



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

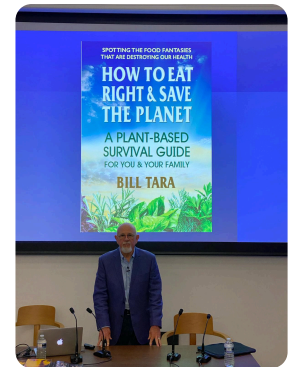
Great Success with Our Oxford Presentations

Where does the time go? The first quarter of 2024 seemed to pass very quickly. However, we are delighted to share that we are making great inroads with our educational programmes.

The [Oxford Literary Festival](#) was a wonderful success on all fronts and we made many new connections. From Bill and I's presentations (we will post our videos in the next newsletter) to the resounding cheers around the great building at both gala dinners, it was a joy to behold. Everyone who dined on my vegan menu at each event loved the food. I am deeply grateful to the Head Chef and his team who did an amazing job.

I signed over 200 copies of Go Vegan at the event, so, more families will now be empowered to educate themselves and cook delicious vegan food. It's also already been confirmed that we will both present next year and I will once again design the menus for the gala dinners that will continue to be vegan.

[Read more](#)



QUICK GLANCE

Editorial comments in this issue

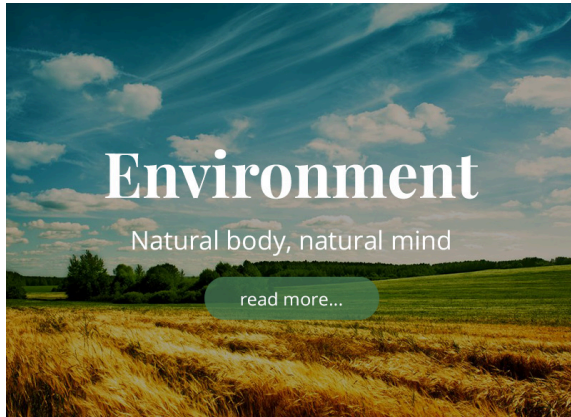
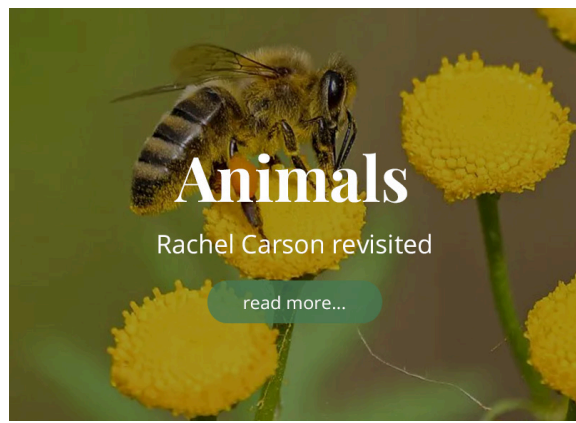
Health - Super bugs for super health. How the microbiome protects the gut.

Environment - It has become all too common to say that the despoiling of our environment is the price of progress.

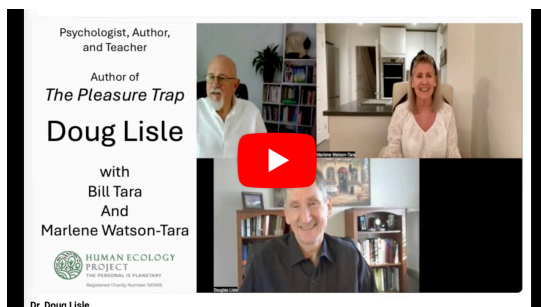
Animals - Insects have a bad reputation but are absolutely essential for a healthy and productive environment.

Society - We are always looking for ways to fool nature but the cooperation is the key to health.

Podcasts - Dr. Doug Lisle – Dr. Tim Radak



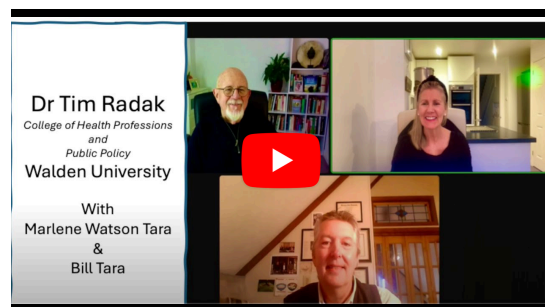
Bill and I say day in and day out that **education is the biggest tool we possess to assist us in moving toward a vegan world**. Non-violent, peaceful presentations and bringing people together is the way forward. So, on that note, enjoy these fabulous presentations from our wonderful advisory board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



Dr. Doug Lisle

Physical and psychological reasons why people get addicted to certain foods and why food habits can be difficult to overcome

[Watch now](#)



Dr. Tim Radak

How to make sure that your vegan diet has the top nutritional values.

[Watch now](#)

Our Mission

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



Dr. Doug Lisle

[Listen to this Podcast](#)

Dr. Lisle is an expert on the body and mind dynamics that influence our decisions. We asked him to explain why people accept or reject positive changes in lifestyle.

Dr. Tim Radak

[Listen to this Podcast](#)

A wonderful presentation from Dr. Radak on how to achieve excellent health and accessing top notch vegan nutrition from a plethora of plant-based foods. It really is as easy as ABC.

RECIPE

A Feast from the Ecological Kitchen



Vegan Shepherd's Pie

Vegetables and lentils mingle
in a sumptuous broth

[Download the Vegan Shepherd's Pie recipe](#)

In this vegan shepherd's pie, vegetables and lentils mingle in a sumptuous broth beneath a crown of mashed sweet potatoes. This vegan dish takes on the classic family comfort food and will be loved by all. Use white potatoes instead of sweet potatoes if that is your preference. Cooking is love made edible. Share the love of this recipe with family and friends. Serve with a large delicious bowl of salad packed with fresh spring greens.

[**Download recipe!**](#)

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!](#)

Donate

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

Volunteer

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](#)

[View full newsletter in browser](#) | © 2023 Human Ecology Project. All Rights Reserved

