

A DIGITAL RITUAL
EARTHTRACE BOTANICALS

THE FIRST STEP

An Introduction to Ancestral African Wellness Tradition

Do Any of These Sound Like You?

SLEEP & REST

End the day the way generations before us did — a quiet evening ritual, steeped not scrolled, built for the kind of stillness modern nights rarely offer.

EVERYDAY EASE

A gentler daily ritual for the days your body asks for a little more patience — rooted in tradition, not a pharmacy aisle.

DIGESTIVE CALM

Trade restrictive diets for older wisdom — a time-honoured ritual built around the plants trusted after every meal, long before diets had names.

BUDGET-FRIENDLY WELLNESS

A full year of daily ritual, for less than a single specialist visit — traditional knowledge, priced for real life.

MENTAL CLARITY

Meet the afternoon slump with a ritual older than coffee itself — steady, plant-rooted, and built for lasting clarity, not a crash.

A FREE GUIDE FROM EARTHTRACE BOTANICALS

A LETTER FROM THE FOUNDER

Welcome.

For twenty-three years, my working life has been the African bush — tracking, observing, and living alongside its wildlife as a professional game ranger. My wife and our three children have shared this journey with me the whole way.

Two decades of early mornings on foot taught me things no book can. You start to notice which plants the animals seek out, which ones recover first after a fire moves through, which ones the oldest trackers still reach for without needing to explain why.

Some of the richest parts of this journey haven't happened in the bush at all — they've been the people. Local guides, trackers, and elders have shared small, practical pieces of tradition with me over the years, passed on the way this knowledge has always travelled: person to person, not page to page.

This short guide is my attempt to hand a little of that forward to you — an honest starting point, not a sales pitch. If it resonates, EarthTrace's six full guides go much deeper into specific traditional protocols. But this one is simply a gift.



— *Adam Whitfield, Founder*

What Is Ancestral Biohacking?

"Biohacking" is a modern word for something far older. Strip away the branding, and it describes a simple idea: the deliberate, evidence-informed calibration of the human body to improve how it functions.

By that definition, African communities were practicing a form of biohacking for well over a thousand years — long before the term, or the industry around it, ever existed.

This wasn't casual herbalism. Traditional practice involved specific timing, specific preparation methods, and specific combinations — refined over generations through direct observation of what actually worked. That is the core of biohacking in any era: precise intervention based on tested results, not guesswork.

Traditional African wellness knowledge rarely treated symptoms in isolation, either. Immune resilience, stress response, recovery, and hormonal balance were understood as connected systems — which is why so much of this tradition addresses the body holistically, rather than chasing a single symptom.

We call this ancestral biohacking: a precise, intentional calibration of the body using nothing but what the land provides. It is simply older than the word for it.

CHAPTER ONE, CONTINUED

Old Wisdom, Read With New Eyes



+



ANCESTRAL

BIOHACKING

Two ways of seeing the same idea — a tradition refined over generations, and the modern language now catching up to describe it.

CHAPTER TWO

A Small Corner of the Earth, Extraordinarily Rich

The Cape Floristic Region — home to the fynbos biome much of this tradition draws from — is one of only six floral kingdoms recognised on Earth, and by far the smallest. Within it grow more than 9,000 plant species, of which roughly 70% are found nowhere else on the planet.

Many of these plants evolved to survive fire, drought, and poor soil — conditions that shaped a distinct, resilient botanical tradition long before modern agriculture existed.

Africa's botanical tradition has already shaped modern medicine once before: vincristine and vinblastine, two of the world's first plant-derived chemotherapy drugs, were sourced from the Madagascar Periwinkle — a discovery that changed the treatment of certain cancers worldwide.

Much of this continent's traditional plant knowledge remains under-documented — not because it lacks value, but because it was passed down through direct teaching rather than published record. That is precisely the gap EarthTrace exists to close.

The People Behind the Knowledge

01 Two Kinds of Healer

Traditional Southern African healing recognises two distinct roles: the sangoma, a diviner who works with ancestral spirits, and the inyanga, a herbalist specialising in plant medicine. They are rarely the same person.

02 A Calling, Not a Career

Healers are traditionally never self-appointed. Many describe being ‘called’ through an unexplained illness or persistent dreams — known in Zulu tradition as ukuthwasa — before beginning years of training.

03 The Keepers of History

Long before written records, sangomas served their communities as oral historians as much as healers — preserving genealogy, mythology, and history alongside medicine, generation after generation.

