

VEGAN EDUCATION PROGRAMMES

Healthy Vegan Living



HUMAN ECOLOGY
PROJECT

THE PERSONAL IS PLANETARY

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OUR Mission



Food is the most intimate biological connection between the environment and us. The food we eat is a central issue in creating a sustainable future for all life on earth, both human and non-human.

Even though this is continually recognised by international organisations, governments, medical experts and economists it is usually placed under the heading of “things to do in the future”. Any urgency of action is buried under the weight of economic concerns, nutritional mythologies and cultural habits.

This is an issue of survival, for us, the animals and the natural world. The outlook does not need to be grim. People have the capacity to change, particularly when they understand the challenges and appreciate the benefits. It only takes a pebble to start a landslide.

The motivations that lead people to change to a vegan life vary. Connections need to be made between the moral, social, health and environmental areas of impact. It is human actions that drive the present crisis, without changes in attitude we face a dangerous future.

Our intention has always been to provide education on the ways that people can create a healthy way of vegan living providing practical strategies to the barriers to change and an unapologetic and practical approach to solutions.



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

STUDENT VIDEOS AND WORKBOOK PROJECT

Healthy Vegan Living



Project Context

Vegan education is an essential aspect of redefining our attitudes and actions toward animals and establishing the path toward a healthy and peaceful planet. This education needs to be multifaceted; many specific demographics need to be reached. One of these groups is the teens of the world.

Teens and young adults have boundless energy and can harness that energy for individual and social change. Historically they have aligned themselves with issues of social justice if properly informed.

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about climate change*



A 2022 study found that 37% of teens were anxious about climate change,¹ a 2023 study showed that Generation Z (11- to 26-year-olds) were the highest percentage stating that they planned to stop eating meat.² 43% said they planned to stop meat eating. These signs are helpful, but growth must be nourished with good and reliable information.

This is a population that is learning in ways much different from their parents, particularly post-covid. UNESCO (United Nations Educational Scientific and Cultural Organisation) has reported that since the spring of 2020, 91% of the world's student population has been affected by the closures of educational institutions.³ This caused a shift to online learning that still affects a generation.

Social media plays a major role in teen culture. Ninety percent of 13–17-year-olds use social media with 51% having visited a social media site daily. Two-thirds of teens have their own mobile device with internet capabilities.⁴ Regardless of the negatives, this means of communication is the future of how all kinds of communication will take place. Reliable healthy vegan education needs to be present on video platforms.

¹ <https://www.edweek.org/leadership/teens-are-struggling-with-climate-anxiety-schools-havent-caught-up-yet/2022/12>

² <https://www.statista.com/statistics/1179923/share-of-adults-that-do-not-eat-meat-among-generations-in-great-britain/>

³ <https://covid19.uis.unesco.org/global-monitoring-school-closures-covid19/country-dashboard/>

⁴ <https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437#>

Project Preparation

The Human Ecology Project began in 2020. It grew out of the combined 100 years of teaching experience of Bill Tara and Marlene Watson-Tara. It was driven by a firm commitment to developing content that reflected their experience teaching natural health care, nutrition, eastern wisdom traditions and bodywork.

Marlene and Bill have used the past three years to gain approval from the United Kingdom Charities Commission and hone new skills in creating the content and visual material for short, fifteen-minute, educational videos and workbooks.

Keeping the videos short is a conscious decision to meet the attention time of the digital age. The workbooks provide an opportunity to share the source materials and science behind the content. We have assembled an Advisory Board comprised of internationally acclaimed teachers, authors and researchers to assist us. This board includes nutritionists, doctors, marine scientists, psychologists, climate scientists, legal experts and vegan activists.

Since our charity's approval, we have produced a series of videos and workbooks including subjects on nutrition, environment, animal exploitation and the social implications of vegan living. We plan to upgrade our video production with tech support in editing and recording.

With several small donations from friends and our personal finances, we have been able to survive and create content and products that have continually improved in quality.

We need to engage in more outreach support and web assistance to broaden our base. We have only had limited time and energy to grow our online presence.

We will proceed to offer our video/workbooks to schools, faith schools, community organizations and online study groups. All our programmes, videos and workbooks will be offered to the schools free of charge. This also applies to our lectures and workshops to community groups and businesses.

Interviews with our advisory board members will provide edit clips that will be included in some of the videos as well as "fair use" clips from news shows.

