DR. WHITNEY BOWE’S

BOWE GLOW

BOOTCAMP
In my book, *Dirty Looks*, I walk you through a life-changing three-week program to dramatically reduce inflammation in your skin and help you to glow from the inside out. I dive deep into the science behind the gut-brain-skin connection, and explain how beautiful, radiant skin is so much more than skin deep.

As Bowe Glow Insiders, I’m giving you guys exclusive access to the highlights of my program: *BOWE GLOW BOOTCAMP*. In this simple e-book, I’ve pared down my program into the top 10 things you can do TODAY to reboot your skin and get glowing.

Right here, I’m sharing the most impactful changes you can make in your daily routine to see results within DAYS. Not only will you start to see changes in your skin, but you will feel empowered and experience more energy, improved digestion, better sleep and you will start to feel as though you finally have control over your skin health and overall wellness.

Ok guys, let’s get ready to GLOW, boot camp style!

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**CIRCUIT 1:**
**REBOOT YOUR GUT TO HEAL YOUR SKIN**

1. **BE CHOOSY WITH DAIRY.**
Avoid dairy milk and skim milk, in particular! These have been linked to inflammation and breakouts in the skin. Yogurt, kefir and skyr are forms of dairy that are wonderful for the skin as they contain probiotics. Just watch the added sugar!

2. **ADD ANTIOXIDANT-RICH PLANTS TO YOUR DIET AND YOUR SKINCARE.**
Antioxidants fight free radicals, which trigger acne and premature aging in the skin. Eat your antioxidants by loading up on colorful fruits and veggies (emphasis on the veggies since the sugar in fruit can add up) and use a vitamin C serum every morning under your sunscreen.

3. **DON’T BE AFRAID OF HEALTHY FATS.**
Salmon, avocado, nuts, seeds, and extra virgin olive oil are excellent sources of beauty-boosting fats that will keep your skin healthy, hydrated and dial down inflammation. Most Americans are NOT getting enough healthy fats in their diets, especially omega 3 fats. Avoiding fat is NOT the answer for a healthy body or healthy skin, you just have to choose the right ones.
4. EAT YOUR PRE AND PROBIOTICS.
Your gut and your skin are intimately connected. If your gut is inflamed, it will show up in your skin. To get to the root of your skin issues, you must dial down inflammation in the gut and reseal the gut lining. Incorporate prebiotic fiber and probiotic rich foods into your diet every day. Some of my faves include: yogurt with live active cultures, kefir, kombucha, bananas, garlic, leeks, dandelion greens, onion and asparagus.

5. CUT OUT REFINED CARBOHYDRATES AND SUGARS.
This is a really challenging one for most people! But seriously, for this boot camp, white bagels, chips, most cold cereals, pretzels, and white bread have got to GO. Replace these processed foods with whole foods that have a low glycemic index such as steel cut oats, quinoa, barley, sweet potatoes, squash and carrots.

CIRCUIT 2:
AT EASE, TROOPS!
REBOOTING YOUR MIND-SKIN CONNECTION

6. EXERCISE.
Yes, exercise not only affects your overall metabolism, but it affects the metabolism of your skin. The science is REAL. Start with just 30 minutes a day, and variety is key. Try to alternate strength training or weight bearing exercises with cardio, and carve out a day for stretching, yoga or pilates each week.

7. BREATHE!
Stress shows up in your skin, and compelling science out of Harvard shows that breathing deeply for 10 minutes each day can trigger something called the Relaxation Response, which can dial down inflammation in your body and in your skin. Carve out 10 minutes each day to take deep breaths. You can breathe while you stretch and you can even focus on breathing while you apply your skincare, changing something as simple as rubbing in your moisturizer into a mindful moment of self-care!

8. SLEEP.
Sleep is a necessary phase of profound regeneration for the skin. Most people need between 7 and 9 hours each night. Science shows that keeping a routine is key to optimize the benefits of sleep: do your best to keep your bedtime and your wake up time as consistent as possible. Shifting your sleep habits on weekends to “catch up” can actually sabotage your circadian rhythm.

CIRCUIT 3:
NEXT LEVEL SKINCARE TIPS

9. CLEANSE AND EXFOLIATE IN A HEALTHY WAY.
Two of the biggest mistakes people make is that they use products that damage their skin’s barrier and pH and harm their skin’s microbiome. Use a gentle cleanser (hint: your skin shouldn’t feel squeaky clean) and use a product with alpha hydroxy acids to gently peel skin once or twice a week max.

10. GO CLEAN AND LEAN WHEN IT COMES TO SKINCARE:
Use products that are clean and only use products that truly make a difference in your skin. More is not better as it increases the chemical burden your skin is exposed to every day. I’ll share more tips on exactly what I recommend using on your skin every day in future newsletters and blogs!
Check out my Dr. Whitney’s Picks page for my favorite skincare products, and check out some of my blogs on clean skincare – explaining safety concerns when it comes to parabens, sulfates, and phthalates - for a crash course on how to be savvy when it comes to clean beauty. If you like watching to videos while you get dressed or get your sweat on, subscribe to my Youtube channel where I cover all this info in much greater depth!

I’m absolutely thrilled you joined our Bowe Glow community. We’re so excited to have you! Cheers to taking the first steps to get your skin GLOWING!

xoxo
Dr. Whitney

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