



GOODWOOD

HEALTH & WELLBEING



THE  
GUT HEALTH  
PROGRAMME



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# The Gut Health Programme

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OUR FIVE-DAY HOLISTIC RETREAT IS A TRANSFORMATIVE GUT HEALTH OVERHAUL, EXPERTLY DESIGNED TO HAVE A RESTORATIVE EFFECT ON BOTH BODY AND MIND.

Nourish, nurture and revitalise your physical and mental health at Goodwood. From energy regulation, weight management and immune response, to stress resilience, sleep quality and a happy brain, the tenets of good health all start with a robust and balanced gut.

Delivered in comfort and style, a combination of nutritional advice, results-driven therapies and specialist support will help you establish new, healthier habits for life.

Our intensive programme includes delicious and nourishing meals combined with intermittent fasting and digestion supporting treatments. The Gut Health Programme will start you on the journey to a healthier body and brain via a healthy gut, resulting in you feeling better in every area of your life.



### Stephanie Moore

Stephanie began her career in the integrated health world in 1991 in the pursuit of discovering what creates vibrant health and wellbeing, and in turn has experience in an impressive breadth of training and specialities. Stephanie's passion and expertise focuses on neuro-science and nutritional psychology; the study of how what we eat directly impacts the function of the brain. Stephanie has focused on gut health and how it is fundamental to all-body health. She is also trained in numerous physical therapy disciplines and massage.

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### Elaine Williams

Elaine began her career in the field of psychology. Her interest in complementary therapies subsequently led her to study osteopathy, naturopathy and later acupuncture. Following her interest in acupuncture, Elaine spent time working in hospitals in China. Additionally, Elaine has spent time working in the NHS where she practised acupuncture affiliated to the oncology unit at the Royal Surrey Hospital. Notably, Elaine was voted one of the top 10 therapists in the world by Tatler magazine and also rated one of the top 10 therapists in Britain by The Telegraph.





### Kate Fisser

Kate is a Naturopathic Physician with a special interest in stress, physiology and resilience. She is an experienced speaker and facilitator, with training and certification in many different tools, as well as a certified coach and mindful self-compassion teacher with over 10 years' experience in the health and wellbeing field. She has been an expert advisor for global organisations for award winning campaigns, a special advisor for the development of a leading resilience psychometric tool, and an expert keynote speaker at conferences.

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## The Gut Microbiome

The microbes living in the gut are involved in:

- Immune Function
- Cellular Neuronament / Function
- Mood / Brain Chemistry
- Hormonal Levels
- Liver Health / Detoxification
- Energy Levels
- Weight Management
- Quality of Sleep



In fact all mechanisms in the body now appear to be regulated to some degree by the gut microbiome!

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## Included In Your Stay

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GOODWOOD HAS ASSEMBLED THE VERY BEST  
EXPERTS TO ENSURE A TRULY HOLISTIC APPROACH  
TO BETTER HEALTH.

Not only will you receive personalised support from these world-class professionals, you will benefit from their decades of experience with daily talks covering all aspects of how to live a healthier, happier life, and a range of restorative treatments to nurture your body and soul.

£2,225

*Per person sharing in a twin  
or double room*

£2,600

*For a single occupancy room*

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Full body composition analysis

Private nutritional consultation

Two abdominal massages and two  
castor oil therapies

Two Epsom Salt baths, body brushing  
treatment and tutorial

Your choice of specialist treatment

Six daily group talks, three guided walks  
and digestive yoga

Five nights in a signature room at  
The Goodwood Hotel

Tote bag with body brush, water bottle  
and notebook

All food and drink, including  
supplements and digestive bitters





# Sample Schedule

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## Sunday

- 15:30 Arrival Body Composition
- 17:30 Welcome Talk, The Hub
- 18:00 Welcome Dinner, Farmer Butcher Chef

## Monday

- 07:00 Breakfast, Farmer Butcher Chef, until 10:30
- 09:00 Body Brushing
- 09:25 Castor Oil Compress
- 10:05 Abdominal Massage
- 11:45 Talk, The Hub, Stephanie Moore
- 13:00 Hosted Lunch, Farmer Butcher Chef
- 15:15 Cranial Osteopathy, Elaine Williams
- 18:15 Dinner, Farmer Butcher Chef

## Tuesday

- 07:30 Sunrise Walk, Health Club Reception
- 10:15 1:1 Nutritional Consultation
- 11:15 Talk, The Hub, Kate Fisser
- 13:00 Hosted Lunch, Farmer Butcher Chef
- 18:15 Nourishing Broth Supper, The Hub
- 19:00 Evening Yoga and Meditation, The Hub