Every month we will sponsor a free Zoom conference about our next video.

Workbook/Video link: <https://humanecologyproject.com/free-ebooks/>



Programme listing!

@ Vegan Life Learning Zone

Our new series of 19 educational videos will reflect our approach of showing the links between a vegan way of life and the four areas of concern: health, animals, environment, and social issues. Information on the linkage of these issues needs to be addressed for greater clarity to produce effective action. These videos are aimed at teens and young adults.



I have already made great inroads into changing my health and becoming more focused on environmental health and the bigger picture overall.

Tracy Case - Business Services Consultant



Vegan Living

There are many people who are keen to learn how to begin a healthy vegan way of life but cannot afford intensive programmes. In this short video, we will give a step-by-step practical approach showing how to effectively make dietary changes in a seven-day immersion approach.



How Our Food Affects Our Health

Over the past fifty years, there has been a steady rise in the number of scientific studies that prove the health damage done by a diet heavy in animal protein and fats. What are the healthy alternatives?



The Environment Within You

The environment exists both within and around us. It is the air we breathe, the water, and the food we eat. It is also the city or town we live in and the people around us. How does what we eat nourish both the internal and external biome?



Animals



It was a real pleasure to be taught by you on your course. Eye opening to say the least. The Human Ecology Project should be mainstream for the world to learn from.

Jane Cook - Rain Communications, London

Do Animals Have Feelings?

Anyone who has ever had an animal friend knows that they have feelings. They express love, fear, and even sometimes disappointment or anger. This capacity extends to all creatures from wild animals, fish and most certainly the animals that we breed to eat. Understanding this quality should inform the ways we treat and relate to our non-human cousins.

Fair Play for Animals

Are animals simply property that we treat as we wish, or should they have legal rights as individuals? This question has serious implications and will provoke increased controversy in society. We need to understand the simple issues at hand so that we can answer questions that are coming.

Do Animals Think?

What is sentience and why does it matter in our relationship to animal relations? We explore how animals experience the world around them, what drives their actions and the way they feel.



Environment



Over the past few years since meeting Marlene and Bill, I have continued to live with great health and fitness. I am forever grateful to them both for opening my eyes not only to my health but to the health of the world.

Robert Little, U.K.

Evolution and What We Eat

Our vision of who we are and what is required for health is limited by exciting stories of our collective past. Are we programmed to hunt and eat meat for strength? Are we farmers? Are there genetic and biological clues that can lead to a better understanding of our past and our present?

How What We Eat Affects Nature

One of the biggest sources of damage to the natural world is the raising of animals for food, milk, and eggs. The impact extends out into the kind of farming required to feed the animals, the waste products generated, land use and even the distribution of the products produced.

The Rules of Ecology

Nature operates according to precise rules. These rules are simple and inform us about the harmony or discord of our individual and collective actions. Understanding our intimate connection to nature is a key part of creating a society that is sustainable and creates a healthy planet.

Society

An impromptu meeting with Marlene in my hometown of Perth, Australia in 2004 catalysed a complete change in my career and lifestyle. Marlene with her infectious energy won my trust within minutes and as well as living more healthily, I have built up a successful wellness business with her wonderful support across the miles. Marlene's greatest testimonial is Marlene herself!

Peter Symons - Western Australia



How We Choose What to Eat?

There is much talk about society's freedom to eat what we want, but are we free? Our eating habits are often ruled by traditions, addictions, and advertising. How can we cut through the confusion and create a healthy diet?



Who Owns the Food?

Most people would agree that no one should be deprived of food. Access to food should be a natural right, but this is not the case. Part of the problem is that the international food web is controlled by a handful of companies that regulate the distribution of what we eat and how much we pay for it. Understanding this process can lead to better choices.



How to Eat a Healthy Inexpensive Diet

Food can be judged by cost or price. Cost is what we pay at the market and price is a listing of the environmental and health factors associated with eating it. Having lower health costs and helping the environment does not, however, need to cost more than most people pay. We need to become better shoppers and learn the kitchen skills that make our health pennies stretch out.



*Dear Marlene and Bill,
Thank you so much for coming to The Oxford Academy last week and bringing all your enthusiasm for veganism with you, it certainly gave the children something to think about, they are really not used to tasting different foods, so I must admit I was pleased with the way they worked. Thank you.*

A really big thank you for the wonderful books you gave to the children and staff. It is an easy but interesting read. - I dipped into mine over the weekend and found it full of things to think about.

