

DEDICATION

This book is dedicated to the three oldest living “big picture” scientists who appear in Chapter Four of this book. Their ages are provided as of April 2020.

James Lovelock (100)

Since beginning to conduct my own research about our food choices and sustainability in 2003, this 100-year-old scholar has become my all-time hero when it comes to looking at the big picture when analysing any problem or situation. Describing himself mostly as a practical engineer, his incredible career has earned rare praise such as these statements from three major news organizations from around the world: A prophet who deserves every honor the human race can bestow, the greatest scientific thinker of our time, and the most influential scientist and writer since Charles Darwin.

E.O. Wilson (90)

Growing up in the deep south of the United States as I did, Dr. Wilson has helped me more than he will ever know. His overall scientific body of knowledge when it comes to how we humans got here in the first place and our inherited responsibility to truly begin caring for the planet that gave us birth. My mother always told me that God gave me a brain and that I had to use it – and Dr. Wilson has helped me tremendously in doing just that. Without his influence, I would not be nearly as passionate about the sustainability topic that will consume at least one-third of my life – and I would have never written this book.

T. Colin Campbell (86)

It could be said that my final career started the day I found Dr. Campbell on the internet in early 2003. After becoming curious about the optimal diet for humans, I had begun researching the topic online and discovering competing theories from A to Z (Atkins to Zone). But when I found Colin, I knew that I had finally found what we call down south – the real deal. And his influence wasn't just about food choices, he also inspired my interest in sustainability, specifically climate change. Finally, I was honoured to be able to enjoy the privilege of serving on the board of his foundation for six years. He is a great friend whose influence will be felt throughout my family for as long as there are humans on this planet.