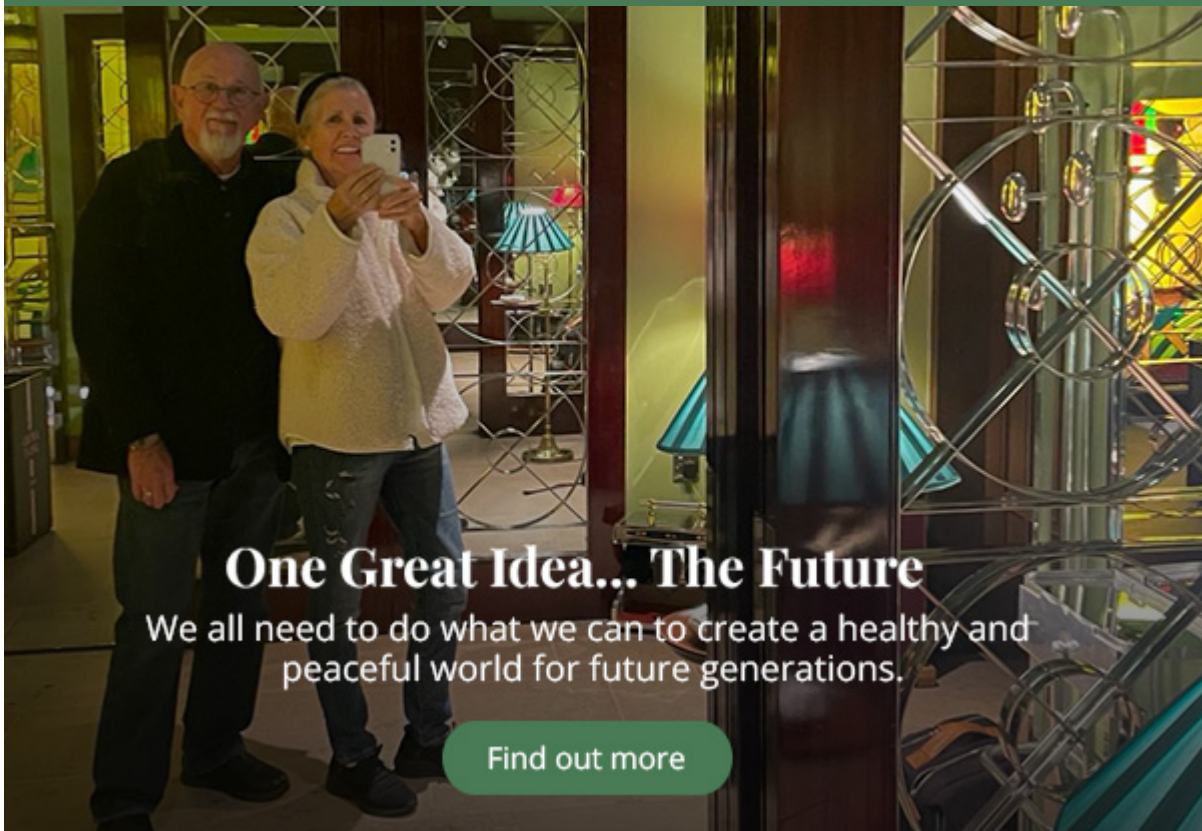




HUMAN ECOLOGY
PROJECT
THE PERSONAL IS PLANETARY



One Great Idea... The Future

We all need to do what we can to create a healthy and peaceful world for future generations.

[Find out more](#)

DEAR FRIENDS

The UK wins 2nd place in the daily consumers of fast food contest

Bill and I were in London this month, having meetings for our Human Ecology Project and presenting my Queen of Beans concept. We also had discussions on the huge growth in JUNK FOOD. Among the synonyms for junk in the dictionary are garbage, trash, waste and useless items. Things that are useless and should be thrown away. The term junk food became popular in the 1970s to identify products with a high content of fat, sugar, and little nutrition.

Junk food poses dangers like obesity, heart disease, type 2 diabetes, and even certain cancers.

These were not simply unhealthy foods; they were dangerous. Junk food encompasses the fast-food market and various snack and sweet items found in

stores. It is big business. The global fast-food market alone is worth \$160 billion annually.

