

## Vegetarian In Progress

### This Month's Specials:

Recipes:  
Meatless Menu:  
Soups On!

Reading:  
Bad Bug Book:  
Foodborne  
Pathogenic  
Microorganisms and  
Natural Toxins  
Handbook

(FREE DOWNLOAD)



"The time will  
come when men  
such as I will  
look upon the  
murder of ani-  
mals as they now  
look upon the  
murder of men."  
*Leonardo da Vinci*

# Compassionate Carnivores

VIP NEWSLETTER

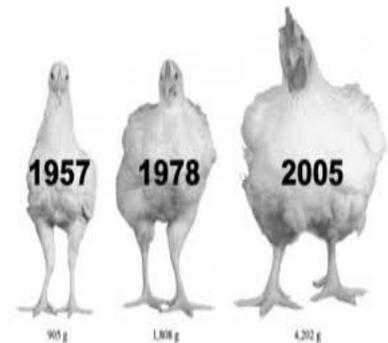
MARCH 2018

## What's Bugging You?

In the US, animals being farmed for meat and milk are automatically given antibiotics in their food all day -- whether they are healthy or sick. A report from the FDA cites that 80 per cent of all antibiotics in the US are fed to farm animals primarily to promote faster growth.

The animals in these factory farms can become reservoirs of stronger super-bugs. Attempts to ban the routine feeding of antibiotics are blocked largely by the farming lobby.

According to a report released from the Food and Drug Administration, it was found that of all the raw ground turkey tested, 81% was contaminated with antibiotic-resistant bacteria. Antibiotic-resistant bacteria were also found in 69% of pork chops and 55% of ground beef. The Center for Disease Control and Prevention reports that of the chicken tested, 53% was tainted with an antibiotic-resistant form of E.coli .



Consuming products treated with antibiotics can result in being resistant to drugs, which in turn means if you were to become ill, doctors would have fewer drug options to treat you.

Consumers Union has concluded that the threat to public health from the overuse of antibiotics in food animals is real and growing. Humans are at risk both due to potential presence of superbugs in meat and poultry, and to the general migration of superbugs into the environment, where they can transmit their genetic immunity to antibiotics to other bacteria, including bacteria that make people sick.

**WHAT YOU CAN DO:** Obviously, eating less meat reduces your exposure to bacteria. Commit to at least one day weekly without meat.

Please buy only cage-free eggs & pass this email to your mailing list.

Thank you! Lois

[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

[VIP Veggie In Progress](#)

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