

A close-up, low-angle photograph of a person's legs and feet walking on a sandy beach. The person is wearing no shoes. The background shows the ocean with waves and a sunset sky with scattered clouds. The lighting is warm and golden, suggesting late afternoon or early evening. The person's legs are the central focus, with the right leg in the foreground and the left leg slightly behind it. The feet are stepping on the sand, leaving small impressions.

ReWilding Our Terrain

A Guide

Dr. Catherine Clinton



Meet Dr. Catherine Clinton
Author | Educator

Dr. Catherine Clinton ND is a licensed naturopathic physician with a focus on gut health, autoimmunity and psychoneuroimmunology. A respected author, speaker, and pediatric health advocate, Dr. Catherine practices in Eugene, Oregon.

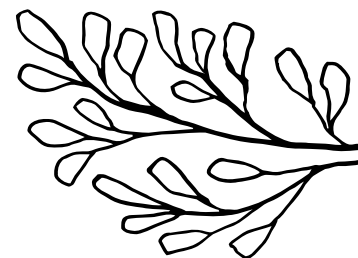
When in medical school Dr. Catherine was diagnosed with and healed from an autoimmune disease that affects the gastrointestinal tract, leaving her with a passion to prevent autoimmunity in children everywhere. Dr. Catherine addresses the psychoneuroimmune system and gut health of children and families through a deeper connection with the world around us.

Dr. Catherine is passionate about the connections we have with the world around us and how these connections can regenerate our health and the health of the planet. She sees an urgent need for healing our internal terrain as well as healing the terrain of the world we live in.



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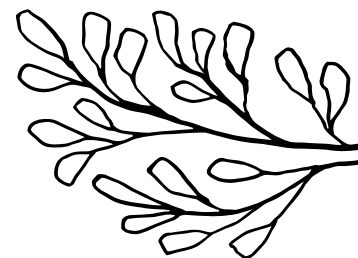
We are no longer wild.

Only 4% of the animal mass on this planet is wild and declining each year.

More than 70% of our wilderness has been deranged by humans, leaving a mere 23% of wildland on Earth.

Just 13% of our vast oceans can be considered wild.





This is a call to return. Return to that wilderness.

Let it kiss your skin and fill your lungs.

Fall in love with it, so deeply that it becomes part of your soul again.

Be with it, this is what we are.

Bring that wild into your life, your family, your home.

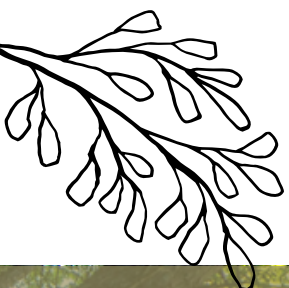
Connect with it, so preserving it becomes like protecting our children.

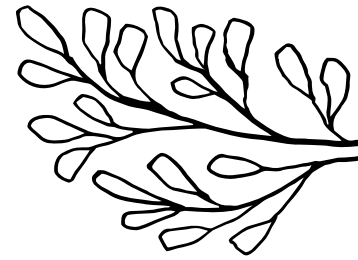


RE-WILDING OUR MIND

I spend a lot of time with patients talking about the value of our relationship with nature. On average we spend less than 2% of our lives outdoors, no wonder our health and the health of the planet are suffering. We conceptually agree that time in nature helps us- we have loads of studies showing that time in nature balances the immune system, fortifies the nervous system, builds our neurological system, and puts us in contact with a multitude of beneficial microbes. It is within that thought process that lies the seed of disconnection that has gotten us to this state of chronic disease.

It is that sense of separation that has led us astray. The idea that we go into nature to reap benefits in itself holds the locus of disconnection that drives so much of our illness. The separation that exists in our mind between us and nature grew from a perspective of domination and exploitation of the world around us.





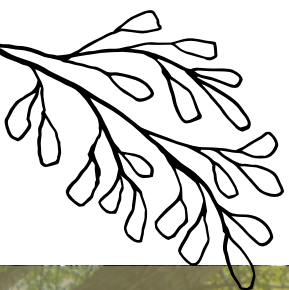
A perspective of colonial greed and dominance that puts us outside of nature with a mission to divide, categorize and extract the pieces out of our ecosystem in return for commoditization and wealth. A perspective that dictates progress happens at the end of our swords and axes. A perspective that ignores the power that we have, that our entire ecosystem has, to regenerate if we can just respect its resilience and re-envision our relationship with our world.

