

# Personal Rewilding: Why & How?



*“Rewilding is about unlearning and dropping that which no longer serves us, in order to restore our factory setting; laid out by nature” – Lewis Herridge*

## **Modern Life is Rubbish**

*Many people I speak to are bogged down in the everyday hustle and daily grind that they think this is normal! Overworked and on the brink of overwhelm, many are coasting in autopilot after being ground down for years. With the subsequent low motivation and energy levels, they have stopped putting in the effort and have become overweight and sluggish, with a lack of fitness and vitality.*



*With this as the new default state, many are nursing persistent injury and chronic conditions. The mind is more unsettled than ever and anxiety, mood swings and depression are common.*

*Most have tried lots of different diets, exercise patterns and treatments – but with limited results. Therefore, they are fed up with the traditional approach to solve these problems, and increasingly concerned by the “marketing hype” that has infiltrated the health and wellness industries. Confused, lost and bewildered, they wonder if there is a better way to live. For themselves and for society!*

## **Survival to Revival**

*Does the above statement sound familiar? I would hazard a guess that it does! I know this mindset and lifestyle all too well as I have been there too. For many years I was existing in a state of survival. That is until I set myself a personal rewilding mission. This mission helped me to reinvent myself and changed my life. It took me from Survival to Revival and I want to share the love with you. Read more about my story [here](#).*

# Wild at Heart - Primal Potential

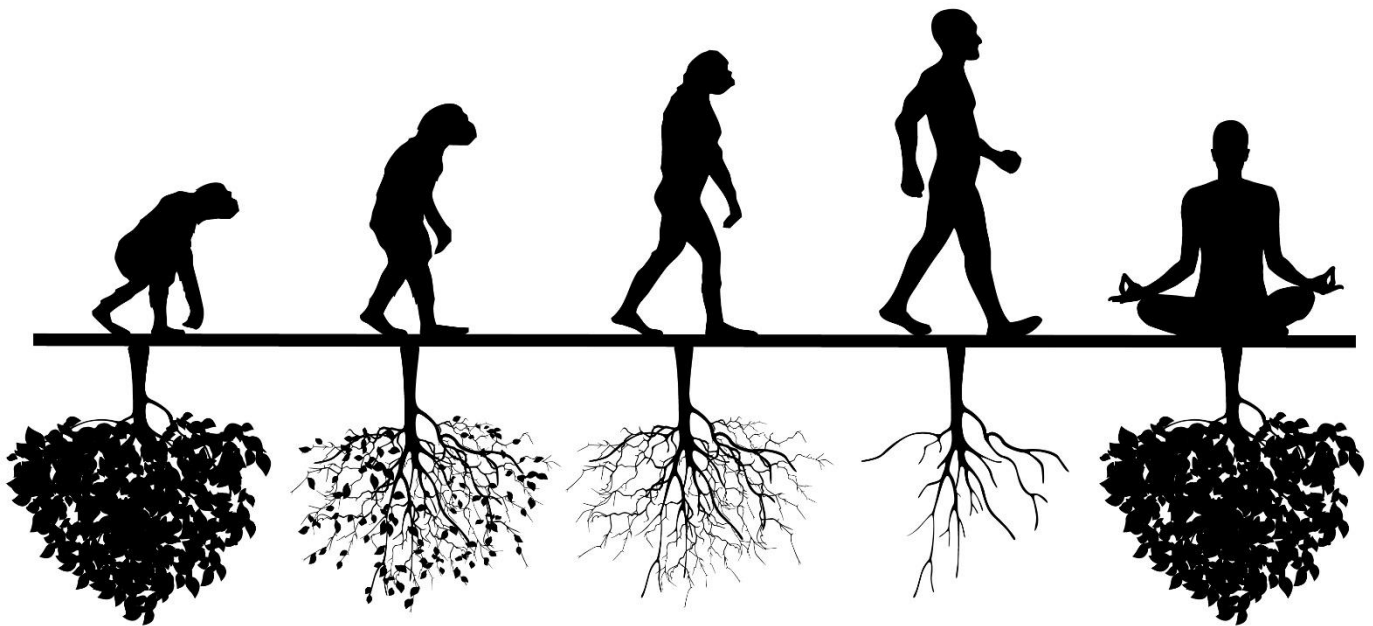
I want to remind you that you are wild at heart! You are meant for so much more. Hardwired into our human genes is a vast potential that saw early humans not just survive, but to thrive, under harsh conditions and environments. They were some of the leanest, fittest and healthiest people known to have existed.

