

Compassionate Carnivores

VIP Monthly Newsletter

February 2026

Vegetarian
In
Progress

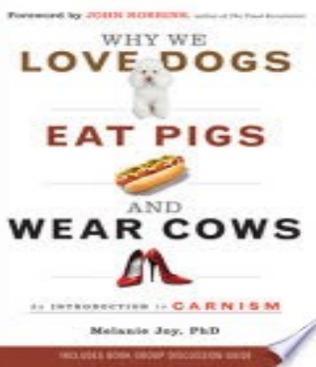
Meatless

Recipes:

[Martha Stewart's](#)

[Vegetarian Recipes](#)

Book:



“The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.”

Leonardo da Vinci



February is the Month We Think of Love

So I ask...

Why Love One but Eat the Other?

We get upset, even disgusted, when we hear of different cultures eating horses, dogs and cats. But, have you ever stopped to think about how incongruent that thinking is?

Most of us would never eat a dog, and yet we barely give a thought to eating a pig, chicken or cow.

It takes a paradigm shift to have that “aha” moment, that epiphany. The moment that we realize that the acceptance of eating some animals, and not others, doesn't make sense.

By focusing on this incongruence you can start to connect the dots of sincerely saying one thing and doing another.

Why **LOVE** one but **EAT** the other?



If you love animals, why would you eat them?

WHAT YOU CAN DO: Are you ready for a paradigm shift? Select an animal each month and leave it off your plate. This will put you in a state of mind where you are paying attention.

Think about the sentient animal at the end of your fork.

That's the first step to a paradigm shift.

Please remember to buy only **pasture-raised** eggs and pass this email to your mailing list. Thank you! Lois

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