

Vegetarian In Progress

This Month's Recommendations

Recipes:

TryVeg.Com

Meat-Free Product:

[Morningstar -
Hickory BBQ Riblets](#)
(my favorite!)

Reading:

[Farm Sanctuary: Chang-
ing Hearts and Minds](#)
[About Animals and Food](#)
by Gene Baur



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

August 2015

Hello VIPs,

I've been a vegetarian for over 25 years and not one time did I break my commitment to not eat meat. It's an easy choice because I know what happens to cows, pigs, chicken and fish in how they get to the plate.

In the 10 years spent educating people about the abuses of factory farming through Compassionate Carnivores, the one message I hear from people is "Do not show me any pictures!" I know that for me, the pictures and facing reality is what has cemented my ongoing commitment to not support the cruelty and, truly, without exaggeration, the torture, that animals endure to become our food.

I'm asking you to please watch the video link under "What You Can Do"; then commit to reducing meat from your diet. This video shows the truth of what happens. I believe that not one of you could carry out what needs to happen for food to arrive on your plate. However, you are paying the salary of these people and supporting the practices each time you purchase meat at the store or restaurant.

WHAT YOU CAN DO:

Please take 11 minutes to watch this video, learn the truth of what is industry standard and then decide how you can help change this heart breaking reality. The first 5 minutes will move you, so please invest at least that time. www.whatcamebefore.com

DID YOU KNOW?

It's industry standard to:

- castrate and cut off the tails of piglets.
- dehorn bulls and cut off the tails of dairy cows.
- grind up male chicks while still alive.
- Cut off the beaks of female chicks.

All without anesthetic

Please remember to buy only cage-free eggs & to pass this email to your mailing list. *Thank you! Lois*

www.compassionate-carnivores.org



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