04 Still the World's Primary Medicine

The World Health Organization estimates that roughly 80% of the population in developing countries relies on traditional medicine for primary healthcare — not as an alternative, but as the first and only option available.

05 One of the World's Oldest Medical Systems

Researchers describe traditional African medicine as one of the oldest and most varied therapeutic systems on Earth — combining herbalism, divination, and spiritual practice into a single, integrated approach to health.

Knowledge Worth Protecting

06 A Tea That Grows Nowhere Else

Rooibos, one of South Africa's most famous herbal teas, grows commercially in only one small region on Earth. Australia, China, Japan, the United States, and Namibia have all attempted to cultivate it. None have succeeded.

07 Older Than Almost Anyone

The Khoisan people, first known to use rooibos, are among the oldest continuous populations in human history — genetic research suggests their lineage diverged from other human groups over 100,000 years ago.

08 Justice, Generations Later

In 2019, after a decade of negotiation, the Khoisan were formally recognised as the traditional knowledge holders of rooibos — entitling their communities to an ongoing share of the industry's revenue.

09 Hunger Suppressed by a Desert Cactus

For generations, San hunters chewed the *Hoodia gordonii* plant on multi-day hunting trips through the Kalahari, specifically to suppress hunger and thirst — knowledge that would later change an entire industry.

10 From the Kalahari to a Global Patent

That same plant knowledge led to an international pharmaceutical licensing deal eventually involving Pfizer, worth tens of millions of dollars — built entirely on traditional San knowledge of a single desert succulent.

The Morning Grounding Ritual

Before any specific protocol, traditional practice across many African communities begins the same way each morning: a few minutes of deliberate stillness before the day takes over. Here is a simple, complete version you can begin today — no guide required.

01 Before reaching for your phone

Sit upright, feet flat on the ground, for the first three minutes you're awake. This alone recalibrates a nervous system that modern mornings rarely give a chance to settle.

02 Warm water, plain, first

A cup of warm (not hot) water, on its own, before anything else. Traditional practice across many cultures treats this as the simplest possible daily reset for digestion — and it costs nothing to try.

03 Name the day, out loud

One sentence, spoken aloud, about what would make today good. Traditional oral cultures understood something modern journaling apps are only now re-discovering: speaking an intention lands differently than thinking it.

04 Step outside, even briefly

Sixty seconds of natural light and air, before glass and screens. A small thing, repeated daily, is the entire foundation of ancestral practice — consistency over intensity.

WHY AFRICA — WHY EARTHTRACE

A Continent's Best-Kept Secret

For centuries, some of the world's most effective wellness traditions have lived quietly across Africa — passed from healer to healer, family to family. Never written down. Never sold. Never known beyond the community that held them.

That's not a small claim. The Cape alone is home to an entire floral kingdom found nowhere else on Earth — one of only six recognised worldwide — with more than 9,000 plant species, 70% of which grow nowhere else on the planet.

And this inheritance has already changed the world once before: two of the first plant-derived chemotherapy drugs, still used today, were sourced from a single African plant — the Madagascar Periwinkle.

Yet for all its scale, this knowledge has remained almost entirely inaccessible outside the communities who hold it. There is no shelf for it at a pharmacy. No app. No easy way in — until now.

EarthTrace exists for one reason: to document these traditional protocols carefully and completely, and make them available to anyone, anywhere — instantly.

FROM KNOWLEDGE TO PRACTICE

Which Guide Is Right For You?

The practice on the previous pages is a beginning — general, gentle, and open to anyone. EarthTrace's six full guides go much further: complete, traditional protocols for the specific moments life actually asks something of you. The next few pages will help you find the right one.



Weskus Winter Shield

\$19 / €17.50

A traditional respiratory protocol built to fortify the body before winter takes hold, and intervene quickly the moment illness begins.

Best for: Anyone who catches every cold that goes around the office or the school run.

Daily Vitality & Detox

\$15 / €14.00

A quiet, sustainable daily practice for systemic clarity — not a crash cleanse, but a habit built for the long run.

Best for: Anyone who feels sluggish, foggy, or inflamed more often than they'd like.





Calm Coast De-Stress

\$17 / €15.50

A traditional nervous-system restoration practice, timed to physically shift the body out of a stressed state — not just distract from it.

Best for: Anyone carrying chronic stress that willpower alone hasn't fixed.



Deep Recovery & Tonic

\$19 / €17.50

A structured convalescence protocol, reserved traditionally for true recovery after illness, surgery, or genuine exhaustion.

Best for: Anyone recovering from something that knocked them further down than ordinary tiredness.