Judith Brown - The Oxford Academy

ABOUT Marlene

A long-time vegan, lover of animals and nature and passionate about human ecology. As an eternal optimist, she is focused on increasing the number of people worldwide who understand the powerful impact of their food choices. She has actively advocated a wholefood plant-based diet and vegan life for decades.

A highly profiled and dedicated health counsellor and teacher with over 40 years of experience in the wellness industry. She has designed and presented corporate and personal programmes covering most aspects of nutrition and wellbeing.

She is a graduate of the T. Colin Campbell Centre for Nutrition Studies and an expert in her field of plant-based nutrition. Aside from nutritional science, her approach draws from the fields of Macrobiotic Nutrition, ecological sustainability and her studies in Traditional Chinese Medicine. She is the author of *Macrobiotics for all Seasons* and her most recent book *Go Vegan*, with a foreword by T Colin Campbell.

Marlene has worked with clients in the UK, the USA, Europe and Australia designing bespoke nutritional programmes and training private chefs in plant-based nutrition. Her clients have included business leaders and royalty. Marlene and her husband Bill Tara teach online training programmes and have graduates of their Macrobiotic Vegan Health Coach Programme in 27 countries.

In 2003 Bill and Marlene first outlined their vision to create the Human Ecology Project to serve their shared vision of a healthy world for humans and non-humans alike. The charity was born in 2021 and has produced educational videos, workbooks and material for schools, colleges, universities, and the general public.



Dear Marlene, It was lovely meeting you both! Thank you as well for such a wonderful session for our students. They really enjoyed it, and we would love to look at some other sessions for our coming school year. I'm now very much looking forward to the summer holidays and the chance to use some of your recipes!

