



HUMAN ECOLOGY
PROJECT

THE PERSONAL IS PLANETARY



One Great Idea... The Future

Our Human Ecology Project will provide education across all sectors. Education is the most powerful tool we have to change the world.

[find out more](#)

DEAR FRIENDS

We hope this first newsletter from our newly launched website finds you all well and taking good care of yourself and each other.

We have been full on with many projects, in particular moving forward with our charity, our passion, mission and life's work, the Human Ecology Project. We are now finally registered with the Charities Commission, London and as a 501 (c) (3) in the USA. It took nearly three years but were never going to give up.

Bill and Marlene X



Currently we have been creating free eBooks and videos for schools, colleges, and the general public. They are available to download from the website. From time to time there will also be featured posts on our Human Ecology Project site from our fantastic advisory board who will share their decades of experience. T. Colin Campbell, Dr. John McDougall, Dr. Martha Cottrell, Dr. Nandita Shah, Dr. Bruce Monger, Dr. Doug Lisle Dr. Tim Radak to name but a few.

[Download The Human Ecology Diet eBook](#)

Health

Creating good health is not an accident, it is a creation.

Animals

One of the primary rules of healthy living is to do no harm.

Environment

The environment does not exist "outside", it is around us and within us.

Society

We do not live in a vacuum; our personal choices ripple out and affect the world around us.

PODCAST

The Human Ecology Podcast with Bill and Marlene



Twice a month, we will be discussing some of the most important topics in society, nutrition, and health. We're intrinsically tied to the health of the planet and invite you to send in your questions.

100 years combined teaching experience to share with you.

[Listen to our podcast](#)

RECIPE

A Feast from the Ecological Kitchen



Teryiaki Bean Burgers

Vegan burgers can be made with chickpeas, black beans, white beans, potatoes, lentils and pretty much any other vegetable that can be mashed and formed into a burger.

[Get recipe now!](#)



Health

The Human Ecology Project respects the fact that health is a dominant factor in our life. Health can allow us to fully express our potential, enjoy the simple pleasures of life and make us more resilient to physical and emotional stress.

Increased scientific knowledge and the traditional wisdom of many cultures shows us that the key to good health starts in the gut. Our intestinal tract contains the internal environment of the gut biome. It is here where the nutritional components of the external environment go through the processes of digestion and absorption.

What we eat has a profound influence of our susceptibility to diseases, particularly the non-communicative diseases such as heart disease, diabetes, stroke, many cancers, and inflammatory diseases. These are the diseases that are most deadly and the leading causes of death.

According to Dr. Stephen Kopencky of the Mayo Clinic, "Nutrition is now the No. 1 cause of early death, and early disease in our country and the world." He goes on to say that having genes for disease will increase your risk by 30% to 40%, but having a bad lifestyle for disease will increase your risk by 300% to 400%.

In coming issues of this newsletter we will be sharing information on how to get the most nutrition from our food choices, how to create a healthy gut environment and contributing to a healthy world for humans and non-humans alike.

Download our Free Human Ecology Diet





Environment

What is known is that the world, as we have known it, is disintegrating before our eyes. We are not speaking about societies; they come and go. We are referring to the actual world, what we usually refer to as the environment – nature.

When nature goes it doesn't come back. Damage can sometimes be reversed but the extinction of a plant, an insect, a fish, a mammal, or a bird is a final act. It is gone forever. With it goes the function that it served, a thread in the vast tapestry of life.

Many people now realize the most significant actions we can take to create a healthy and sustainable world involve our personal choices. Paramount among these is the food we eat. Raising animals, growing food for animal production, and the transportation, refrigeration and processing of animal sourced foods are the major cause of environmental damage to the air, water, soil, and seas of the world. We eat every day, and our choices can reflect our commitment to a sustainable and healthy world. We can model the future.

Personal commitment and action in our patterns of consumption is the crucial key. We cannot allow ourselves to become victims of a cruel world. The personal is planetary.

Every month, the Human Ecology Project Newsletter will keep you up to date with positive actions you can take to create a healthy environment for all human and non-human life.

Be informed regarding Soil & Health in this free workbook





Animals

Scientists are uncertain how many animals inhabit planet Earth. According to a recent study in the journal PLoS Biology, there are 8.7 million species of animal life on our planet—and every year, new species are discovered. Each and every creature is an integral part of the tapestry of life.

When one creature disappears the fabric of the biosphere begins to unravel. The great unravelling that is underway now is completely caused by humankind. We tend to view the world we live in—and often all other life, except domestic animals—as the “other.” We distance ourselves from the reality of our actions.

We raise and kill billions of animals each year. These non-human beings are raised to never fulfil their life to enjoy the company of their kind, to breed naturally and raise their young. All are killed when they are in their adolescent stage of growth and have finished their initial growth spurt. They are never given the chance to experience their full life. We have despoiled the land, the air, and the waters of the world in our quest to raise food for the animals we eat. And we damage our own health in the process.

This extinction of land life is matched in the world’s oceans. Oceans are being emptied of native fish at an alarming rate to satisfy our appetites. Commercial fishing operations needlessly kill sea creatures that are not viable in the market or are too small and waste them. At the present kill rate, the seas will be virtually empty by 2050.

The Human Ecology Project Newsletter will keep you up to date with how to live a healthy life while respecting the right to life for the animals we share the world with.

Short but powerful video on the life and death of our oceans





Society

There is a wilful ignorance about the way our food is produced and the harm it causes to society at large. It is essential that the study of nutrition include the actual cost in terms of environmental and cultural sacrifice to bring down the price at the cashier. This awareness calls out to be addressed urgently given the ill effects that our food choices create. It requires that we create an ethical standard for nutrition.

We have created a way of eating that is built on social inequity. We can no longer support a diet that demands economic slavery to produce foods that are not nutritionally necessary. The growing and processing of so much of the modern diet causes pain and suffering to our brothers and sisters on the planet.

The exploitive economics of the food industry are not only shown in the abuse of the third world poor – they extend to the poor in the wealthy nations as well. With the support of government subsidies and factory farming the prices of meat and dairy products are kept at an all-time low. This abundance of calorie dense and nutritionally inadequate foods floods the urban landscape. The modern diet is a direct cause of increased obesity, diabetes and heart disease that plague our society, fill our hospitals and cause rising death rates.

Every month the Human Ecology Project Newsletter will help you keep a finger on the pulse of actions to create a healthy future.

We make a living by what we get, but we make a life by what we give.



GET INVOLVED

Take Action

Join us in this great adventure, **subscribe to our newsletter** get involved, and become a partner in this exciting project.

Please browse through the **website headers** where you will find a host of free offerings and some great ideas to become a part of Human Ecology Project.

Donate

We know any donation to our work represents your time and labour. It makes every donation precious to us.

[Donate now!](#)

Volunteer

We need researchers especially people who are willing to follow our lead. Knowledge of nutrition and ecology is helpful but not essential.

[Volunteer now!](#)

Human Ecology Project

Registered Charity Number
1201615 (UK) Human Ecology
Project is a 501 (c)(3) non-profit
organization in the USA

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