

Vegetarian In Progress

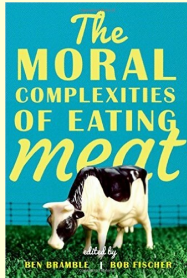
Movie:

[Speciesism](#)

Book:

[The Moral Complexities of Eating Meat](#)

Edited by Ben Bramble & Bob Fischer



Products:

[Morningstar Farms](#)

Recipes:

[Martha Stewart Recipes](#)



Compassionate Carnivores

VIP Monthly Newsletter

January 2022

Do you think about how inconsistent compassion is?

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 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. Simply, it's how we're raised and we're conditioned to turn the other way when confronted with this question.

This month's message is simple.

Think about how selective compassion exists in your life and make 2022 the year to become committed to trying a new life style. A life style that's "cruelty free" relative to the meals that you choose to eat.

A long-time VIP, turned vegetarian, turned vegan, writes:

"It is not so much a sacrifice to stop eating animals as it is a new way of looking at them and at my habits. Once you get over the hump of thinking you must have meat, your eyes are opened to the endless array of dinners that do NOT include animal products."

WHAT YOU CAN DO: Eliminate one animal each month, in addition to one day no meat.

WHY DO IT? For your health, for the environment and for the animals. What's your motivation?

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

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