

Vegetarian  
In  
Progress

## This Month's SPECIALS

### Recipe:

[Meatless Menu: Chili](#)

### Book:

[Old MacDonald has no farm  
ee-i-anymore](#)

THIS



NOT THIS...



OR THIS...



# Compassionate Carnivores

VIP Monthly Newsletter

February 2015

## "Selective Compassion"

Why  
**LOVE** one but **EAT** the other?



### Do you ever think about how inconsistent compassion is?

Have you ever been horrified at the thought of people in other countries eating dogs, cats and horses? Have you ever compared this inconsistency to our acceptance for eating pigs, chicken and cows? It's somehow acceptable, even when we know how sentient these creatures are, and how they suffer, both emotionally and physically, to get to our plate.

Simply, it's how we're raised. We're conditioned to turn the other way when confronted with this question or when the thought pops into our mind. *Hasn't that happened to you?*

Think about how selective compassion exists in your life and make 2015 the year to become committed to trying a new life style. A life style that's "cruelty free" relative to the meals that you choose to eat.

### WHAT YOU CAN DO:

**Eliminate one animal each month in addition to one day no meat. You will see how easy it really is to eliminate meat from your diet.**

### Challenge Yourself and try it!

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

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