

It's time to go veggie : for a free information pack call Viva! now: 01273 777688, www.viva.org.uk / Viva!

Contributors

Viva! (Organisation)

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Viva!

**It's time
to go veggie**

For a free information pack
call Viva! now: 01273 777688
www.viva.org.uk

Going vegetarian will change your life – and may even lengthen it!



The sight of so many 'healthy' animals being slaughtered is sickening – particularly when 95% would recover. Sadly, it will continue long after foot and mouth has gone. More than 2.4 million animals are killed in Britain every day behind the closed doors of slaughterhouses – for a food we don't even need. Their deaths are even worse than being killed on farms – we know because we've filmed them.

By giving up meat, you're no longer a part of this daily bloodbath. But there are other benefits, too.

Prevent poisoning

Using too many antibiotics in factory farms has produced deadly superbugs and serious food poisoning – more than 95% of which is from meat and

animal products. Entirely new diseases are appearing. And, of course, there's BSE!

Heal your heart – cut cancer

Vegetarians get fewer heart attacks, strokes, cancers and gallstones and less high blood pressure, diabetes and joint diseases. A vegetarian diet can even reverse heart disease.



Live longer

A vegetarian diet actually protects against many diseases because it has less saturated fat and cholesterol and higher amounts of vital vitamins and nutrients. It can lead to a longer, healthier life.

Protect the planet

There are now so many farmed animals

in the world – 43 billion killed every year – that they've become an environmental disaster. They play a big part in turning land into deserts, polluting water, causing global warming and acid rain and destroying top soil. A main reason for chopping down rain forests is to provide grazing land.



You can help bring about change by not eating them.

Change with Viva!

For your FREE 'GO VEGGIE' PACK, including recipes, call **Viva!** now on 01273 777688.

Email: vegpack@viva.org.uk

Or send the coupon below to:
Viva!, 12 Queen Square, Brighton
BN1 3FD. Web: www.viva.org.uk

Stop the suffering

The plight of animals in Britain's stinking factory farms is a disgrace. We can't claim to be a nation of animal lovers while we allow this to happen.



Please send me a free Go Veggie Pack

Title: First name:

Surname:

Address:

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Postcode:

TO