

ANCESTRAL RESET GUIDE



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Welcome, conscious seeker.

If you've been feeling overwhelmed by modern life's pace and disconnected from the deeper nourishment your body craves, this Ancestral Reset is your gentle invitation to come home—to yourself, your intuition, and true nourishment.

WELCOME



INSIDE THIS RESET YOU'LL RECEIVE:



✓ One Powerful Food Shift

Discover the simple yet profound practice that lets your digestion finally exhale, reducing overwhelm and restoring balance from the inside out.

✓ A Gentle Rhythm for Eating

Reconnect with your body's wisdom by adopting a natural, intuitive rhythm of eating. You'll find clarity and ease replacing confusion and stress.



✓ A Simple, Soulful Gut Reset

No fads, no forcing—just nourishing foods that honor your body's ancestral wisdom, helping you gently restore gut health and feel deeply aligned.



HOW TO USE THIS GUIDE:

01

Scan

Scan the guide and choose the practices that resonate most deeply with your current needs.

02

Commit

Commit to incorporating at least one ancestral practice into your daily or weekly routine.

03

Allow

Gradually expand your skills and deepen your knowledge at a comfortable and intuitive pace.

WHY THIS MATTERS:

As someone seeking deeper connection and alignment, you know food is more than just packaged garbage we are sold as convenience.

Food is a profound connection to nature, heritage, and community. By returning to ancestral wisdom, you reclaim your health, build deeper intuition around nourishment, and restore balance and alignment within your body and life.

Welcome back! You may not realize it yet, but this reset is the beginning of your journey home. Welcome back to yourself.



01

➔ **Ferment, Sprout, and Soak**

Unlock the nutritional powerhouse within grains, seeds, and legumes through ancestral preparation methods. By fermenting, sprouting, and soaking these foods, you'll significantly enhance nutrient absorption and ease digestion, fueling your body naturally and efficiently.

02

➔ **Craft Rich, Gut-Healing Bone Broths & Slow-Cooked Meals**

Master the art of creating deeply nourishing meals that promote gut health, immunity, and overall vitality. These traditional slow-cooking methods and bone broth preparations offer profound warmth and satisfaction, nurturing both your body and spirit.

03

➔ **Replace Processed Foods with Ancestral Swaps**

Say goodbye to processed and refined foods that drain your energy and health. Embrace delicious, nutrient-rich ancestral alternatives that align with your body's natural needs and fuel you the way nature intended.

04

➔ **Preserve Seasonal Abundance**

Learn the essential techniques of fermenting, canning, and freezing, enabling you to capture the season's bounty. Eating in sync with nature's rhythms enhances your connection to the earth, optimizes nutrient intake, and provides deep satisfaction throughout the year.



READY TO DIVE DEEPER?



Thank you!

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Join our exclusive Ancestral Reset Mini Course for just \$17. In this course, we'll walk you through the details on how to fully implement each practice outlined in this guide, empowering you to seamlessly integrate ancestral wisdom into your everyday life.

Click below to download your comprehensive Ancestral Reset Guide now and enroll in the mini course!