



One Great Idea... The Future

Many thanks to all of you for helping to build a better world for our living planet

[find out more](#)

DEAR FRIENDS

More Good News from Bill and Marlene

It's been many decades since we began our work for a healthy world for all who live here, humans and nonhumans alike. Sometimes it seems a difficult job, but we keep our spirits up by knowing that the challenges we all face can be conquered. With awareness, education, and effective tools for change we can shift the tides. Our world is going through a rough and very fragile time, and from our perspective, this information is more apt now than ever.

On the environmental side, with another El Nino weather pattern beginning we are witnessing the continuing tragedy of the burning earth. Hopefully the fires that are ravaging forest lands from Canada to Scotland will make more people mindful of the damage to our fragile earth and take steps in daily life to reverse the trend.

Among all the noise, crazy new diets, and nutritional nonsense that floods the market, it's good to remind ourselves that ancient wisdom rocks. Our featured video focuses on the most important food for human health, complex carbohydrate. 100% wholefood plant-based vegan living continues to grow with more and more people joining forces as fantastic community projects pop up across the globe. We have all we need to live a long, happy, healthy life from the power of plants.



The keys to a peaceful and vital life can be found in our **Human Ecology Project**. Humans are inextricably linked to the environmental landscape within which our daily lives unfold. We depend completely on nature for the essentials of life. The life-sustaining gifts of clean air and water, a stable climate, and food should be available to everyone. This is not the case, Human activities have an increasingly dramatic and detrimental effect on wildlife and ecosystems, putting human life, animal species and the whole web of life at risk.



[Download our Free eBook here](#)

NEWSFLASH

Educational programmes will be aimed at schools for disadvantaged students

With our Human Ecology Project now launched, Bill and I are extremely excited to be working with Dr. Stephen Law, Director of the Certificate in Higher and Education and Director of Philosophy at The Department of Continuing Education, University of Oxford. Our educational programmes will be aimed at schools for disadvantaged students. Over the next few months, we shall be sharing even more exciting news about the Oxford Literary Festival, be sure to stay tuned.

As always, Bill and I are so committed to **our mission** of making good health available to everyone everywhere.

Bill and Marlene X

PODCAST

Ecological Nutrition Podcast with Bill and Marlene



Since much of our work in human ecology involves nutrition, people ask what the difference between our approach and other natural foods, plant based, vegan or macrobiotic dietary approaches. There are certainly many areas where our vision of healthy nutrition intersects with others. The difference is our perspective, how we understand the role of what we eat on individual and environmental health.

[Listen to our podcast](#)

RECIPE

A Feast from the Ecological Kitchen



Rich & Creamy
Asparagus Soup

Food historians tell us the history of soup is probably as old as the history of cooking. The act of combining various ingredients in a pot to create a nutritious, filling, simple-to-make meal was inevitable. Healthy and healing soups are part of the cooking tradition in every country.

[Download the FREE soups Cooklet!](#)



Health

The Life Hack Scam.

Anyone paying attention to what is happening with modern health care will be aware of the rise in the supposed “Life Hacks” on the market. The semantics of this are clear, we are to believe that the body is a computer and that clever humans can outwit the programming and fool the body into health. The arrogance of this idea is stunning. The idea seems to be that if you use technology and exotic concentrated nutrients you can insure longevity and perfect health. What is missing is the simple truth that human self-awareness is one of the principal qualities of a healthy life.

Through self-discipline, simple natural principles, and awareness we can become masters of our own bodies and minds. It is not necessary or beneficial to constantly seek out shortcuts to health. It is the natural feedback systems of the body that are our guides to understanding and mastering our health. We are constantly being educated by our immune system, our mental awareness, and our body sense about the effects of our health habits.

Like any animal on planet earth, the feedback we get from normal functions tell us important information. We are constantly getting messages about our quality of sleep, the regularity of our bowels, our ability to slow down or speed or accelerate our reaction to environmental change, our emotional responses to others and the energy we receive from simple food. These are the keys to healthy body autonomy. Without the ability to interpret these simple daily messages we are constantly at the whim of the latest theory, product or technology that promises something we should already have. We have nothing against experimentation or technology when it enhances our human experience but there are important questions that need to be asked.

