

Living Compassionately



While personal health and the environment are excellent reasons to adopt a plant-based diet, for many, concern for the suffering of farmed animals is the most immediate and heartfelt reason. The production of meat, dairy and egg products causes profound suffering. Cages, crates, and pens packed with feeling, sensitive, intelligent beings endure painful procedures, injuries, psychological stress and are denied the most basic experiences like normal movement, foraging and nesting behaviors, and even sunlight and fresh air. Animals sick with disease and too weak to walk are dragged to slaughter and end up on our plates. Animals also suffer emotional trauma being confined in unnatural, agonizing conditions and often exhibit self-destructive behaviors and endure mind-numbing monotony.

But there is something that each of us can do to help; we can reduce and eventually eliminate animal products from our diets. Eating animal-free is one of the best things we can do to relieve their suffering, improve our health and help save the planet.

Chickens

In the chicken industry, “broiler chickens” are raised for meat and “layer chickens” for eggs. While a chicken can live 15 years, broiler chickens are slaughtered at about 3 months old, and a layer hen is lucky to see her third birthday. No matter the label on the carton, egg-laying hens live in overcrowded conditions where natural, healthy behaviors are deprived. Chicken and turkey chicks are born in industrial hatcheries in metal drawers without a warm nest or loving mother hen. At only a few hours old, they are violently handled, tossed around like canned goods, painfully debeaked, and shipped in the mail to egg producers of all sizes and labels.



Male chicks born to the layer hens don't lay eggs or grow quickly enough to be profitably raised for meat so these 200 million newborn chicks are tossed into garbage bags and thrown out with the trash, or shoveled into dumpsters where they slowly suffocate, dehydrate, and starve. Some hatcheries have made this horror profitable by throwing live chicks into a grinder to become fertilizer or pet food. **Eating chicken-free and egg-free foods can help end their suffering.**



Jenny's Story

Jenny was rescued from a free-range egg farm and came to Rancho Compasión Farm Animal Sanctuary in really bad shape. She was extremely underweight with patches of feathers missing. It seemed that she had not been cared for in quite some time. Miyoko Schinner, Rancho Compasión's director said, "When Jenny first came to us, she seemed really battered and beat up. She was very timid and cowered in corners at first, but as she healed, she came to trust us. Soon she was following us around and would actually jump into our laps for affection, connection, and love."



Turkeys

Turkeys are bred to grow fast and become so heavy so quickly that their bones are often too weak to support their weight. They suffer from leg deformities, arthritis and joint pain just in their first few months of life resulting in lameness so severe that they are sometimes forced to walk on their wings to reach food and water. Like chickens, turkeys are de-beaked as chicks and are also "de-toed," where a portion of their toe is cut off so they are unable to use their talons. Agonizing open wounds often get infected and swell, making it painful for the turkeys to walk.

Turkeys go to slaughter at a very young age, some as young as 12 weeks. They never see their first birthday, even though they can live to be 20 years old or more. They are violently handled and carried upside down by their legs to the transport trucks. Jammed in crates, they travel without food, water, or weather protection to the slaughterhouse. **Eating turkey-free foods can help end this horror.**



Cows

Like all mammals, female cows only lactate when pregnant. To maximize milk production, a dairy cow is artificially inseminated every year. A cow's natural life span is about 25 years, but the stress on a cow's body in dairy production will diminish her milk output after about 3 years. She is then considered "dried up" or "spent" and it's cheaper to simply replace her so she is sent to a terrifying slaughter where her body is sold for ground beef and other low quality meats.



To ensure the highest profit, each newborn calf is immediately taken away from his or her mother, so her milk can be sold to humans. Mother cows have been known to be in such psychological distress they will break down gates in an attempt to find their offspring. Baby females are separated and confined to calf hutches, frightened, sad, and alone. Baby males are separated and sold to be slaughtered for veal or beef. Imagine for a moment being kept pregnant every year of your life, just to have every baby taken away from you.



Steers and cows raised for meat endure castration, branding, and dehorning without pain-killers. They are lined up one by one for slaughter, each smelling the stench from the blood of their brothers and sisters being killed up ahead. A cow is often panicked when one back leg is chained and his

massive body is lifted off the ground. This frequently dislocates or breaks his leg, then his throat is slit and the blood is slowly drained out of his body for a prolonged and agonizing death. **Eating meat-free and dairy-free foods can help end their suffering.**

Goats

Goat dairy is becoming more popular and often seen as a humane alternative. Unfortunately, the numerous cruelties we see with cow dairy are also practiced in goat dairy operations. Baby goats are taken away from their mothers soon after birth and the females endure painful cauterization of their skull so their horns won't grow. If the hot iron is held on with too much pressure or held for too long, it can cause brain damage. Perfectly healthy male baby goats are routinely killed.



