

Vegetarian In Progress

This Month's
SPECIALS

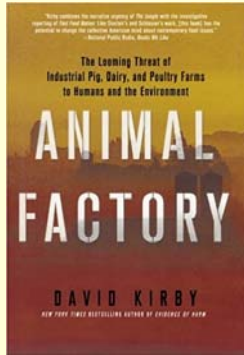
PRODUCTS:

[EatingWell](#)

[Healthy Veggie Recipes](#)

BOOK:

[Animal Factory](#)



THIS?



OR THIS?



**Your Choices Will
Decide!**

Compassionate Carnivores

VIP Monthly Newsletter

JUNE 2017

**Think about going Veggie... Or have more veggie days
If not for Animal Suffering... then for YOUR HEALTH**

Once again researchers are raising a red flag over red meat. A National Cancer Institute study tracked nearly 537,000 adults between 50 and 71, monitoring their diet and health over the course of 16 years. They found those who routinely ate the most processed and unprocessed red meat, such as beef, lamb and pork (Yes pork is considered red meat), had a 26 percent greater risk of dying from one of the nine ailments: cancer, heart disease, lung disease, stroke, diabetes and infections, Alzheimer's, kidney disease and liver disease.

The Jeremy Collier Foundation research reports: "Key findings to date: Red meat consumption is associated with up to 29% increase in all cause mortality, 42% incidence of coronary heart disease, 15% stroke and 41% of some cancers such as colorectal cancer."

But don't forget about... Animal Suffering



On factory farms, animals are raised and slaughtered in horrific conditions. They experience fear and pain, just as we do.

Most of us could never do what needs to be done for an animal to get to your plate. We do not, however, have a problem with paying someone else to do it for us. Please think about the sentient being at the end of your fork.



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