Most health shortcuts are opinions and not science. Cherry picking an individual study is easy in the digital age. An isolated idea or even a fact does not automatically indicate a healthy action. A nutritional example would be taking an isolated nutrient shown to have a specific effect does not mean it will give a healthy response when removed from its natural source. We could refer here to historical problems with the vitamin C craze, thought to cure so many ills but proved dangerous to health when taken in mega doses as an extract. We could refer to the idea that Omega 3 fats are protective of dementia when no science claims it to be true.

The rush to seek out short cuts leads to confusion and a symptomatic approach to health care. In nutritional terms it often means that simply eating a provably healthy diet is side-lined by consuming smoothies with numerous magical claims rather than food that must be prepared, chewed, and digested for maximum effect. One approach assumes that a tasty, concentrated, and quick life hack can replace wholistic nutrition and the other acknowledges the importance of whole foods, complete and efficient digestion, moderated absorption, and effective metabolism.

The long evolution of the human organism needs to be respected. The simple actions that produce vital health are well known and based on daily actions that respect our relationship with planet earth and the heritage of human wisdom. Refer to our free eBooks on the website and forget the hacks.



Animals

Fish Sentience

In the more affluent countries of the world and among many health enthusiasts' fish and other seafoods have been touted as healthy alternatives to mammal meat or poultry and even as a health food. Self-described pescatarian diets have become the rage. They claim that it is the healthiest diet, nothing could be further from the truth. The need for animal sourced protein has been disproven by thousands of scientific studies. This is in addition to the fact that fish are one of the most polluted foods available.

As with many of our planets environmental features we have tended to view the oceans of the world and the life within them through the lens of our economy. We have placed a price on the life within the sea and the minerals beneath it but have not considered the cost. The cost is the wellbeing of future generations. We have also ignored the damage we do to a whole world of sentient life we do not understand and yet feel glad to destroy.

Life within the oceans and rivers of the world are a mysterious and alien realm to humans. Our view of fish is even more distorted than our attitude toward other land animals. Even though science has demonstrated the unique sentience of sea creatures it seems difficult to respect the fact that their life has value to them.

Fish and sea mammals are social creatures. They recognize each other and communicate through sound. The creatures of the sea constantly hold communications with their kind. We are aware of the songs of the whales, but the oceans are a symphony of sound. Creatures speaking in a variety of voices with their own kind.

Fish can remember past social interactions that they've had with other fish, and they show affection by rubbing against each other. They display curiosity and are interested in new objects introduced in their environment. They have very complex nervous system and react to painful stimuli the way all animals do—their breathing rate increases, their muscles contract, and they try to escape danger and will fight to the death. Those who fish for sport look forward to these struggles it is the thrill of the catch. The battle between life and death. Once caught, fish die of asphyxiation. It is the equivalent of a human drowning.

It is estimated that over 2 trillion fish are killed by humans every year. This does not factor in the billions of sea animals that are killed in the fishing industry but not economically preferred. An increasing number of fish are raised in fish farms, the aquatic version of factory farms. On these farms, fish spend their whole lives (up to two years) confined in tightly packed spaces. The water can become toxic, and filled with antibiotics, pesticides, parasites, and faeces. A 2-acre fish farm can produce as much waste as a town of 10,000 people.

The results of commercial fishing produce the similar environmental damage as those created by raising land animals. The balance of life within the seas are being disturbed by barbaric methods of fishing with drag nets that scour the sea bottom and indiscriminately pull up all life. Concentration on specific popular fish such as salmon, cod and tuna create an imbalance in the oceans ecosystems that lead to reduction in oxygen producing sea plants. This "trophic cascade" is reducing the ability of the oceans to produce the two thirds of the oxygen needed by the earth.

The solution is simply to stop eating animals. A life based on death is not a healthy life. See how easy it is? Check out our eBook, *The Human Ecology Diet*, on our website.