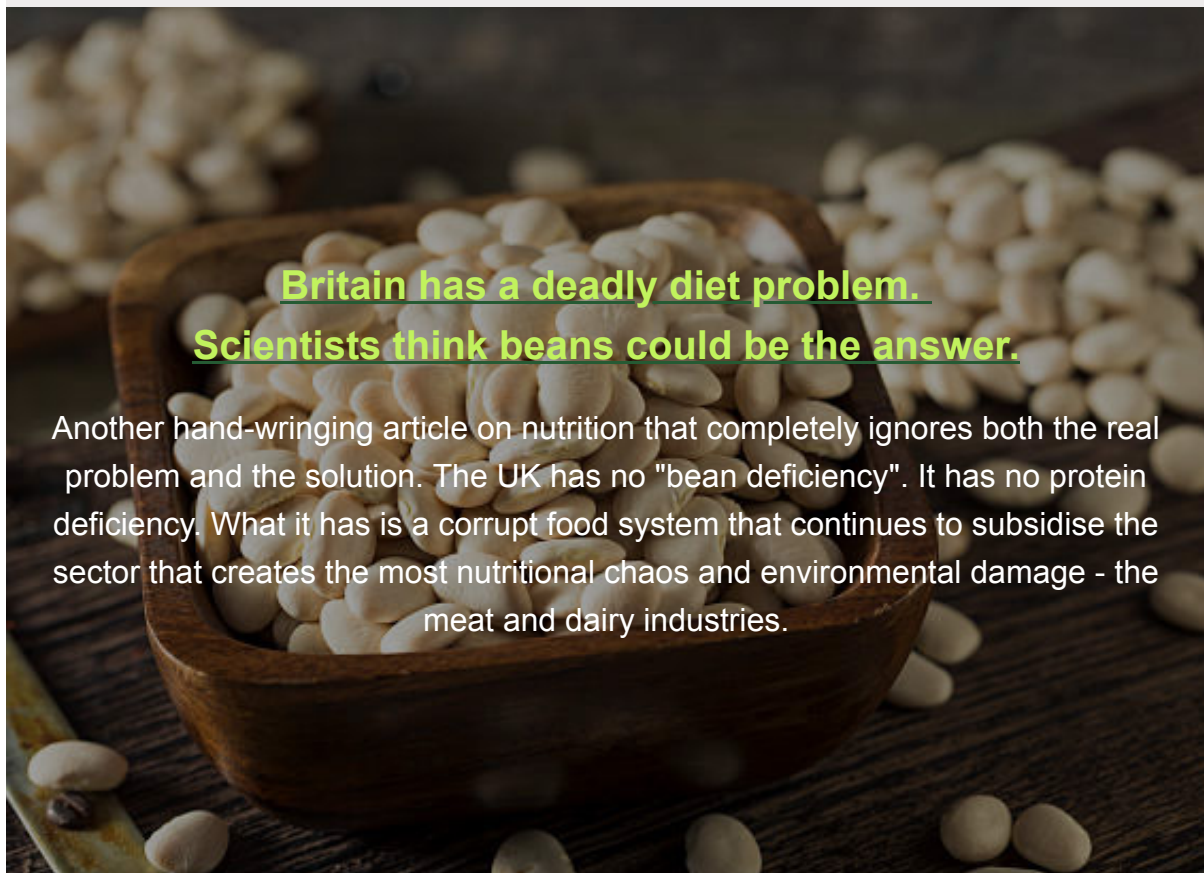
High levels of sugar, salt, and unhealthy fats.

These foods lack essential nutrients and fibre, contributing to poor health, reduced energy, and even negative effects on the brain and sleep patterns.

Recognising these risks is crucial for making healthier food choices and avoiding long-term health complications.

America leads in the consumption of fast foods; 37% of the population are daily consumers. The United Kingdom follows in second place. We not only know that these foods are harmful, but many delight in their consumption. It is even celebrated as “naughty child” behaviour. Adults joke about their addiction and then take their children out for a treat.

The reality is more akin to a suicide pact than a picnic.



Britain has a deadly diet problem. **Scientists think beans could be the answer.**

Another hand-wringing article on nutrition that completely ignores both the real problem and the solution. The UK has no "bean deficiency". It has no protein deficiency. What it has is a corrupt food system that continues to subsidise the sector that creates the most nutritional chaos and environmental damage - the meat and dairy industries.

