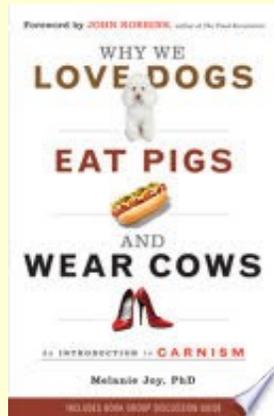


Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

Product:  
[gardein™ Products](#)

Book:



*The quickest way to connect  
who we eat with who we  
love is to love an animal.  
"Until one has loved an ani-  
mal, part of their soul  
remains unawakened"  
-Anatole France*

# Compassionate Carnivores

VIP Monthly Newsletter

January 2016

## Carnism

Do you know why you eat meat?

“Because it tastes good?”

It's more complicated than just that. Just watch the first 2 minutes of this video and hopefully you'll want to watch more – to learn why you eat meat.

[www.youtube.com/watch?v=o0VrZPBskpg](http://www.youtube.com/watch?v=o0VrZPBskpg)

At 9 minutes in you'll see snippets of what you support when you purchase meat. That's a fact.

In this video, Joy states that there is a paradigm shift happening...Not to see different things but to see the same things differently. You put bodies of dead animals into your mouth as if nothing is wrong. Your Awareness is the first step to the solution and then acting from your awareness is the rest. Make minor changes to make major impact. Eat one vegan meal/day or week. This is just what Compassionate Carnivores advocates for, except we start with vegetarian.

[www.Beyondcarnism.org](http://www.Beyondcarnism.org)

Joy states “I have no doubt veganism will replace carnism one day,” “Look at the other -isms who have fallen before like sexism and racism. Carnism is so contrary to humans and their values. Most people genuinely believe in values like compassion and not causing harm unnecessarily. Carnism goes directly against all of those values. When people become aware and freely choose how they participate in these systems, they start saying ‘no.’”

Believe in the power of one  
Change starts with you

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

[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

[www.facebook.com/compassionate-carnivores.org](http://www.facebook.com/compassionate-carnivores.org)

Please Click the F to "like" Compassionate Carnivores on Facebook

