



One Great Idea... The Future

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

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DEAR FRIENDS

Water, Water everywhere, and not a drop to drink

Many people will be aware of these famous lines from the Rime of the Ancient Mariner. In the poem Coleridge tells the tale of a sea captain who offends the laws of nature with tragic results. This is a timely message for our theme this week – Water.

The earth is at a crossroads and time is running out. Industrial agriculture is one of the most destructive engines driving the problem. It erodes soil, cuts down forests, pollutes rivers and oceans, and kills billions of animals. In the process we are running out of water.

In this newsletter we have placed an emphasis on water. We look at how we are using and abusing this essential resource. As we approached publishing this edition, we were sad to see an article in The Telegraph of London. The basic message is don't worry about drastic changes in the environment – **'everything's gonna be alright'**.

The article concerns a paper in the journal Nature regarding *Atlantic Meridional Overturning Circulation* (I know, spooky already). It seems that the deep currents of the ocean are carrying warmer water North and pushing cooler water South. You can see why this would be important since sea temperatures have a great impact on climate and various species of sea life are dependent on specific water temperatures.

The authors of the paper predicted that these dramatic changes could happen anytime between 2025 and 2095. The responses were interesting. The message was "the paper was too simplistic" and "not likely, don't dwell on it" and, my favourite, "it's only one paper, don't despair".

This is the common response from those who fear change, who are invested in the status quo, and who feel they can turn the fearsome threats by looking the other way. This way of thinking attempts to put everything off till tomorrow. While human activity pumps fuel on the burning world they think we should focus on limiting the flames rather than to turn off the pumps.

We favour turning off the pumps. We all need to stop wasting resources, be aware of our personal impact on the environment, educate ourselves, stop killing animals and share information with anyone who will listen. Join us in the creation of a peaceful and healthy planet for humans and non-humans alike.

What About Water?



Water itself is the guest of honour for this month's video. Water gives and teaches us so much, but the simple everyday-ness of it makes it easy to take it for granted. The general consensus is that people can survive for around three days without water, with estimates typically ranging from two days to a week. That's how critically our body relies on water to survive.

QUICK GLANCE

Editorial Comments in this Issue

Health - How is chemistry replacing nutrition in the food industry?

Environment - Who starts the fire?

Animals - When does animal education become exploitation?

Society- No relief in sight for the food desert

Podcast - The Golden Rule with Dr. Will Tuttle



Workbook for Schools

Please download and share this month's **free eBook** that we create for schools. This workbook goes alongside our video **The Real Truth About Carbs**.

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

Bill and Marlene X

NEWSFLASH

It is often difficult to keep up to date with the state of the social and environmental issues that we face. A case in point is the situation this month where the focus of our video, for this newsletter is water. As we were editing our video two reports were released regarding the problems we all face with the source of our water resources.

Extreme Water Stress

The first of these was an article in Euronews about **"extreme water stress"**. These are countries where up to 80% of renewable water supplies are being used every year. This means that in case of shortages due to drought supplies will not meet demand. This effects world agriculture economic failures and eventually displaced populations. European countries Belgium and Greece join areas in the Middle East and North Africa on the list of problem areas.

We suggest reading this articles:

<https://www.msn.com/en-gb/money/other/25-countries-now-face-extreme-water-stress-every-year-three-of-them-are-in-europe/ar-AA1foxxY?ocid=hpmsn&cvid=1209a1ded1eb48139f99737b2d02f534&ei=29>

Why was there no water to fight the fire in Maui?

The second article was one in the Guardian written by Naomi Klein and Kapuaala Sproat addressing the reason that there were water shortages to fight the Lahaina fires in Hawaii. It is a story of environmental crime and corporate greed toward the control of a resource that should be made available to everyone.

We suggest reading this article:

<https://www.theguardian.com/commentisfree/2023/aug/17/hawaii-fires-maui-water-rights-disaster-capitalism#:~:text=The%20reason%20is%20the%20long,with%20water%20use%20permit%20applications.>

The Golden Rule with Dr. Will Tuttle



Dr. Will Tuttle is an award-winning speaker, educator, author, and musician. His music, writings, and presentations focus on compassion, intuition, meditation, social justice, and creativity.

Creator of the best-selling book, *The World Peace Diet*, as well as over a dozen other books and CDs, Dr. Tuttle provides the necessary and missing foundation for a society based on the truth of the interconnectedness of all life, where equality, justice, harmony, sustainability, and freedom are possible.

[Listen to our podcast](#)

RECIPE

A Feast from the Ecological Kitchen



[Download the FREE desserts Cooklet!](#)

Who says you can't have your cake and eat it? Not me.

Welcome to the world of guilt free desserts! All the recipes you will find in this Cooklet have passed the test with discerning dessert aficionados. Most people are seekers of sugar. The 'sweet' taste receptor is right there on the tip of the tongue and cries out for satisfaction. I want to show you how to satisfy this craving with healthy treats.