Environment

Still Talking After All These Years

In 1895, a Swedish scientist by the name of Svante Arrhenius approached the question of potential atmospheric warming due to the presence of heat-absorbing gases. It was a hobby for this Nobel Prize winner. His predictions, made with pen and paper, were nearly spot-on. Arrhenius was unambiguous regarding the reasons the climate would get warmer. The increases in carbon dioxide were due to the increased human activities of combustion processes and burning coal. He was not concerned with this warming and felt that it might even be sort of nice if the weather became warmer (remember he lived in Sweden). Now we know better.

So, 120 years later, we are still debating the issue in the face of mounting evidence that climate change is real and dangerous to all life on the planet. Over 97 percent of all scientific papers on the science of climate confirm that the changes in the atmosphere are primarily driven by human activity and that they are a threat to human society. The effect of continuing with the activities producing climate change will contribute to a constellation of impacts. There will be more droughts and heat waves (contributing to increased wildfires) and stronger hurricanes and increased flooding in some areas due to changes in the weather patterns.

Many plant and animal species are threatened as habitats change. These changes affect both land and sea life, leading to increased extinction of many species. There will be a rise in sea levels even if swift action is taken. One of the greatest natural factors to mitigate this warming trend and reduce atmospheric CO₂ would be forests. The positive influence of forestland is diminished mostly by the clearing of land to grow feed for animals. This lessens the number of trees. In addition, dying trees release held CO₂, further complicating the problem.

Reading the news today should cause anyone to think deeply about our human values. It is only June and already the El Nino weather patterns are developing in the Pacific Ocean. This is a consistent predictor of an extremely hot summer. Already forests are on fire in Canada. There are 428 wildfires burning down almost 4 million hectares of land. The smoke is making the air in many American cities, including New York, dangerous to breathe. Scotland is already on high alert and an area larger than



Society

Inequities in The Food Web

The modern diet is only possible because of the poverty, slavery, and degradation that is suffered by those who produce the food or are trapped in an economic dead-end where only poor-quality food is available to them. We do not often consider where our food comes from, and who did the work to produce it even less.

The idea that every action has an equal and opposite reaction carries a great deal of weight in Western culture. After all, it's one of Isaac Newton's laws of motion. The idea is not limited only to the world of measurable particles but is reflected in many common activities. It is expressed in religions and philosophies from around the world and may be one of the most consistent concepts that unite spiritual thought.

In Buddhist, Christian, and Hindu traditions, Newton's law is expressed in such sayings as "Do unto others as you would have them do unto you" or "You will not be punished for your anger—you will be punished by your anger." Often these concepts are seen as instructions for rewards or punishment in a future life. In the Eastern religions, they are part of karma. "As you sow, so shall you reap." Well, if that is true, there is some very uncomfortable reaping on our horizon.

The modern diet causes huge physical damage. Making dietary changes can be challenging for some, but the fear of disease or the desire to live a healthier life can be a powerful motivation. Self-preservation can push us toward healthy eating; however, it barely alters our fundamental attitudes to either food or health. True health encompasses more than measurable physical factors. Health measures mind and spirit as well as bodily functions.

If we make choices out of line with our principles, we find ourselves in a dilemma that undermines our sense of self. But still, we stubbornly refuse to adapt to the unpleasant truth; instead, we tend to freeze or lash out when change is required. But there are consequences—unforeseen and, indeed, unseen—to our refusal to adapt. These unintended consequences often rebound in the suffering of other humans, other species, and the damage to the environment. We could call it the "collateral damage" in our war against nature.

Environmental issues are often the solid backup argument for eating organic food or becoming vegan. Why would anyone interested in creating a sustainable planet continue consuming any animal products? Concern for animals must include the human lives that are sacrificed for our diet. The ethical choice is clear. Creating a comprehensive food ethic requires us to reflect on our concern for all life both human and non-human.

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

Contact Info

71-75 Shelton Street, Covent
Garden London WC2H 9JQ
billandmarlene@humanecologyproject.com

Follow us on our Social Media

Stay connected



[Click here to opt out of Human Ecology Project emails](#)