Add in your favourite classes a

### Wednesday

- 07:00 Breakfast, Farmer Butcher Chef, until 10:30
- 11:45 Talk, The Hub, Pippa Mitchell
- 13:00 Hosted Lunch, Farmer Butcher Chef
- 14:00 Afternoon Walk, Health Club Reception
- 15:15 Castor Oil Compress
- 15:55 Abdominal Massage
- 18:15 Dinner, Farmer Butcher Chef

### Thursday

- 07:30 Sunrise Walk, Health Club Reception
- 11:45 Talk, The Hub, Stephanie Moore
- 13:00 Hosted Lunch, Farmer Butcher Chef
- 15:15 Yoga, Health Club Studio
- 16:30 Sleep Talk, The Hub, Stephanie Moore
- 18:15 Nourishing Broth Supper, The Hub
- 19:30 Sound Bath, The Hub

### Friday

- 07:00 Breakfast, Farmer Butcher Chef, until 10:30
- 10:45 Departure Consultation
- 12:30 Lunch (*optional*)

and treatments to this schedule



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## Curate Your Experience

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DEPENDING ON YOUR PERSONAL GOALS, YOU CAN INCORPORATE ADDITIONAL HEALTH TESTING, AS WELL AS A RANGE OF ACTIVITIES OR RELAXING INDULGENCES, FOR A GENUINELY BESPOKE EXPERIENCE.

Speak to us about arranging a pre-arrival blood test designed in partnership with Randox Health. The Goodwood Panel contains 31 markers linked to key health areas such as liver and kidney function, nutrition, metabolic status and inflammation (*additional cost*). Find out more about the Goodwood Panel *here*.

Private personal training sessions available on request (*additional cost*).

Health & Wellbeing treatments available on request (*additional cost*). View our list of treatments *here*.

You're also welcome to enjoy full use of the Goodwood Health Club, gym, classes and swimming pool. Our class timetable is updated regularly and can be viewed *here*.



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## Extend Your Stay

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YOU ARE WELCOME TO EXTEND YOUR STAY AT THE GOODWOOD HOTEL, CONTINUING YOUR WELLBEING JOURNEY WITH GUT-FRIENDLY MEALS AVAILABLE ACROSS THE ESTATE'S RESTAURANTS, REJUVENATING SPA TREATMENTS AT THE HEALTH CLUB AND 12,000 ACRES OF RURAL WALKS AND BEAUTIFUL VISTAS TO EXPLORE.

You can even purchase specialist foods from the Goodwood Farm Shop to support your new habits at home, such as our Goodwood Kefir, Kombucha, Sauerkraut and our selection of organic meats, reared yards from the farm shop itself.



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# The Food

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NUTRITIOUS AND DELICIOUS FOOD  
OF THE HIGHEST QUALITY

Our skilfully designed menus draw on Goodwood's field-to-fork philosophy and organic farming principles, healing your gut with sustainably sourced produce of the very highest quality. This programme will outline what to eat, but also how to eat in order to optimise your health for the rest of your life.

# Sample Menu

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## BREAKFAST

Bitter and probiotics

Range of herbal teas

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*Please choose one...*

## FUL MEDAMES

Poached free-range eggs

## SCRAMBLED FREE RANGE EGGS

Button mushrooms, chives

## ROASTED PLUMS

Orange and cashew crunch

## SPRING ONION AND PARSLEY OMELETTE

Red peppers, chilli

## SPICED CHIA

Pear and macadamia





## LUNCH

Bitters and probiotics  
Fermented curtido

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### ACIDULATED BEETROOT AND HORSERADISH SOUP

Kefir, toasted pumpkin seed

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*Please choose one...*

### SADDLE OF SOUTHDOWN LAMB

Pea, mint and yay-baked turnip

### LEMON SOLE

Confit fennel, courgette,  
Devonshire crab butter

*All served with a side of greens,  
kale, turnip and cashew*







## DINNER

*Please choose one...*

### MAPLE ROASTED PARSNIP SOUP

### CURED CHALK STREAM TROUT

Seaweed emulsion, radish, sea herbs

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### OYSTER MARINATED FLAT IRON STEAK

Roasted cauliflower puree, spiced lentils,  
marrow shaft

### LINE CAUGHT SARDINES

Sweet potato, chick pea

*All served with a side of  
seasonal vegetables*





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