[Download Recipe!](#)



Health

The Chemical Feast

As most of our readers will know, we are supportive of a Whole Foods Plant Based Vegan Diet that is sourced from organic sources as much as possible. Eating in this way is the best way to assure good health as well as being sustainable and earth friendly. The commercial food industry does not want you to eat this way. The industry focus is on the profit margin regardless of the health implications.

An article in the Guardian newspaper (14/08/22) addressed the rise in the use of ultra-processed foods (UPF) for sale in America and the UK. These food items look like any other “convenience” foods you might find in the supermarket, and they have the usual high fat, salt, and sugar ingredients with a ‘something special’ added.

The UPF’s are completely manufactured substances that give industrial food products several advantages. They are cheap to produce, guarantee longer shelf life and as a bonus seem to provoke increased appetite for the products they are used in. They show up in reconstituted meats, sausages, salty snacks, ice cream and frozen meals. In fact, any product that uses additives.

For thousands of years, these patterns continued without deviation as a result of our natural adaptation to the environment. One of the reasons our contemporary Western diet produces imbalances in our health and behavior is because we have radically changed this pattern of eating through ignorance of its importance. Our contemporary diet is comprised of foods which have been fragmented, over-processed and artificially “enhanced” for economic reasons and without thought to the repercussions.

The thousands of man-made substances now used to colour, flavour, emulsify and preserve our food are alien to our biological history, and the motivation for their use, purely economic. Our bodies quite simply do not know how to use them. There is still a strong tendency to view the body as a machine without fully acknowledging the subtleties of human sensitivity. It is felt by many nutritionists that if there is enough of the basic constituent nutrient in the diet, that health, or at least the lack of dramatic symptoms, can be maintained. Little attention is paid to the importance of the quality of these nutrients and the way they are consumed.

Our body has evolved over millions of years and has an organic familiarity with appropriate foods taken in their natural form. This familiarity comes from millions of years of direct experience. The most dramatic changes in food quality have occurred since the end of World War 11. There has been a dramatic increase in the use of artificial additives, pesticides, herbicides, and other contaminants not previously encountered. It should come as no surprise that it is during this period that the health of human society both physically and emotionally has shown its most extreme deterioration.

Our bodies are attempting to cope as best they can with the traumas produced by radical changes in food consumption which have happened almost overnight relative to the length of time humanity has existed on the planet. By making demands on the body that it is not able to effectively meet, it is no wonder that we become ill and disoriented. We have broken faith with the planet, our past, and ourselves.

WHAT YOU CAN DO

Best advice is to read labels. If there are ingredients that are not recognizable whole foods, proceed with caution. You may be surprised that even trusted “natural” and even organic food products cut corners. Cooking is one of the most important life skills. The more we prepare our own foods the better we can be assured of the best quality food. Learn to enjoy the kitchen. There are many free recipes available on our website that can give you the diversity you may desire.



Animals

Hey kids, Let's Go to The Zoo

Many American and British people are repulsed by the idea that people in China, Korea, or other parts of the world eat dogs. The practice is called a barbaric habit and uncivilized. Horsemeat is consumed in France, Belgium, and Hungary, as well as in Mongolia and Japan. The English-speaking world is horrified—these are our pets!

In 2013, when horsemeat was found in supermarket beef patties, there was outrage. In some cases, the meat patties were 100 percent horsemeat. The legal issue was that it illustrated the difficulty involved in tracing the origin of any meat product. There was no health concern; the horsemeat would have been healthier than beef from a standard nutritional point of view. The public concern was that they were *horses!*

We domesticate cats and dogs to provide amusement and companionship. Foxes, minks, rabbits, and chinchilla are raised so that we can remove their skin and use their fur. We would not eat a fox; we would only wear it. We pull the feathers out of geese because they can keep us warm in a jacket with a collar made of coyote fur. We have decided that some animals are off-limits for eating, and others are OK.

Most people would agree that the killing of wild, rare, and endangered animals is wrong. It is not wrong to put them in cages with concrete floors, behind bars, or in confined spaces. Putting them in a zoo is OK; it's educational.

African elephants in the wild may require up to 24 square miles as a "home range." This is considered a healthy habitat. A captive elephant in a zoo may be given two or three acres if lucky. A trained bear kept in a cage to dress up and ride a bike would have ten to twenty square miles to roam in a healthy environment. She would also hibernate through the winter. This would be like letting you live in your bedroom closet for the rest of your life. So much for entertainment.

If we continue to think of the other animals, we share planet earth with as "the other", with only value as food or entertainment we will continue to destroy the source of our being. All forms of life have a purpose within the web of nature.

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

Albert Einstein

WHAT YOU CAN DO

Encourage your friends and family to learn about animals from videos.

Video footage of animals in their wild habitat give a much more accurate picture of who they are and how they live. Using animals for food or entertainment makes them objects and not sentient beings. It is important that we are aware of the simple fact that we share the planet with all life and that all life has intrinsic value.