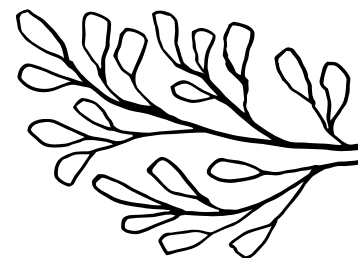
This book is an invitation to begin that re-wilding process. It first starts in the mind. Re-wilding starts with us remembering that we are the world we live in and the world around us is who we are. This is an invitation to begin to examine where we put up separations from our true nature. So much of our modern life has put up barriers between us and nature. Recognizing these for what they are is the first step to re-wilding.



Our houses, our schedules, our food, our air, and our routines all serve to keep us from our true wild nature. Once we can shift our perspective we can live more in accordance with our wilderness. Our modern conveniences are just that- convenient. Look to where those conveniences are no longer convenient but instead begin to dictate our place in the ecosystem and our overall health. With small tweaks we can keep the convenience but leave behind the toxic nature they bring into our lives. If one of our primary relationships is with the natural world, we can utilize the advances of modern life without sacrificing our connection to the world we live in.

For example, a lot of our food is overly processed and laden with toxins. This increases our inflammation and starts us on a journey to chronic disease. Our modern food deranges our relationship with the natural world as it replaces the images of soil, sunshine and tending to our food with the supposed safety of plastic-wrapped chemical filled industrial food.





It also has an enormous destructive impact on the planet we live on. The process of re-wilding our food not only improves our health and the health of the earth we live on, but it also fosters closeness with, a relationship to, the wilderness that is truly us.

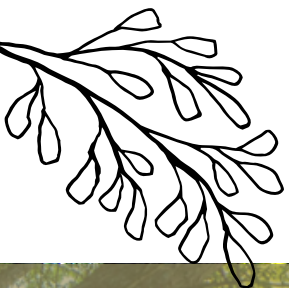
Re-wilding our minds can shift our perspective so that something as small as opening a window in your car on the way to work or opening a window in the morning before you start the day can not only be a powerful change for our health, but it puts us back into context with our true place in the world. This is an unraveling, a rekindling of sorts- start with one connection and add from there. I'm not trying to deny us the conveniences of modern life. I'm trying to get us to understand how they separate us from our true place in the world and how we can use them consciously to create more time in our lives for family, connection and the wilderness that is calling us back.

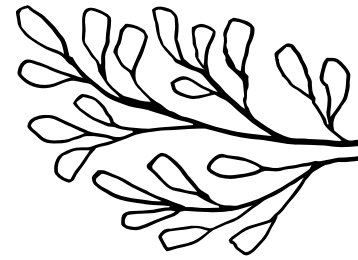
RE-WILDING OUR HOME

Industry will often place profits over people, frequently using deceptive marketing. The beauty products and cleaning products we use to the clothes we wear and the furniture we sit on are massive obstacles to re-wilding ourselves. And the system was designed this way.

After WWII the production lines that kept the war moving were grinding to a halt. Economists and entrepreneurs were looking for a way to extent those production lines and the profits they included. Economist Victor Lebow summed it up:

"Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction, our ego satisfaction, in consumption.... We need things consumed, burned up, replaced and discarded at an ever-accelerating rate."





One of our first steps in rewilding ourselves is bringing our perspective back into the context of our true place in the world. As with much in our lives today, we're seeing things from a deranged perspective. It has us separated from nature in a position to extract, dominate and exploit the natural world and each other. With so much of this equation wrapped up in industry, we have to remember that we as consumers hold the power. Know where your products come from and buy less of them. Simple as that and customizable to your life and your family.

Our grandparents knew there was little vinegar, lemon and a little work couldn't touch. We've also outsourced one of the most beautiful relationships with nature- its ability to amplify our natural beauty- to a toxic industry. The Environmental Working Group is a wonderful resource for exactly this! You can look up whether your cleaning supplies or beauty products are from natural sources or from industrial toxins.

<https://www.ewg.org/consumer-guides>

Another option is to make your own supplies

MY FAVORITE RECIPE FOR AN ALL-PURPOSE CLEANER:

Add one organic lemon to a jar of apple cider vinegar, lid and store in a dark cupboard for 3 months to ferment. You can keep this jar of lemon vinegar in the cupboard to continue to make your all-purpose cleaner. Add $\frac{1}{4}$ fermented lemon vinegar to $\frac{3}{4}$ cup of water and store in a spray bottle. This all-purpose cleaner not only cleans it adds beneficial microbes back into our home environment.

