

# Vegetarian In Progress

## This Month's SPECIALS

### Book:

#### [Don't Drink Your Milk](#)



### Recipes:

#### [Which Milk for What](#)

#### [Recipe?](#)

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Time for a  
Paradigm Shift?

# Compassionate Carnivores

VIP Monthly Newsletter

August 2017

## Why don't you drink milk?

This is the most common question that I'm asked about my diet.

I was vegetarian for many years before I "got" the connection to why consuming milk and milk products support the veal and beef industry.

The *first sad fact* about dairy is that in order to have milk production, there of course, needs to be a baby. The baby calf is taken away from the mom within a day or two or even within hours, so that the milk intended for the baby can be processed for humans. Testimonials from people living near dairy farms attest that hearing the cries of the mom and baby, as they are separated, is heart wrenching.

The *second sad fact* is that if the calf is female, she will be destined to follow her mom and spend her life experiencing repeated artificial impregnations, followed by the anguish of being separated from her calf. After giving birth, the mom lactates for 10 months and is then inseminated again, continuing the cycle.

The female calves are commonly subjected to tail docking, dehorning, and the removal of "extra" teats, without anesthesia. Then when milk production ceases, she is transported to factory farm feeding facilities to be fattened up, then slaughtered for meat.

If the calf is male, he will be destined for a short life of confinement to be raised for veal or be castrated and raised for beef.

For me these are reasons enough to look to the many non-dairy products on the market today. Please think about it and make the change!

[CLICK HERE](#) for a sweet rescue story that makes the point.:



Please pass this email to your mailing list. Thank you! Lois

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