denominator. In the Bestow Love Your Gut Programme, key prebiotic food sources are sweet potato, onion, garlic, leek, banana and apple.

Prebiotic powders provide a helpful gut boost. Bestow Gut Love + supplies prebiotics in the form of flax fibre, slippery elm and blackcurrant extract.

RESTORE

We help you restore your wellbeing through self-care rituals.

There is a two-way conversation between the gut and the brain and this has significant implications for our stress resilience and our mental and emotional health.

Your gut can affect your mood.

Our gut microbiota produce neurotransmitters, which have a direct impact on our brain chemistry and mood. Research shows a connection between poor gut health and anxiety. Conversely, when your gut is healthy this will help support a positive mindset.

Your mindset can affect your gut.

Establishing wellbeing rituals in your life can set up a positive mind-gut connection that reinforces positivity and reduces anxiety. Bestow Rituals include daily self-care rituals that help to build healthy nutritional habits and soul-care rituals which improve stress resilience through mindfulness and meditation.

PREPARE FOR A BEAUTIFUL WEEK

The choice to put your health first is one of the best decisions you will ever make. Like all journeys worth taking, the Bestow 7-Day Love Your Gut Programme will require time, energy and dedication.

Preparation is the key and this programme is designed to help you be as organised as possible for a calm and enjoyable experience.

1. Make Space

We encourage you to do everything you can to devote these seven days to your own care and wellbeing. Plan ahead and choose a week where you have the time and headspace to do the shopping, planning and food preparation required. On each day of the programme you will cook your meals and on some days you'll also prepare meals or meal elements for the days ahead. Keeping up with all of this will take some time and focus.

"For me, this was like doing a cooking school! I spent more time in the kitchen than I normally do, but the pay-off has been that I have acquired a whole new repertoire of delicious recipes which I have been making regularly ever since. I've learnt the rhythm of planning ahead and the art of having a fridge and freezer well-stocked with pre-prepared meal elements that I can easily assemble."

Kathryn Overall



It's also important to ensure you can press pause each day to enter into our self-care rituals. These are not luxury extras but as an essential part of establishing wellbeing patterns and rhythms in your life.

2. Wise up to Skin Nutrition

Read our [Skin Nutrition page](#) to increase your wellbeing wisdom and to better understand the crucial link between diet and beautiful skin.

Here are the key things for you to know.

WHAT WE DO EAT ON THE LOVE YOUR GUT PROGRAMME	WHAT WE DON'T EAT ON THE LOVE YOUR GUT PROGRAMME
A nutrient-rich, whole-foods diet.	Heating foods
Raw and cooked fruits and vegetables	Congesting foods
Coconut milk	Coffee
Fish	Alcohol
Olive and coconut oils	Dairy
Chicken	Refined sugar
	Fizzy drinks
	Red meat
	Fried foods, Trans fats
	Eggs
	Grains, Gluten
	Processed food
	Nuts and seeds

Skin Nutrition Links

[What are heating foods and why do you remove them?](#)

[What are congesting foods and why do we remove them?](#)

[Why is there no dairy on the cleanse?](#)

[Why is there no gluten on the cleanse?](#)




[Why is there no refined sugar on the cleanse?](#)

[Why is there no coffee on the cleanse?!](#)

[Why is there no alcohol on the cleanse?](#)

3. Get to Know Your Bestow Skin Nutrition Products

Bestow skin-nutrition products support your liver with an abundance of the nutrients needed for cleansing, wellbeing and skin health. With modern food production and storage methods, it's almost impossible for us to achieve the Recommended Daily Intake of all the key nutrients we need each day. Bestow skin-nutrition blends are an essential part of making up the deficit. That's why they are central to the Bestow Love Your Gut Programme.

	<p><u>Bestow Beauty Plus Oil</u> moisturises your skin from within for a natural luminous glow. It contains a special skin-friendly blend of Essential Fatty Acids which help each cell in your body cleanse more efficiently.</p>
	<p><u>Bestow Beauty Powder</u> nourishes your skin from within, supplying essential nutrients that are often missing in our modern diets. It's a key part of helping to flood your liver with the nutrients it requires to cleanse.</p>
	<p>Between them, these two products are foundational for skin health, which is why we call them our <u>Bestow Twin Skin Essentials</u>.</p>
	<p><u>Bestow Gut Love + Powder</u> is a world-class synbiotic powder, which includes probiotics, prebiotics and digestive enzymes to rebalance the gut and renew the skin from within. This fibre-rich, superfood blend also promotes efficient elimination of toxins from the body, creating the inner environment for clear, radiant skin.</p>

4. Do a Pre-Cleanse Week

We recommend you do yourself a favour and undertake a pre-cleanse week. During the pre-cleanse period you eat normally but give up coffee and alcohol. This will make the full Bestow Love Your Gut Programme more doable and your cleanse reactions during this week less intense. Trying to tackle new recipes when you have a caffeine-withdrawal headache is not much fun! A full week of pre-cleansing is ideal, but even three days would be a huge advantage.