In contrast, we now see some of the laziest, fattest and most unhealthy people to have ever existed. Modern life has made us weak. Why? Because we find ourselves out of place and our innate skills and wisdom is no longer remembered, let alone put to use.

Therefore, reconnecting with nature, and a natural way of living, reignites your body and mind's fire. It offers a reset and a fresh perspective of an ever more demanding world, it gives you the tools to find balance.

## Rewilding

Rewilding is about realigning to our wild nature and stepping back from the craziness of modern life. It doesn't involve adding anything, but instead unlearning and dropping that which no longer serves us to restore our factory setting. It involves putting our trust back in nature and remembering that nature is boss. The key areas to rewild are our diet, exercise patterns and everyday lifestyle habits (eg. stress management & outdoor time).



# Re-Evolving: Benefits to Rewilding Yourself

By rewilding yourself you are re-evolving to the optimal health that our primal ancestors enjoyed. However, you also benefit from the many advantages of modern life. This is the health of the future! A state of wellness and wellbeing where you naturally possess a strong fit and functional body, with a calm resilient clear mind, boundless energy and oozing vitality. With this you can expect:











- To say “yes” to adventure; to life
- To be in the right place mentally
- To have stable and consistent energy levels and moods
- To eat foods that make you feel great, without the fuss
- More time, to do the things you love, with the people you love
- A simple life in which you are bringing value.
- To be the example and the shining light that you know you are



## 5 Key Steps to Rewild Yourself

1. **Take ownership of your health & life** – Evaluate where you are at; identify some of your issues you want to resolve and if you need or want help. Understand that you may need to step outside of your comfort zone, to face challenges head on and to learning something new.
2. **Prioritise yourself** – Dedicate specific time windows just for you. No other distractions. This will likely require better time management and planning skills on your part, but also to be able to say “no” and set boundaries with other people. This step often involves investing in yourself – either financially or in some other way.
3. **Create clarity and focus** – This step is about visioning and setting realistic and achievable goals. It’s about aligning yourself with your deeper purpose in life and becoming accountable and disciplined to this.
4. **Adopt the primal philosophy** – This is the key actionable steps in which new lifestyle habits are formed around diet, exercise and lifestyle. These habits are best described by the 10 primal blueprint laws. They are:

## The 10 Primal Blueprint Laws

<b>1. Eat Plants and Animals:</b> The foods that humans are meant to eat.		<b>2. Avoid Poisonous Things:</b> Particularly sugar, grains, and chemically altered vegetable oils.	
<b>3. Move Frequently:</b> Avoid a sedentary lifestyle.		<b>4. Lift Heavy Things:</b> Conduct brief, intense strength sessions using weights, resistance tools, or bodyweight.	
<b>5. Sprint Once in a While:</b> Deliver occasional all-out efforts.		<b>6. Get Plenty of Sleep:</b> Prioritize getting lots of good sleep, ideally aligned with the sun's cycle.	
<b>7. Play:</b> Adults need play, too, to stimulate mental and physical flexibility and make life fun.		<b>8. Get Plenty of Sunlight:</b> Expose skin to sunlight to optimize vitamin D production.	
<b>9. Avoid Stupid Mistakes:</b> Don't fall prey to modern dangers.		<b>10. Use Your Brain:</b> Challenge your big human brain to stay sharp and passionate about life.	

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These laws are very simple and based in common sense. But there is much research that explains why these are important and how they can actually reprogramme our genes in the direction of better health. And yes, genes are not fixed as we have always been told!

In modern life, our genes are basically misfiring due to our harmful daily habits that go against the evolutionary grain. Habits such as high carb eating patterns, the consumption of foods that are foreign to our ancient genes, chronic exercise patterns (exercising too hard too often), sedentary living, a lack of leisure, play and outdoor time, poor stress management and poor sleep habits.

### 5. Learn to understand your own needs and trust yourself

This final rewilding stage brings together the above steps. This is about becoming aware of how you are feeling, owning your knowledge and ability to "course correct" when you need to. This is the ultimate aim of a personal rewilding mission, to trust yourself and following your inner knowing. To Re:YOU.

## **Get in contact:**

Follow me on Instagram [@theoutdoorbloke](#) – DM me.

Check out my website; <https://www.theoutdoorbloke.com/>

Work with me 1:1 on my Organic Revival program. [See here](#)

Book a discovery call with me; [here](#)



It's me Lewis, AKA "The outdoor Bloke", where I love to be, when I'm not helping individuals to take back control.

I help the uninspired adventurer who feels sluggish and unsettled to naturally revive body and mind.