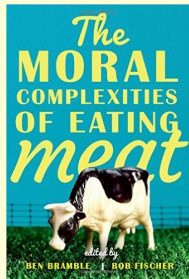


Vegetarian In Progress

This Month's SPECIALS

Book: [The Moral Complexities of Eating Meat](#) edited by Ben Bramble and Bob Fischer



Recipes: [Diseases Cure](#)

**"The question is not,
can they reason?
Nor, can they talk?"**



But, can they suffer?"
~ Jeremy Bentham

*You must be the
change you wish to
see in the world.
Mahatma Gandhi*

Compassionate Carnivores

VIP Monthly Newsletter

January 2017

WHAT'S YOUR TITLE?

It's a new year VIPs
Create a new, more compassionate you!

What's your title? (listed in the order of cruelty free)

Vegan

– You do not eat animals or animal products

Sentient Vegan

– You do not eat animals or animal products, with the exception of products from animals who do not suffer as a result of your choice. Examples are eggs from hens who are home raised and do not go to slaughter when they no longer produce, clams, oysters, mussels (they do not have a nervous system to feel pain).

Vegetarian

– You do not eat animals

Flexitarian

– Vegetarian with the occasional inclusion of animals

VIP – Vegetarian in Progress

– A first step toward vegetarian, one or more days/week without eating animals

Pescatarian

– You eat fish only

If you're in the process of deciding - None of the above

Fight factory farming and take a stand against animal cruelty by leaving animals off your plate. [Click here](#) for your guide to a healthy and compassionate vegetarian lifestyle.

Why be Vegetarian? A better questions is: "Why NOT be vegetarian?"

I'm sure you'd want to: improve your health, reduce your environmental footprint and greatly lessen the suffering of animals. So, What's stopping you?"

Make the choice to go meatless. Start today!! [TryVeg.com](#)

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

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