This is not a secret but is ignored every year in favour of a cut-and-paste approach to nutritional policy. A single product is highlighted and held out as the solution to our problems. Then a glowing narrative can be built around it. Let's have bean pizza! What is really needed is a comprehensive approach to nutrition that is plant-based, focused on sustainable foods, and reflective of local produce. Health, a sustainable environment and economy are all fundamental.



LISTEN OR WATCH

Presentations about Climate Change

You can view these presentations on our YouTube channel or listen to them on our Podcast.



Gerard Wedderburn Bisshop – Animal Agriculture & Climate Change



Gerard Wedderburn Bisshop

Gerard Wedderburn Bisshop is a genius at explaining how we got to where we are. The world is on fire; there you have it. In February 2025, Gerard released a paper showing how the IPCC is using different models to calculate the emissions from fossil fuels and animal agriculture. Gerrard's research shows that when we use the same model for both, animal agriculture becomes the biggest driver of global heating.

[Listen to Podcast](#)



Dr Sailesh Rao & Dr Will Tuttle

Is climate change a real crisis caused by human activity, or is it simply another narrative created by business interests for social engineering? We welcomed this forum with two of our friends and members of the Human Ecology Project advisory board to outline two very different perspectives. Enjoy this thoughtful discussion.

[Listen to Podcast](#)

RECIPE

A Feast from the Ecological Kitchen



[Download the Cornbread, Greens & Beans Recipe](#)

‘Soup beans’ is a term common in the southern United States. This is my version of the American classic. Soup beans are usually served with cornbread and greens (such as boiled cabbage, cauliflower, or sauerkraut). Soup beans are considered a main course but also serve as a side dish. In rural areas, where food was scarce during the winter, these dried beans were a staple food. I always cook up way more than I need when pressure-cooking beans, so I have cooked beans in the freezer. I simply take them out the night before I need them, and suggest you get into the habit of doing this too.

[Download Recipe!](#)

WHAT'S ON

Fundraising Efforts & Creating a Sense of Community

It's wonderful to hear from my students who are enjoying my fundraising sessions. Setting Up Your Kitchen is one of the most important aspects of changing your health to one of longevity and joy. Batch cooking for today's busy life is a must and is one of my most popular workshops.

Beans Means Protein



The true nutrition powerhouse is the often forgotten BEAN - uniting both protein and fibre into one powerful package.



Beans Increase Longevity

Study after study have shown that beans are linked to increased longevity.

Queen of Beans
Marlene Watson-Tara



for more details visit:
www.humanecologyproject.com

 **HUMAN ECOLOGY PROJECT**
THE PERSONAL IS PLANETARY
Registered Charity Number 1201615

Don't give sickness the green light to establish itself in your body.

Chlorophyll is rich in all green foods.

Green foods are the closest component to the human body. If there was a perfect food for the body, it would be green food.

LIVE LIFE ON THE VEG

Our weekly greens keeps us thriving decade after decade. Use green foods to alkalise and reduce acidity.

Queen of Beans
Marlene Watson-Tara

for more details visit:
www.humanecologyproject.com



Bill and I are hosting a full one-day event in October, keeping the local community involved and inspired. We feel grateful and fortunate to present this autumn workshop. Lunch will be a reflection of the extraordinary products nature offers us, without the need to harm animals. Delicious and nutritious food must never come at the cost of suffering or death. For us, there is no other way forward. Big change always starts small. History shows us that global movements are born in small circles before they spill outward.

Hydrate, Eat Plants, Exercise, Get Some Sun, Go Vegan

Please join us in service for a healthy world for humans and non-humans alike. We are all in this together and are powerful stewards of planet Earth; when we work in concert, good things happen. Spread the good news about healthy living. The world needs you right now.

Stay well.

In good health

Bill and Marlene X

GET INVOLVED

Be a Changemaker

Our campaign goal and the link to our crowdfunding page are live. It is very easy to donate. Trusting ourselves, our intentions, and the goodwill of others to help us reach our target drives us both daily.

Donate now!



Help us grow by making a gift today.

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

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