For heavier duty areas like your toilet bowl and on toilet surfaces you can use:

- $\frac{1}{2}$ cup baking soda
- 1 cup distilled white vinegar
- $\frac{1}{2}$ teaspoon essential oil *optional



Combine vinegar and essential oil in a small spray bottle. Spray vinegar mixture inside the bowl, and also on the toilet seat, lid, and handle. Allow the cleaner to sit for several minutes. Sprinkle baking soda inside the toilet bowl and scrub inside of the bowl with a toilet brush. Use a clean dry cloth to wipe vinegar solution off seat, lid, and handle.

Water is the universal solvent and makes a great face and body wash. Many prefer something more substantial for their face and body wash.



HERE'S A GREAT HOMEMADE FACE AND BODY WASH:

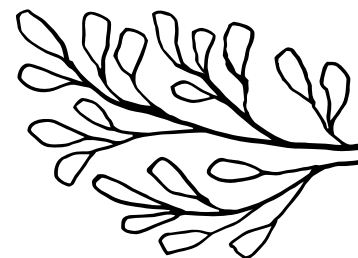
An Easy Face/Body Wash and Makeup Remover:

- ¼ cup liquid castile soap
- ¼ cup brewed organic chamomile or St John's wort tea or ¼ cup rosewater
- ¾ tsp jojoba, sweet almond, hazelnut, avocado, or olive oil
- 5 drops rosehip oil

Instructions:

Brew a cup of tea- ½ ounce of herb per 8-ounce cup, strain and set aside ¼ cup to cool.

Combine cooled tea with the remaining ingredients in a small bowl.



Mix ingredients well and pour into a small squirt bottle or pump bottle. Be sure to label your container. This recipe makes about 4 ounces of homemade face wash. You can store this homemade face wash for a month unrefrigerated and up to 6 months refrigerated.

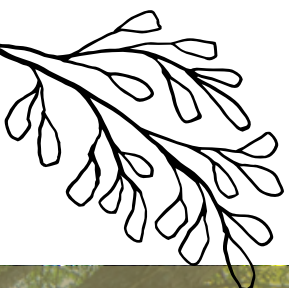
Adding herbs to natural oils to infuse is a wonderful homemade moisturizer. You can infuse oils by putting fresh or dried herbs in oil, herbs should be fully covered by the oil, and stored in a dark cupboard for a few weeks to fully infuse the oil. Strain the herbs completely from the oil and store them in a cupboard for up to six months. I use St. John's wort or rose-infused jojoba oil as my moisturizer.

Mountain Rose Herbs has a wonderful natural beauty blog that includes several recipes for natural moisturizers, washes, shampoos, toothpaste and more! Gathering with friends to craft cleaning or beauty products is a great way to connect and share the work.

<https://blog.mountainroseherbs.com/topic/natural-body-care>

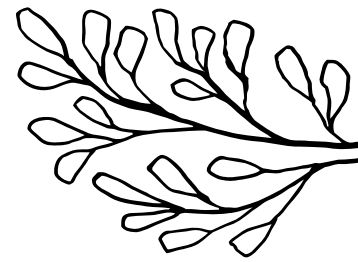
Re-wilding our homes should include an examination of where our modern conveniences are helping us or separating us further from what we need to be whole. Opening the windows to let in more of the outside air is an easy step toward rewilding. Our inside air is filled with 5 times more pollutants while letting the outside air in allows for cleaner air that is more microbially diverse and usually charged with more negative ions that act as antioxidants in the body, especially after rainstorms. Bringing in natural elements of water fountains, plants, salt lamps, woods, and crystals are another easy step to rewild our homes.

Switching to more natural lighting can help prevent some of the issues we have from living out of rhythm with the solar system. Circadian health is a magnificent way to rewild. It is not just the windows that need to be opened, it's our relationship with the sun that must be calibrated. We are energy beings that depend on the sun to power our cells.





Natural sunlight in the morning sets up a cascade of hormones- dopamine, serotonin, indirectly our melatonin and growth hormone- that leave us feeling energized, creative and with a boost to our mood. Lowering the lights at night when the sun sets reaffirms this foundational relationship we have with the sun. As the lights lower our body turns the serotonin into melatonin which allows us to get restorative sleep, repairing our body and balancing our immune system. Getting am sunshine along with regular sunshine throughout the day while lowering the lights in as the sun sets is a fundamental piece of rewilding. If we are not in synch with the star that powers all life on this planet, we cannot be truly rewilded.



