

Did you know?



The animals we eat feel pain just like the dogs and cats we consider family. When we eat them, we pay for extreme violence against them.



Plant-based eaters tend to have lower rates of obesity, diabetes, heart disease, and lower overall risk of dying from any cancer.



Going plant-based does more to reduce one's impact on Earth than does driving a Tesla or installing solar panels!



You can get protein from plants without the added cholesterol, antibiotics, pus and feces. Many world class athletes have already gone plant-based, including some of the most powerful weight lifters.



Ebola, Swine Flu, Bird Flu, Mad Cow, SARS, MERS and now COVID-19 all arose from an outdated culture of exploiting animals.



We may think freedom is eating what we want, but have we questioned what others have advertised us into eating our entire lives?

The Truth

When we harm animals, we also harm ourselves. To learn more about one of the kindest things you can do for yourself and the planet, please visit:

www.YourSiteHere.org

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