

Vegetarian
In
Progress

This Month's SPECIALS

Products:

[Gardein's 9 different varieties of meat-free chicken,](#)

[Beyond Meat's Grilled Chicken-Free Strips](#)

[Boca Chik'n Nuggets](#)

[Yves Meatless Chicken Burgers](#)

PERSONAL Favorite:

[MorningStar Farms® Buffalo Chik Patties](#)

Book:

[Bird Flu:](#)

[A Virus of Our Own Hatching](#)
[By: Dr. Michael Greger](#)



The greatness and moral progress of a nation can be judged by the way its animals are treated.

Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

April 2015

"I don't eat red meat, I only eat chicken and turkey"



Alive, on the way to slaughter

Reasons not to eat chicken:

Chickens are sentient beings – birds can solve complex problems and empathize with other chickens that are in danger

Bacteria - Chickens raised for their flesh are often packed by the thousands into massive sheds and fed large amounts of antibiotics and drugs to keep them alive in conditions that would otherwise kill them. Recent documents created by the FDA state that 18 of the 30 reviewed feed additives were deemed to pose a "high risk" of exposing humans to antibiotic-resistant bacteria through the food supply. This reckless use of antibiotics makes drugs less effective for treating humans by speeding up the development of drug-resistant bacteria. There is a high risk of human exposure to antibiotic-resistant bacteria. A USDA study found that more than 99% of broiler chicken carcasses sold in stores had detectable levels of E. coli, indicating fecal contamination. That means you are almost guaranteed to be swallowing actual POOP every time you chomp down on a piece of chicken.

Suffering - Most chickens spend their entire lives in filthy sheds with tens of thousands of other birds, each getting less space than a sheet of paper, where intense crowding and confinement lead to outbreaks of disease. Adult chickens can have trouble breathing and standing upright and will even topple forward because they've been bred to have abnormally large breasts.

Transport/Slaughter - Only 7 weeks after they're born, chickens are crowded onto trucks that transport them to the slaughterhouse. Every year, tens of millions of chickens have their wings and legs broken in the process. They are trucked through all weather extremes, sometimes over hundreds of miles, without any food or water. At slaughter, chickens are hung upside down and have their throats slit, and they're often scalded to death in de-feathering tanks.

Do you like the taste of chicken flesh but don't like the suffering? No problem – there are so many alternatives available. **See our products section for delicious recommendations.**

Please remember to buy only cage-free eggs & to pass this email to your mailing list.

Thank you! Lois

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