Tucker's Story



Tucker was born to a small family dairy operation in Northern California. A doe on the farm was having a difficult birth so they took her to UC Davis Veterinary Emergency Clinic. She gave birth to twin kids, a female and a male. As

soon as the male was born, the owner of the goat dairy instructed the vet on duty to euthanize him. The vet was shocked and wanted to see if she could save him so she called Deb Blum of Goatlandia Farm Animal Sanctuary. Deb said, "He was perfectly healthy, I can't believe someone would kill a baby just because he's a boy, but it happens all the time in cow and goat dairy production. People think that goat dairies find homes for the males, but I don't know one that doesn't kill most of them. Some are able to sell the bucks for breeding, but that's just creating the same problem somewhere else. Even the dairies that are certified organic and humane still kill the boys." Goat dairy is not a humane alternative. **Protect goats by choosing dairy-free foods.**

Pigs

Pigs are bred and raised in crowded indoor pens for their entire short lives. Indoor, intensive confinement for these sensitive and sentient animals is monotonous and maddening. They endure painful procedures like ear notching, tooth filing, and tail cutting all without anesthesia or painkillers. Pigs have been so genetically manipulated that they grow fat quickly and their bones and joints have a hard time supporting their weight. They often dislocate their joints or break their legs under the weight of their bodies and painful injuries go untreated.



Pigs endure a frightening and excruciating slaughter. They are hoisted up by one leg on a conveyor machine. The weight of their bodies often causes their leg to dislocate and pigs will scream in pain. The stunning gun frequently misses in the frantic, fast pace of the slaughter line and she will struggle for long minutes as her throat is slit, gallons of blood drain to the floor and she could still be conscious when held under boiling hot water in the scalding tank where she will finally drown.

Dippy, Briana, Portia, and Gigi

Dippy, Briana, Portia, and Gigi are "heirloom" breed pigs who were bought to be raised and slaughtered in someone's backyard for meat. The man bought them when they were piglets.

As they grew, he discovered how personable, intelligent, and friendly they were, and he couldn't go through with the slaughter. He started to contact sanctuaries, and Goatlandia Animal Sanctuary founder Deb Blum said, "He wasn't even going to slaughter them himself, but his conscience got the best of him." The four girls were brought home to be friends with Deb's current resident pig Sheldon. "Those girls are super friendly, love belly rubs, love social interaction, want to come up and meet everyone, but they are all very unique individuals," Deb said. **Eating animal-free foods can help save precious lives.**



Fish

There is now overwhelming acknowledgment from the scientific community that fish are sentient beings and feel pain just as we and all other animals do. Their nervous systems and pain receptors are strikingly similar to mammals and birds. Their behavior indicates they feel pain when exposed to something harmful like rubbing the area or thrashing. When given pain killers, the behavior subsides. The scientific community has concluded that fish consciously experience pain.



Scientific studies are also showing us the complexity of fish's personalities and emotions. The studies are fascinating and to many, the findings will be surprising. We have discovered not only that fish think and feel, but they are sentient, social, they learn and play, they have preferences and complex communication, they make friends, they can be virtuous or mischievous, and more.

Fish are the least protected animal as there are no laws in the U.S. regarding how they are caught, treated, or killed for food. They experience fear and stress when netted, transported, handled, and crowded. Being removed from water to slowly suffocate is a traumatic, prolonged, and painful death, similar to a human drowning.

The number of fish killed each year far exceeds the number of people who have ever existed on Earth. Commercial fishing is the most destructive and wasteful practices on the planet. Unless current fishing rates are drastically reduced, scientists predict that every species of wild-caught seafood will collapse by the year 2050. The mysterious and remarkable ocean is in desperate peril and will soon die unless we reclaim the waters and refuse to support the mass extinction that we are currently causing. We have a choice to make, a choice that we face three times a day. We have a responsibility to stop eating the oceans. **Eating fish-free foods can help protect the ocean and save billions of lives.**



The Humane Hoax

Most people are aware that animal products like meat, dairy and eggs are bad for our health, contribute to climate change, and cause animals to suffer unimaginable cruelty. This growing awareness has motivated a shift in the way farmed animals are being labeled and marketed to consumers. We now see labels like “Free Range,” “Organic,” “Local,” and “Humane” to entice customers to buy animal products. But do these labels solve the ethical and environmental problems of breeding and slaughtering animals?