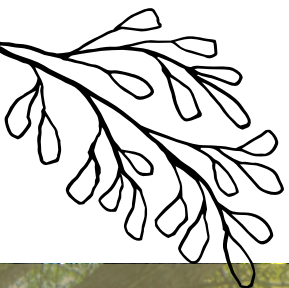
Realigning our relationship with technology can also help rewild us. Unplugging our wi-fi routers at night, turning our phones off or on airplane mode, turning off the electrical breaker to the bedrooms at night all serve to rewild our biology with the natural electromagnetic frequency of the earth instead of the constant connection we have to wireless technology and nonnative electromagnetic frequencies. Taking screen breaks or breaks from more intense forms of screens like social media and gaming can help rewild our biology. We are wired for silence, for downtime. The constant grind of technology can separate us from the natural sounds our biology craves- the wind, the birds, the buzz of a bee.

Grounding to the earth's constant flow of electrons with our bare feet or any other body part helps us to rewild our biology back to the EMF that we have evolved with over millennia. One of the most powerful tools we have to rewild is getting outside in the am to ground and get natural light. I often challenge my patients to try this for a week and see, not only, the physical benefits but a source of connection that so many of us desperately crave.

RE-WILDING OUR FOOD AND GARDEN

As we discussed earlier our modern overly processed food supply is a major obstacle to rewilding. It requires that we know where our food comes from and take steps to cultivate our own relationship with food. Make friends with your fisherman, farmer, and rancher- local, indigenous food systems are the source of change we need in the food supply. Developing relationships with your urban gardener can also help foster relationships where trade and collective health can be addressed on a neighborhood level. Choosing whole, unprocessed foods, and organic spices that are local to your area fine-tune our physiology. Exploring teas to cultivate a deeper relationship with the plant world is an easy step to rewilding. Eating your meals outside is a powerful way to build that relationship with our food as well as our connection with natural light, this simple step can have a dramatic impact on rewilding.

Tending your soil and growing your garden are some of the most powerful re-wilding tools we have. We've strayed so far from the knowledge that the soil is a living being, blanketing our planet with a connection to an ancient and ever-present intelligence.



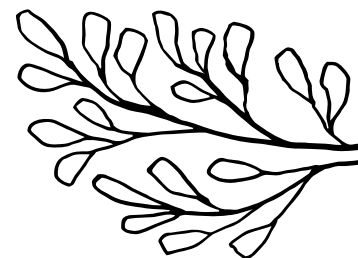


Supporting local, organic, indigenous food at the same time as cultivating our own relationship with the soil, is the change we need. The smallest steps can have the biggest impact. This is a collective effort open to anyone- it doesn't matter if you have the space or money for a big garden, it doesn't matter if you don't have space for container plants to grow. All that matters is we acknowledge our primary relationship to soil and food and work consciously from there. There is always a place to start.

In a study from 2018, a University of Wisconsin PhD candidate found that soils in the urban yards of Madison actually stored more carbon than nearby forests and fields. Too long has the myth that we are separate from nature permeated our culture.

TIPS FOR CULTIVATING A GARDEN SPACE THAT SERVES TO REWILD YOU AND THE PLANET WE LIVE ON:

1. Avoid tilling- every time we break open the soil carbon is released. Returning to indigenous no till soil care can have a significant impact.
2. Use mulch, compost, yard waste, lasagna method. Soil has an enormous sequestration capacity, especially the dark, fertile part called humus which is 60% carbon. It is the end result of the decomposition of organic matter. A healthy microbial population in the soil and a steady supply of carbon-rich root exudates are prerequisites for humus production. This comes from avoiding tilling, planting densely, mulching, composting and adding yard waste back into the garden.
3. Plant organically, your own food, native and drought-tolerant plants densely to create a carbon sink for both the vegetation and the soil.
4. Water consciously- water early in am, use xeriscaping, dryphosing, rainwater/greywater collection to offset water usage.
5. Consider digging a small pond to slow the flow of water, build diversity and create a carbon sink.



When we look at the rapid decline of health in our species and millions of other plant and animal species, it can seem impossible to reverse the tide. But each small step we take to re-wild our world adds to the swell that is the wave of change we so desperately need.

Re-wilding our spaces, our perspective, our homes, our food and our families has the power to ripple through this world devoted to production, consumption and consumerism. Creating a new vision where we are truly wild as we once were, seeing the world around us as merely an extension of ourselves, can change the world we live in.

Your Next Steps?

Discover Dr. Catherine Clinton's
Introductory Course to Quantum Biology

Reconnect to the greater ecosystem to regenerate your
health and the health of the planet



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