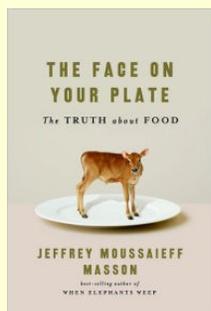


Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

**Product:**  
Non-Meat Options

**Book:**



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



**But, can they suffer?"**  
~ Jeremy Bentham

*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

February 2016

## CONNECT YOUR MIND AND YOUR HEART – A New Year's Challenge

Do you ever think about why you won't eat a dog or cat but will eat a cow or pig? I call it "selective compassion". We are conditioned to think this way.

We are horrified at the thought of people in other countries eating dogs and cats, and at the horse slaughter in our own country; yet, it's acceptable to us to eat pigs, chicken and cows. It's acceptable even when we know how sentient these creatures are and how they suffer, both emotionally and physically, to get to our plate. <http://www.mfablog.org/10-things-that-happen-to-farmed-animals-every>

Simply, it's how we're raised. We're conditioned to turn the other way when confronted with this question. Have you ever pushed the thought of animal suffering out of your head when eating a meal?

Think about how selective compassion exists in your life and make a commitment to trying a new life style. A life style that's "cruelty free" relative to the meals that you choose to eat.



Choose "cruelty free" and discover how easy it is to keep animals off your plate.

Try it at least one more day each week and make 2016  
the year you get on the compassionate path.

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

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