

**Think before you eat : go vegetarian : for life / PETA.**

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People for the Ethical Treatment of Animals.

**Publication/Creation**

London : People for the Ethical Treatment of Animals, 2000.

**Persistent URL**

<https://wellcomecollection.org/works/eacmt4mk>

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**THINK** before  
you eat



**Go vegetarian.**  
For life.

**PETA**



# What's **Wrong** with Meat?



**O**n today's factory farms, chickens have their beaks sliced off with a hot blade, pigs have their tails chopped off and their teeth removed with pliers, and male cows and pigs are castrated, all without anaesthesia. The animals are pumped full of hormones and antibiotics to make them grow so quickly that their hearts and limbs often cannot keep up, causing crippling lameness and heart attacks. Finally, at the slaughterhouse, they are hung upside down and bled to death, often while fully conscious.



Fish can feel pain too, just like all animals. Hauled from the deep, fish experience an excruciating decompression, followed by a slow and painful death by suffocation.



Today's factory farms leave behind an environmental toll that future generations will be forced to pay. For example, the meat industry is one of the UK's biggest industrial water users and polluters.



Eating meat is also harmful to human health – it is packed with fat and cholesterol but contains no fibre or carbohydrates. People who consume animal products are 10 times more susceptible to heart disease, 40 percent more susceptible to cancer, and at increased risk for many other illnesses, including stroke, obesity, appendicitis, osteoporosis, arthritis, diabetes, impotence and food poisoning.

## **WHAT YOU CAN DO:**

- **Go vegetarian – for life!**
- **For a free vegetarian starter pack, call PETA, or visit our Web site [www.GoVeg.org.uk](http://www.GoVeg.org.uk).**

4/02

**PETA**

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