Experimental Foraging Station (2014)

The dominant modelling of 'health' is focused on emergency and disease or adaptive 'wellbeing', which all refer to survival, as do the advanced frameworks driving methods for global problems mitigation. This reinforces *social*-adaptive, self-centred behaviours and anthropo-centric models. The costs for ecology and economy and for daily life and health integrity are increasingly prohibitive. This experiment explores a new approach that could reduce these 'increased needs' (e.g. nutritional treatments compounding the strain on the wild biosphere).

Rewilding foods & soils and a kind of 'Wildlife Care' for the human primate to ease the collective behaviour in facing climate change and ageing population and create a new way of 'societal inclusion' rather than 'social integration'

Instead of conditioned compensations, an 'unaffected health state' not adaptively patterned but fluidly responsive to *very small* distortions, modifies needs and behaviour. Simple (yet salubrious) living conditions that *do not «activate» centrally all the time* do not induce the diet-lifestyle-stress-sedentarism related syndromes, diseases, and ill-ageing. *Biological* integrity can be restored through walking in upright posture without load, strain or exertion, defocusing mind and senses regularly (autonomic effect), and eating watery foraged foods. [Gatherer style feeding directly off plants (not exclusively).]

Rather than current disturbing high maintenance methods, a **palaeolithic 'Wild Gardens' approach** (wild foods, leave the best, pick the rest, finding a plant's preferred spot, collaborating with wildlife...), can assist in **rewilding food sourcing** (berries, nuts, non-diabetogenic yakon, etc.) *and* health regulation. Restoring organically soil and its hydrology, fostering a nearly auto-sustaining sparse woodland ecosystem of small trees, bushes, ground plants to produce food, the *station* contributes to rewilding the planet.

Scattered building 150-200m apart, landscape embedding and distance-views for vision de-focus, can address sensory & autonomic needs of the 3 experimenters. Deep restful sleep is encouraged by many '100-paces' walks in sunshine and tracks, for moving & breathing throughout the day. Small components of inventive modular design, outdoors-oriented, climate and energy-wise architecture, can encourage a physically active lifestyle with less adaptive pressure, without abandoning technology (small scale 'grounded') or intellectual activity contributing knowledge to society.

A station* 'green', 'blue', without 'red' cost.** Resources recycling, 'green' energy, and a no-growth 'maintenance economy' (e.g. local sale of food surplus, a premedical test center, knowledge transfer to the Store of Knowledge and locally) will maintain access to ingenious technology, supporting *a near auto-sufficiency* that does not automatically require growth. ***A fair direct exchange *of* rewilding labour & expertise contribution for land occupation models in practice a new option for those who cannot fit in large-systems society and with socio-economically blocked access to land and wilderness, yet who need it the most. Allowing participation, and **enabling 'Green Hands' work outdoors,** despite personal limitations, *without worsening them,* can change health and professional outcomes, reduce repetitive treatments, and lighten the economic loads of dependence on collective social, medical/health and financial systems. The benefit to people/society makes this experiment a distributed option to ease the economic cost of rewilding the planet too.