Environment

Fanning the Flames

While we were writing this issue of our newsletter we followed the news of the tragic wildfires that burned the village of Lahaina in Hawaii to the ground. Of this writing there are close to 100 people who are confirmed dead and the whole area surrounding the city has been burned to the ground. This follows five years when fires have ravaged forest lands and small towns around the world. The Lahaina fire was only challenged by the fire that devastated Paradise California in 2018 in terms of loss of life. We are rightfully saddened by these tragedies but not enough to talk clearly about their cause.

Over the years since the California fires, we have witnessed the largest bushfires in Australia as well as massive fires in the arctic, the Amazon, Washington, Oregon, and Central Asia. Already this year Greece, Spain, Italy and Portugal have experienced unprecedented fire seasons and the predictions are there are more to come.

These fires are the result of the hottest temperatures recorded since the 1800's. Lack of rain leading to drought, exceeding drying out of brush and forests and grass lands have created a perfect tinder box for present and future fires. It is difficult to ignore these unique conditions, yet some will.

The human effect on climate is creating unpredictable and extreme conditions. They reflect not only the increase in hot temperatures, but also unpredictable climate influences caused by warming oceans, extreme storms, and wind conditions. All of these create effects beyond human control.

The fires, and floods and storms all displace populations destroy valuable forests, kill animals and lay down conditions which will make the following seasons worse.

Air temperatures on Earth have been rising since the Industrial Revolution. While natural variability plays some part, the greatest influences are human activities. It is the release of greenhouse gases that trap heat and warm the planet that lie at the foundation of these events.

According to Dr Matthew Kasoar at Imperial College's Leverhulme Centre for Wildfires, Environment and Society, the tinder-dry conditions would make it easier for them to spread.

He said: "Fire risk increases rapidly when there are periods of prolonged hot weather, which allow the soil and vegetation to completely dry out."

While we feel compassion for those who lost their lives in the burning of Lahaina and the destruction of that beautiful town, it is all a part of a larger tragedy. A tragedy of our own making. It is up to each of us to do our part to help heal the earth and both human and non-human life.

WHAT YOU CAN DO

The doubters and the cynics want us to take our eyes away from the roots of these problems. They want to distract us from the reality that is a global crisis of massive proportions. One of the greatest contributing factors to the breakdown of our healthy ecosystem is the effect of animal agriculture. Pollution to air, water, and soil result from our raising animals to eat and the growing of crops to feed them. Visit our website and learn how you can easily create a healthy vegan diet and become part of the solution, not the problem.



Society

Access To Good Food Should Be Easy

Consider this, there are over 800 million people who live in a state of hunger. This figure is contrasted against the 700 million who are obese. 17% of the Children in America live with food scarcity. Many industries including agriculture have contributed to shortages of drinkable water. This is in an America where there is a water menu in high-end restaurants so that guests can choose the pure water of their choice.

Consider this, the modern food web means that local farmers lose their land and are forced to work on plantations that grow food for export rather than raise food for their own families and community.

Consider this, developed countries such as America have food deserts where the only foods available to urban populations are fast-foods and there is little or no access to fresh produce. Fast food, manufactured to sell at a cheap price is a criminal enterprise that results in disease and obesity among children and the poor.

1.2 million people in the UK are living in low-income areas where households struggle to buy affordable fresh fruit and vegetables, according to a new study.

For people living in a food desert this can mean having to dedicate a part of an already stretched budget toward transportation costs to purchase the food they need. It can mean having to carry their food shopping a long distance. This is a particular problem for older people living in these nutritionally deprived areas.

It is likely people living in the food deserts who will pay a higher cost for their weekly food shopping and must shop in more expensive small convenience stores. These shops usually have a limited stock of good value fresh products.

Forty-one per cent of these households don't have a car, making it even harder to get to a wide range of good value food stores. One in eight people surveyed for the report say that not being near a supermarket offering healthy food at low prices stops them eating more healthily. The situation in America is similar.

Nearly 39.5 million were living in low-income and low- access areas, according to the USDA's most recent **food access research report**, published in 2017.

Within this group, researchers estimated that 19 million people — or 6.2% of the nation's total population — had limited access to a supermarket or grocery store. This reflects the total neglect of the health of the next generation. It feeds the greed and arrogance of a food industry focused on profit above health, it is an important force in the creation of the epidemic of obesity and diabetes that is running wild in the affluent countries of the world.

WHAT YOU CAN DO

Significant changes in the food web can happen in response to consumer action. Most food in the food deserts are made by fast food outlets and snack food manufactures. Any support you give by purchasing food items from them promote the system. This includes green washed products such as “vegan” or “natural” items that show up on fast-food menus. A “vegan burger” in a fast-food outlet is simply a way of signalling change and not a sincere move to improve the healthy options. It is important to support community outreach that makes fruit, vegetables, and local organic foods available to a wider market.

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

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