

Vegetarian
In
Progress

*This Month's
SPECIALS*

Video:

Farm to Fridge:

Narrated by James Cromwell, this powerful 11-minute film gives viewers an eye-opening look behind the closed doors of the nation's factory farms and slaughterhouses.

Need a mentor to help you get animals off your plate?

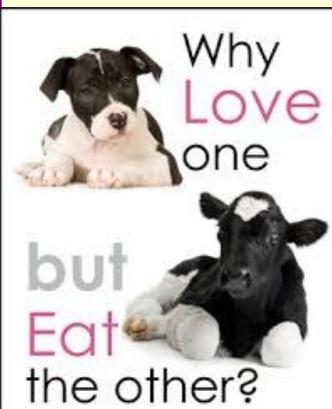
Or help reduce the amount of meat you eat?

At this mile stone, I'm offering one-on-one mentoring to help you succeed on the compassionate eating path.

Just let me know you want help and we'll arrange a personalized schedule to help reduce your meat intake.

Whether you're thinking about reducing or eliminating meat or attempting the next step of vegan, I can work with you where you are.

Please let me help you.



Compassionate Carnivores

VIP Monthly Newsletter

MAY 2016

HAPPY ANNIVERSARY COMPASSIONATE CARNIVORES

11 YEARS

Here are some partial quotes from Compassionate Carnivores members over the years that not only make me proud but encourage me to continue to help people **connect their minds with their hearts:**

"Gradual change works and it is possible to be a "compassionate carnivore" (the name of this group) in the sense that it puts one firmly on the road to making lifelong lasting changes for the betterment of our planet and all beings on it. That starting intention, combined with gradual changes, continued education on the realities of factory farming and time can transform the starting "compassionate carnivore" into a full-fledged Vegetarian. It works - I'm proof. "

"Thank you Lois, for making this group! It had a positive impact on my life. For several reasons, a restrictive all-at-once attempt to implement these diet changes didn't work for me. This did. Gradual change and the recognition that gradual change multiplied over many people CAN HAVE PROFOUND POSITIVE OVERALL EFFECT is what motivated me and encouraged me into being a vegetarian today."

"Count me as one of your successes. Without you, my diet would be much different."

"I started with the gradual changes this group suggested many years ago: gradual meat reduction and only buying cage free eggs. It progressed to being a full vegetarian in the Spring in 2011. And then in the Spring of 2015 it progressed to being Vegan! :) I just survived my first Vegan holiday season quite well."

What You Can Do: I have educated myself by watching videos on what happens to animals to get to our plate. This keeps me completely dedicated to not paying for what I could never do nor would ever support others to do. Yet when we buy/eat meat we are paying others to raise and slaughter animals, animals with feelings just like the ones we cuddle and love at home. The Farm to Fridge video, featured on this newsletter, is a short film that shows the truth of what happens for animals to get to your plate.

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

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