If you really want to set yourself up well, take it one step further and also cut out processed foods like chocolate, chips, lollies, cakes etc. This will lower the intensity of sugar/sodium withdrawal symptoms during your 7-day programme.

GET ORGANISED

A Programme of Two Halves

We have set you up to succeed by designing the programme to be as stream-lined and doable as possible. To this end, we've split the Bestow Love Your Gut Programme into two parts: Days 1-4 and Days 5-7. The shopping list is in two parts so you can top up on fresh food half way through the programme.

1. Read the 7 DAY MEAL PLAN

Tantalise your taste-buds by browsing the yummy food that awaits you over the next 7 days. You are about to embark on a nourishing culinary adventure!

2. Print & Review Shopping Lists

Schedule times in your diary when you will do your pre-cleanse and mid-programme shopping trips.

3. Review Meal Prep Plans

With our 'cook once, eat twice' approach, you'll find that you'll frequently make extra of a lunch or dinner recipe which will be incorporated into a different meal the next day or later in the week. All the smart strategic thinking is done for you, you just have to follow the prep plan and carry-over notes on relevant recipes. On some days you will have some food prep to do for the following day as well as making your recipes for that day (which will be easier to make because of the prep you did the day before!) You'll quickly find that there is an efficient rhythm to this way of preparing food.

Bestow Love Your Gut Programme Preparation Day

The key to a successful programme is preparation. This means the most important day of the programme is the day before you start. We recommend you do your food shopping in the morning and then allow yourself two hours in the kitchen to pre-make the recipes and meal elements that will make your life much easier to manage in the days ahead.

GET TO KNOW YOUR DAILY SKINCARE RITUALS

Bestow rituals are beautiful daily habits that support your skin, health and wellbeing.

During the Bestow Love Your Gut Programme we will introduce you to seven Bestow daily rituals in total – but the first three of them are essential skincare rituals and form part of your daily routine from Day One. Don't treat these as skippable bonus extras. Building nourishing daily rituals into your life is how you make healthy habits feel as natural as breathing.

		
<i>Bestow Rise & Shine Ritual</i>	<i>Bestow Time for Tea Ritual</i>	<i>Bestow Smoothie Ritual</i>
A daily ritual to awaken and enliven your body upon rising.	A beautiful daily time-out ritual for skincare and self-care.	A daily ritual to nourish your skin from within.



YOUR SOUL-CARE RITUALS

As we head into the second half of the Love Your Gut Programme, we begin to pay attention to soul-care rituals that support our health and wellbeing from deep within. These rituals draw on the power of our mind-body-soul connection and can be truly transformative when embraced whole-heartedly. We will introduce one each day in your four daily emails from Day Four onwards.

	<p><i>Bestow Dry-Brushing + Bathtime Ritual</i></p>	<p>A relaxing and detoxifying skincare and self-care ritual.</p>
	<p><i>Bestow Blessings Ritual</i></p>	<p>A daily gratitude ritual to open your awareness to the extraordinary blessings in your ordinary life.</p>
	<p><i>Bestow Beautiful Breathing Ritual</i></p>	<p>A daily wellbeing ritual for leading your body into 'Rest and Repair' mode.</p>
	<p><i>Bestow Meditation Ritual</i></p>	<p>A daily soul-care ritual for improving stress resilience and enhancing wellbeing.</p>

IMPORTANT THINGS TO KNOW BEFORE STARTING YOUR BESTOW LOVE YOUR GUT PROGRAMME

EXERCISE GENTLY DAILY

Don't do any high-impact exercise during your Bestow Love Your Gut Programme as this promotes the secretion of stress hormones which place an extra load on the liver. Breath-based exercise like yoga, Pilates or Tai Chi will support the cleansing process better than strenuous exercise will.

However, we do recommend a brisk 30 minute walk each day if you feel up to it. This is not a low-calorie programme so you should have enough energy for this level of output and the lymphatic stimulation will assist your body with cleansing.

SLEEP WELL

Get a good night's sleep throughout the week. This supports your body with the energy needed for healing and cleansing. You'll receive the greatest benefits if you are in bed asleep by 10pm each night. Your liver begins its daily washing cycle between 10pm and 2am (a bit like a cleaner that comes in each night), so this is the optimum time to allow your body to cleanse, rest and recover.