Fynbos Youth Elixir

\$25 / €23.00

A daily, cellular-level practice for skin health and radiance — built from within, long before ‘anti-aging’ became a shelf category.

Best for: Anyone who wants lasting change in their skin, not a temporary surface fix.

The Root of Renewal Ritual

\$22 / €20.00

A rare, respectfully documented sub-Saharan tradition addressing the stress and hormonal load that often disrupts fertility.

Best for: Anyone on a fertility journey seeking a traditional, whole-body approach.



FOR THE CONSIDERED BIOHACKER

The Complete EarthTrace Protocol

For complete botanical mastery, we suggest acquiring the full collection — six guides, each devoted to a different protocol, from morning vitality to evening restoration. Read as a system, they hand you the same complete approach to wellness our family has relied on for generations.

~~—\$117—~~

\$89 / €82

SAVE 24% — ALL SIX GUIDES

BEGIN WHEN YOU'RE READY

Thank You for Reading

This guide was never meant to be the whole journey — just an honest first step, and an introduction to a tradition worth taking seriously.

If any part of it resonated, the six full guides at earthtrace.co.za go much deeper: complete, traditional protocols, each built around a specific need — immunity, daily vitality, stress, recovery, skin, and fertility.

Every guide is delivered instantly as a digital download, anywhere in the world.

VISIT [EARTHTRACE.CO.ZA](https://earthtrace.co.za)

— *Adam Whitfield, Founder*

CHAPTER FIVE

Watch & Learn

Some of this tradition is easier felt than read. The four short films below take you beyond these pages and into the practice itself – the plants, the people, and the knowledge still passed on today. Tap any card to watch.

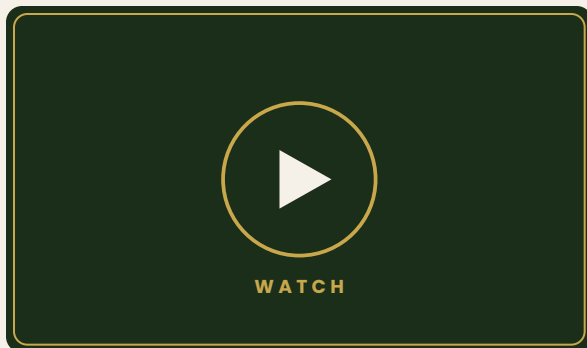
WATCH & LEARN



Ancestral Wisdom: Inside African Traditional Medicine

A grounded look at traditional healing practices and what they still mean in everyday life today.

Watch now



The Healer's Path: Traditional Wellness Practices

How traditional healers select, prepare, and pass on plant-based wellness knowledge.

Watch now

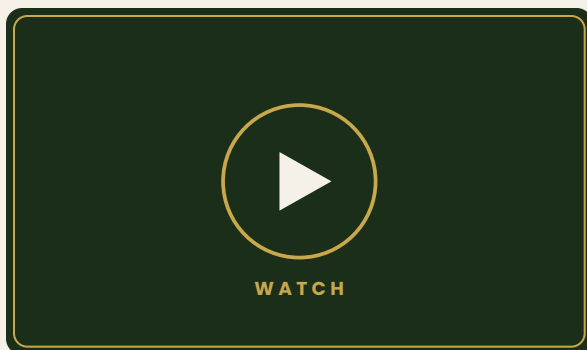
WATCH & LEARN



Rooted in Ritual: African Herbal Wellness Explained

The herbal traditions behind some of the continent's most enduring wellness practices.

Watch now



Voices of Tradition: Passing Down Ancestral Wisdom

First-hand stories of ancestral knowledge carried from elder to apprentice, generation after generation.

Watch now

IMPORTANT INFORMATION

Educational Content Disclaimer

This guide shares traditional and ancestral wellness knowledge for educational purposes only. It is not medical advice, and it is not a substitute for consultation with a qualified healthcare professional — especially if you are pregnant, breastfeeding, taking medication, or managing a medical condition.

These statements have not been evaluated by the U.S. Food and Drug Administration (FDA), South Africa's SAHPRA, the UK's MHRA, or any other national medical or regulatory authority. This content is not intended to diagnose, treat, cure, or prevent any disease.

EarthTrace Botanicals guides are digital, downloadable publications documenting traditional South African and sub-Saharan wellness knowledge. They are educational and informational content — not registered medicines, pharmaceuticals, health supplements, or medical devices.

EarthTrace Botanicals • earthtrace.co.za

© 2026 EarthTrace Botanicals. All rights reserved.