Kate McCabe
Assistant Head Teacher
Greyfriars Catholic School



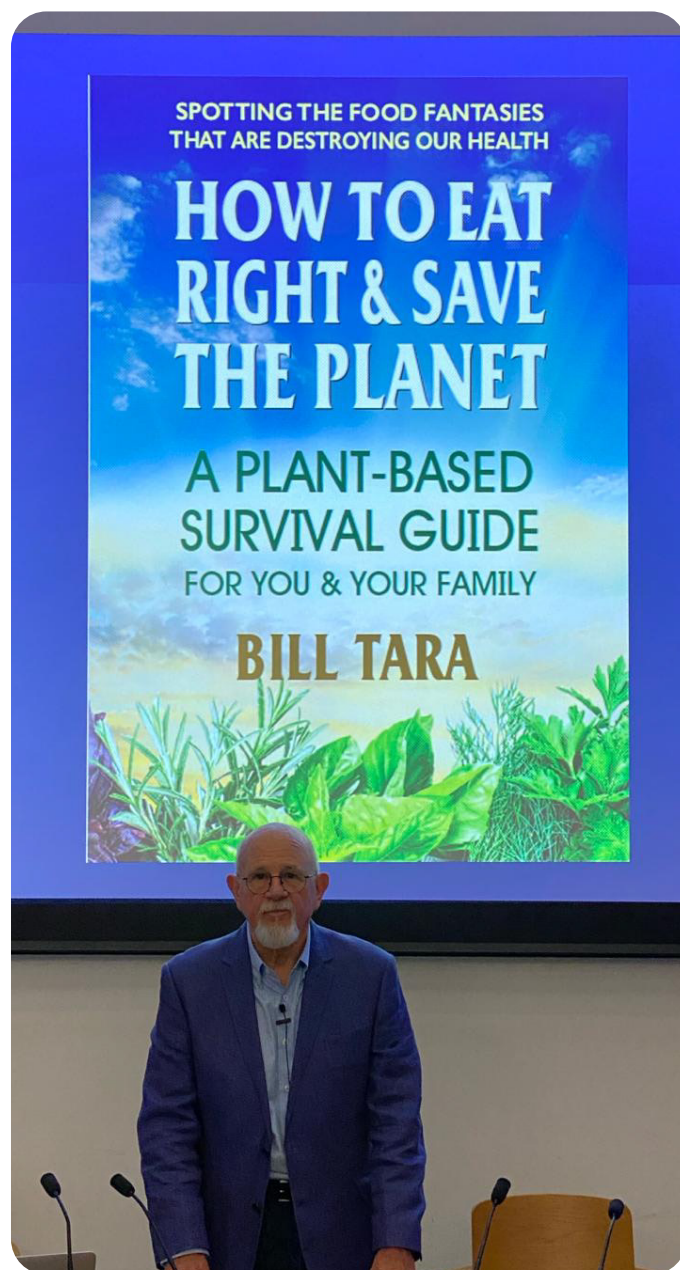
ABOUT **Bill**

Since 1967 Bill Tara has been an active advocate for natural health care, macrobiotic nutrition and human ecology. He was the Vice President of Erewhon Trading Company, one of America's first distributors of natural organic foods, and was a co-founder of Sunwheel Natural Foods in London, England.

Community Health Education

Bill established health education centres in Chicago, Los Angeles and London England. In 1975 he founded the Community Health Foundation in London England, a Charitable Trust that was the largest natural health education centre in the world. Together with Michio and Aveline Kushi, he was a founder of the Kushi Institute and served as Executive Director of the institute programmes in London, England and Boston, USA.

He has been invited to present seminars on Natural Health Care, Human Ecology, Body Psychology and Macrobiotic Philosophy in 27 countries. Bill has served on the faculty of the International Macrobiotic Institute, Switzerland, Institute Macrobiotic Portugal, Naropa University, Colorado, USA, The Academy of Healing Nutrition, New York, London and San Francisco and the Kushi Institute, USA, and UK. He also served for two years as the Director of Natural Therapies at the SHA Wellness Clinic in Spain. He has been awarded a lifetime achievement award from the Kushi Institute for his service to a healthy and peaceful world.



The perfect end to a wonderful experience which will allow me to continue to move towards a healthier diet and way of living. My eyes are now wide open.

Business Traveller Magazine



Advisory Board

Our excellent panel of advisors was assembled in 2020. They include experts in vegan nutrition, environmental studies, psychology and animal rights. All the members of our Advisory Board are dedicated educators with decades of teaching experience.

T. Colin Campbell PhD - author of The China Study and ground-breaking research on diet and disease. He is the most important nutritional scientist of the past century.

Professor Gary Francione - author of Why Veganism Matters and The Moral Value of Animals and the Distinguished Professor of Law and Nicholas deB. Katzenbach Scholar of Law & Philosophy at Rutgers School of Law.

Professor Anna Charlton - adjunct Professor of Law at Rutgers University School of Law, served as Co-Director (with Gary L. Francione) of the Rutgers Animal Rights Law Clinic/Centre from 1990-2000. She has co-authored many books with Gary Francione.

Dr Nandita Shah - founder of Sanctuary for Health and Reconnection to Animals, recipient of the Nari Shakti Award, India's highest award for women.

Dr Doug Lisle - evolutionary psychologist, author of The Pleasure Trap on what locks people into unhealthy habits and how to reverse them.

Dr Sailesh Rao - Executive Director of Climate Healers a non-profit dedicated towards healing the Earth's climate. He served on the Board of Directors of the T. Colin Campbell Center for Nutrition Studies.

Dr Tim Radak - has interned at the California Department of Health, and the McDougall program and worked in the non-profit sector including serving as Director of Nutrition for The Physicians Committee for Responsible Medicine.

Bruce Monger PhD - Bruce Monger is a Senior Lecturer and Researcher in the Department of Earth and Atmospheric Sciences at Cornell University. He currently serves as a member of NASA's Ocean Biology and Biogeochemistry Science Team.

Dr Martha Cottrell - Dr Martha Cottrell has lectured on health promotion and disease prevention for over five decades. She served as the clinical administrator and medical consultant for an AIDS research project in conjunction with the Boston University School of Medicine and the Kushi Foundation.

Dr Will Tuttle - A visionary speaker, educator, author, and musician, Dr. Tuttle is a former Zen monk with a Ph.D. from U.C, Berkeley, and a vegan since 1980. He is the author of the international bestseller The World Peace Diet and the 2024 book, Food for Freedom: Reclaiming Our Health and Rescuing our World. He is also editor of Circles of Compassion and Buddhism and Veganism.

Help us grow by making a gift today.

Your gift to the Human Ecology Project will support our commitment to building a better world.

The Human Ecology Project is dedicated to illustrating the connections between human actions and their effects on individual health, society, animals, and environmental impact. The unifying factor is the food we eat.



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www.humanecologyproject.com