Humane meat, dairy and eggs is a hoax. All animal farming has:

Separation of families- In all animal agriculture, calves, chicks and piglets are separated from their mothers immediately or very soon after birth. Every baby is frightened and confused and longs for the comfort and love of their mother. Likewise, animal mothers want to nurture and take care of their babies. Being denied this often causes physiological suffering to both mother and baby.

Painful body manipulations- Debeaking, dehorning, castration, branding, and the cutting of tails and toes without pain-killers are all still standard practices in so-called humane operations.

Slaughter the young- Animals slaughtered for their meat, no matter the label, will likely only live a few months or one year of life, although they could live much longer. Animals bred for their milk and eggs will also be slaughtered in their youth. There is no retirement plan for dairy cows or egg-laying chickens. It is not economically feasible to keep around dozens or hundreds of animals that are not producing at high levels like the younger animals. They will go to slaughter after living only a fraction of their natural lifespan.

Killing is cruelty- Killing healthy sentient beings who don't want to die can never be humane or compassionate. Throat slashing is a painful, traumatic experience for a frightened animal. Their necks, just like ours, are full of nerve endings and pain receptors. All farmed animals, no matter the label, experience an agonizing, frighting death.

There are inherent cruelties in all animal agribusiness that are universal and essential to making a profit. No matter the label, no matter the scale, animal farming is brutal, cruel, and unnecessary. More and more people are living healthier and longer on animal-free foods.

Please learn more by researching the web and read the book:

The Ultimate Betrayal: Is There Happy Meat?

www.the-ultimate-betrayal.com

A Livable Planet

Our food choices have dramatic consequences for the Earth. Reducing or eliminating the consumption of animal products is one of the most powerful ways an individual can reduce his or her carbon footprint. What we put into our shopping carts at the grocery store actually has more environmental impact than whether we bring reusable shopping bags or drive a hybrid to the store. Animal agriculture is responsible for many of the world's most serious environmental problems including climate disruption, water use and pollution, energy consumption, deforestation, loss of biodiversity and species extinction.

Unfortunately, animal products that are labeled "local," "sustainable," "organic," or "free-range" are largely no better for the environment. These labels are shockingly unregulated and producing animal products is always more resource intensive than farming plant foods, using more water and creating more greenhouse gasses, no matter the label. Eating plant-based is always greener and is in fact the most impactful positive personal choice anyone can make to reduce their impact on the Earth.



Healthy Eating

Every mainstream health organization recommends eating more vegetables, fruits, legumes, and whole grains and suggests restrictions on animal product consumption. Eating more plant foods is universally recommended by all major health organizations. Vegetarianism and veganism are simply the natural extension of this recommendation.

There is a reason established health organizations are encouraging the public to eat more fruits, veggies, beans, and whole grains. Plant foods are high in disease-fighting fiber, phytochemicals, and antioxidants; they have no artery-clogging cholesterol and are generally low in saturated fat. Animal products are loaded with cholesterol and saturated fat and create a risk factor for numerous chronic degenerative diseases including heart disease, stroke, cancer, diabetes and more.



The American Dietetic Association states,

“Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, as well as for athletes.”

Easier Than Ever

Eating plant-based is getting much easier with more vegan products on the market than ever before. Every major supermarket now stocks a variety of meat, dairy, and cheese alternatives and fruits, vegetables, beans, nuts, and whole grains are always available. Start with what's familiar. Whatever your favorite foods are, search for a vegan recipe. For instance, if you love lasagna, do a web search for "vegan lasagna" and give one of the many recipes that come up a try. There is an abundance of online resources for vegan information, recipes, products, and support groups in your area. Get online and connect with your vegan community.



Farmed animals present us with an extraordinary opportunity. We can turn away from their suffering, or we can express our own compassionate nature and experience the depths of our own humanity. We can ignore the obvious violations inflicted on these animals, or we can help create a world where all live in peace, free from human-



Choosing vegan is one of the best way to stay healthy, protect the planet, and end the suffering of farmed animals.

imposed suffering. Though we are a diverse group coming from many different backgrounds, the one thing that most vegans have in common is they wish they had gone vegan sooner and feel they have found purpose and peace in life.

A Better World For All

Please boycott the meat, dairy, & egg industry, choose to live healthier with a lighter carbon footprint, and live **vegan**.

