



## 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

## Peace, blessings, and the best of joy 🧡

We hope this newsletter finds you well and taking care of yourself. The last three months passed so quickly as we were both busy with many different events happening. However, bringing people together to share the love of what we teach never fails to change lives.

We are currently writing a book on men's health for one of our high-profile clients. He changed his life with our programme, then his mother also had a life-saving experience with us. Hence, his passion is to share this health transformation of them both with the world. So, here we are on chapter eight, but making great progress in other areas for 2024 that we are excited to share with you.

First up is the news from our friend and comrade Dr. Sailesh Rao, who won the Oxford Union debate on the proposition, "This House Would Go Vegan" by a margin of 112-84.

[Read more](#)

## Editorial comments in this issue

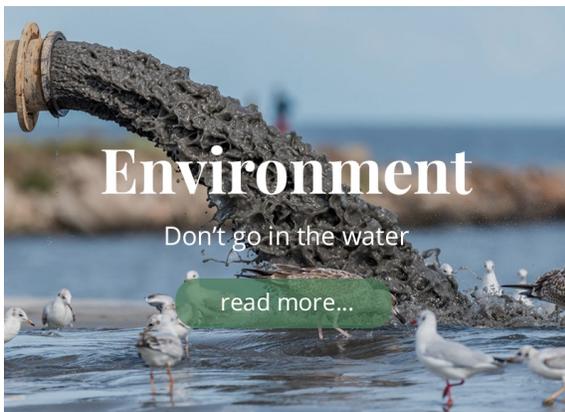
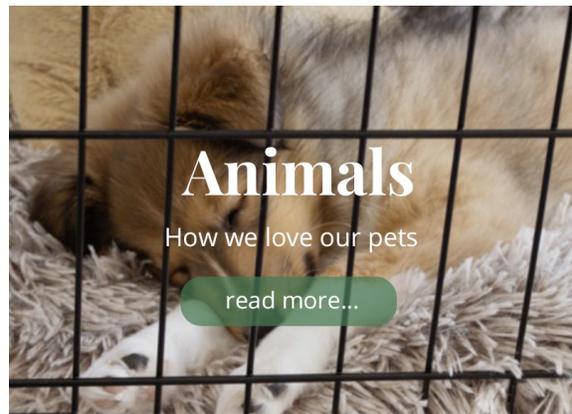
**Health** - The secrets of nutrition don't lie in supplements, it's all in the food.

**Environment** - Moving beyond the usual smoke and mirrors of corporate ethics toward cleaner water.

**Animals** - We need to reassess our relationship to the whole animal kingdom and a good place to start is with those non-humans we claim to love the most.

**Society** - At COP28 the conversation is still about money and not feeding the world.

**Podcasts** - T. Colin Campbell – Dr. John McDougall – Dr. Bruce Monger



Bill and I say day in and day out that **education is the biggest tool we possess to assist us in moving toward a vegan world**. Non-violent, peaceful presentations and bringing people together is the way forward. So, on that note, enjoy the first three presentations from our wonderful advisory board members sharing their powerful messages. You can view them on our YouTube channel or listen or view on our podcast channel.



T. Colin Campbell  
The difference between nutrition and medicine

Watch now



Dr. John McDougall  
The role of a starch-based diet in solving existential challenges for the 21st century

Watch now



Dr. Bruce Monger  
The damaging effects on the oceans from human activity.

Watch now

FREE EBOOK

## Workbook for Schools

Please download and share this month's [free eBook](#) that we created for schools. This workbook goes alongside our video [What About Water?](#)

As always, Bill and I are committed to [our mission](#) of making good health available to everyone everywhere. Thank you for reading, sharing and for your support of our work.

In good health

*Bill and Marlene X*

LISTEN TO

## This month`s Podcasts



### T. Colin Campbell

[Listen to this Podcast](#)

We discuss from a science perspective, why the present medical system fails to acknowledge nutrition and, what the difference is between the words/concepts 'nutrition' and medicine.

### Dr. John McDougall

[Listen to this Podcast](#)

Dr. John McDougall shares a powerful presentation on the work of his mentors and diet therapy. History is the path to a brighter future.

### Dr. Bruce Monger

[Listen to this Podcast](#)

There seems to be a backwash of climate denial, Dr. Monger explains what the science says about the relationship between climate change and the state of the oceans.

## A Feast from the Ecological Kitchen



### [Download Vegetable & Tempeh Wellington recipe](#)

With a plethora of roasted root vegetables, creamy mashed potatoes, and gravy, it's our go-to festive meal year after year. Food is a major part of living and people should think more about what they are eating and why. When cooking our food, our consciousness is formed by our thoughts and our vibrations are formed by our consciousness. Vibrations will therefore reflect in the food we eat. When we cook, we want people to be happy. Love makes the food special so I always cook with love and eat with gratitude.

[Download recipe!](#)

# 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!](#)

## Donate

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

## Volunteer

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