Meat kills: just say no!: 850 million animals slaughtered in the UK every year / Animal Aid.

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Research shows that vegetarians have a lower risk of heart disease, high blood pressure,

haemorrhoids, cancer, obesity, gallstones, bowel disorders, food poisoning, appendicitis ...

JUSTSAY NO.

850 million animals slaughtered in the UK every year



Free Vegetarian Information Pack from Animal Aid 01732 364546 SPONSORED BY THE VEGETARIAN CAMPAIGN GROUP

# MEAT KILLS

Hardly a week goes by without more evidence emerging of the links between meat eating and ill-health. Recent headlines speak of deaths from CJD (the human version of BSE) and *E. Coli,* and about the increased incidence of salmonella food poisoning. The UK government's Chief

Medical Officer admits that 'there is a relationship between eating red meat and cancer' and research constantly shows that meat-eaters are at far greater risk than vegetarians of suffering from cancer, heart disease and early death from all causes.

# CHOOSE LIFE!

According to a report by The World Cancer Research Fund, which was based on the best evidence from around the world, 'vegetarian groups have been shown to have lower overall mortality, lower risk of cardiovascular disease, lower rates of obesity and longer life expectancy' and decreased incidence 'of cancers in general, as well as of cancers at several specific sites'.

# **KICK THE MEAT HABIT**

Every year, more than 850 million animals are slaughtered for food in the UK. Most will have been reared in stinking, over-crowded factory farms, never feeling fresh air or seeing natural daylight. Transport and slaughter conditions are bloody and

barbaric. Many animals are still conscious when their throats are cut in the slaughter-house. Just say 'no' – kick the meat habit. It causes more than two million animal deaths every day ... and it might be killing you.

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