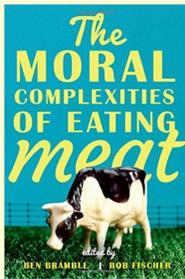


Vegetarian In Progress

This Month's
Recommendation:

Book: **The Moral Complexities of Eating Meat**

edited by Ben Bramble
and Bob Fischer



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



But, can they suffer?"

~ Jeremy Bentham

The most
violent weapon
on earth is the
table fork.
Mahatma
Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

August 2022

WHAT'S YOUR TITLE?

Upgrade 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, you do eat animal products

Flexitarian Vegetarian with the occasional inclusion of animals

Pescatarian You eat only fish, no other animals, you do eat animal products

Reductarian The practice of eating less red meat, poultry and seafood, as well as less dairy and fewer eggs. (A new title that's the rage)

VIP-Vegetarian in Progress A first step toward vegetarian, one or more days/week without eating animals

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

*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. Click here.. Choose Veg ... to start today !!

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

www.compassionate-carnivores.org

[VIP Veggie In Progress](#)

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