

Why hurt or kill animals when you don't need to?

2040. Lots of seafood now contains plastic particles. The seas are forecast to be dead zones by mostly for animal grazing or to grow food for pollution on earth. Rainforest deforestation is The meat industry is the single biggest cause of

Better for the PLANET

There is now lots of evidence to show that a diet high in animal products is not healthy. In fact many illnesses, including cancers, are now proven to be caused and/or made worse by a diet high in animal proteins. Adopt a healthy vegan diet and watch your body slowly recover and hear it thank you! Visit www.PCRM.org or www.nutritionfacts.org Watch *Forks Over Knives* for info about health.

Better for the PEOPLE

Animals are killed and abused mostly to be put onto people's food plates. Wherever you look non-human animals are being used by human animals. This is called speciesism. People can live healthily without eating animal flesh and/or their secretions. Watch *Earthlings* to see how bad animal abuse is.

Better for the ANIMALS

VEGANISM

Veganism may not solve all the world's problems - just most of them!

The word veganism denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation of, and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. *definition, in 1944, of veganism by Donald Watson, one of the founders of The Vegan Society.*

Most people are conditioned, or raised, to eat animals and animal products and drink cows' breast milk. The people in the meat industry are very clever at hiding the extent of the abuse and cruelty in their industry. Many undercover investigations sadly confirm this.

Learn how to release yourself from the slaughter industry and become vegan. Being vegetarian is not good enough because the milk and egg industries are probably the most cruel. The dairy industry involves continually raping cows to keep them permanently lactating. Most newborn baby cows are removed from their mothers immediately. This is so that they wont drink milk destined for humans. In the egg industry, 250 million baby chicks are crushed or suffocated each day simply because they are not male and will not produce eggs.

I have yet to meet a vegan who does not wish they had become vegan sooner. Please give up meat, animal products, eggs and dairy products.

Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing nonviolence and refusing to participate in the exploitation of the vulnerable.

www.Bevegan.Today

Find out more online at

It is healthy... a sensible vegan diet provides the equivalent benefit of doing 1000 hours exercise a year!

Remember...

It is recommended that people eat nine pieces of fruit & veg a day. Add grains & pulses, and water and your body nearly has all the nutrition it needs. For eating out look at www.HappyCow.net

Eating...

Buy fresh organic produce where possible. Many towns and cities now have whole food shops or vegan shops. Most supermarkets now label products as vegan.

Shopping...

Probably the most informative online guide to help people become vegan is www.VeganKit.com There is a great downloadable Animal Aid PDF guide: www.animalaid.org.uk/images/pdf/icanit.pdf Find a local Facebook group - these are very supportive and many will provide mentors or buddies to help you.

Getting started...

How to Be Vegan

Quotes

Animals are my friends, and I don't eat my friends.

George Bernhard Shaw

For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love. *Pythagoras*

Man, do not pride yourself on your superiority to the animals, for they are without sin, while you defile the earth wherever you appear. *Dostoyevsky*

One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. Do not injure any being, either strong or weak, in the world. *Buddha*

One day men such as I will look upon the murder of animals as they now look upon the murder of men. My body wont be a tomb for other creatures. *Leonardo Da Vinci*

There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery. *Charles Darwin*

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. *Albert Einstein (before veganism)*

A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite which is immoral. *Leo Tolstoy*