REST AND RELAX

Our lives are busy. However, we encourage you to take – or create – opportunities to rest during the programme, particular on days 3-5 when you may be experiencing cleanse reactions. Rest and relaxation support the liver by reducing the amount of stress hormones it has to process.

DON'T DRINK WITH MEALS

Don't drink fluids with meals as this dilutes your digestive juices and enzymes. You want to optimise your digestion at each meal so that your body can absorb the maximum level of nutrients possible.

EAT MINDFULLY

By the same token, avoid eating meals on the go. Eating while your body is stressed or in 'action mode' disrupts the digestion process. Each of these amazing meals is a healthy little feast in its own right. Take the time to sit down and enjoy the flavour and texture of every mouthful. As a bonus, this will also help you to feel fuller and more satisfied as your brain has time to register the nutrition received.

DRINK PLENTY OF WATER!

Aim to drink six to eight glasses of water (or herbal teas) every day. We can't stress this enough: water is the most important nutrient for skin health and general wellbeing.

If you don't drink enough water your body will compensate by reducing the quantity of urine you produce and this has an impact on the amount of waste that's able to leave your body. Dehydration or lack of water causes the chemical reactions in our cells to become sluggish, cells can no longer rebuild tissue, toxic products accumulate in our bloodstream, enzyme action is inhibited and we can feel weak and tired.

HOW WILL I FEEL DURING THE PROGRAMME?

DAYS 1-2

If you haven't had done a pre-cleanse week, then you are likely to experience withdrawal symptoms as your body adjusts to living without caffeine and alcohol. If you find the effects are just too taxing, take some time off to rest and drink a cup of herbal tea (either hot or cold). Bestow Luminositea organic herbal tea will help to support your liver detoxification process and gives you a natural 'pick me up'.

DAYS 3-5

By days 3-5 you will likely be at the tail-end of your caffeine and alcohol withdrawal. However, by now you may experience a cleansing reaction. Examples of cleansing reactions may be headaches or stomach aches, bad breath, sweating, tiredness or exhaustion, changes in sleeping patterns or a feeling of light-headedness. These physical symptoms are part of the process and should be looked upon as a positive sign that the programme is working.

DAYS 5-7

Unless your body has a lot of excess toxins and wastes to process, by days 5-7 you should start to feel lighter and more energised. This means the Love Your Gut Programme is in its fine-tuning stage. This stage of the programme is all about increasing your wellbeing and enjoying the benefits of clearer, healthier skin.

READY, SET, GO!

Your Bestow Love Your Gut [7 Day Meal Plan](#) and [Prep Plan](#) are the two pages that will be your main guides during the week. We have created a printable overview for each of these two plans which you can download from the Getting Started page on the website. This is a handy reference to put on the fridge, so you can see the whole week laid out.

Refer to the 7 Day Meal Plan for your recipes and three daily skincare rituals day. Refer to the Prep Plan for instructions on what to prepare for the following day.

DAILY EMAILS

Each day you'll receive an email with an overview of your meals and rituals for that day. These will commence according to the timeframe you selected at registration stage. If you begin the Love Your Gut Programme later than planned and get out of sync with the daily emails, just file the emails away in a folder and revisit the relevant email each day once you start the programme.

TEAM TALK

The daily emails will also contain a personal note from Janine Tait (Dermo-nutritionist and Founder of Bestow Beauty) and Jenny Barrow (Holistic Skincare Coach).

Janine will offer insights into what is likely to be happening in your body on each day of the programme, while Jenny will provide support and wellbeing inspiration. These are worth taking the time to read and will help you feel encouraged and motivated each day – especially when the going gets tough!

You'll also get kitchen tips and notes from Sheryl Nicholson, the food-guru and creator of all the beautiful food on the Bestow Love Your Gut Programme.

In addition to your daily emails, you'll also find these notes on the daily [‘Team Talk’](#) section in the main menu.

A BEAUTIFUL CLEANSE COMMUNITY

To further support you in your gut healing programme we encourage you to join [The Bestow Cleanse Community Closed Facebook Group](#). This will connect you with fellow Bestow members from around New Zealand and Australia. You can post photos, share experiences, ask questions and gain inspiration from others.

QUESTIONS?

If you have questions throughout the programme, we are here to answer them and to support you. Jenny Barrow will be an active member of The Bestow Cleanse Community Facebook group and is happy to answer questions there.

You can also email her directly on hello@bestowbeauty.com

ONWARDS!

From all of us here at Bestow, have a wonderful 7 days! We are so looking forward to hearing your story of how the Bestow Love Your Gut Programme boosted your wellness journey and supported you on your path to healthy, glowing skin.

