Meat

Imagine, you an innocent animal, sitting in a cage with no hope left, as the days go by, your fellow friends who are living in the same conditions, get brutally slaughtered just so humans can eat. Do you think taking away an animal’s freedom is humane?

If we eat too much meat of a specific animal, that animal could be endangered or worse, extinct! If cows go extinct, where will we get full cream milk from? If pigs go extinct, where will we get leather from? Where will we get wool if sheep goes extinct?

All the animals we eat have a material that they provide, if they disappear, it will be harder to get that resource. We live on this planet, we exist to look after the land, the people, and other life forms. We need a change.

* If you had a diet of only meat, you would experience **withdrawal, diarrhoea, fatigue, and muscle cramps, but with a vegetarian diet, you will experience great loss in**
* Essential omega-3 and omega-6 fats
* Vitamin D
* B-vitamins
* Zinc
* Iron
* Calcium
* Chromium
* Copper
* Iodine
* Manganese
* Molybdenum
* Phosphorus
* Selenium

**Which is unhealthy for your body, the recommended diet consists of both veggies and meat. Using this diet allows you to live a long and fulfilling life, filled with health and purpose.**