THINK before you eat

Go vegan. For life.

PeTA

What's **Wrong** With Meat?

Pigs, cows, and chickens are individuals with feelings—they experience love, happiness, loneliness, and fear, just as dogs, cats, and people do.

Animals crammed by the thousands into factory "farms" today can do almost nothing that is natural to them—they are never able to feel the grass beneath their feet, the sun on their faces, or fresh air. Chickens have their beaks sliced off with a hot blade, pigs have their tails chopped off and their teeth cut out with pliers, and male cows and pigs are castrated—all without anesthetics. The animals are fed a steady diet of hormones and antibiotics so that they grow too quickly: Their hearts and limbs often cannot keep up, causing lameness and heart attacks. At the slaughterhouse, they are hung upside-down and bled to death, sometimes while fully conscious.

Fish, like all animals, feel pain. Hauled from the deep, fish experience an excruciatingly painful decompression followed by a slow, distressing death by suffocation.

Eating meat is harmful to our own health because it is packed with fat, cholesterol, and various drugs and dioxins, which collect in the flesh and fat of the animals who are being eaten. People who consume animal products are far more susceptible to heart disease, 40 percent more susceptible to cancer, about 10 times as likely to be obese, and at increased risk for many other illnesses, including stroke, appendicitis, osteoporosis, arthritis, diabetes, impotence, dementia, and food poisoning.

WHAT YOU CAN DO

■ **Go vegan—for life!**

■ **For a free vegetarian starter kit, call 1-888-VEG-FOOD, or visit our Web sites GoVeg.com and FishingHurts.com.**

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