



Stop Eating the Animals: An Appeal on Behalf of The Voiceless to Adopt a Meat-Free Foodstyle

Jerry H. Parisella

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Are you concerned about the disconnect between healthy eating and engineered, factory-farmed food? *Stop Eating the Animals* employs reason, emotions, and beliefs to advance a unique argument from the dual perspectives of human health and animal welfare, enabling readers to see how the two issues are inextricably linked.

It looks at what science is revealing about harm to our health from animal protein. It examines how we make our food choices and our faulty assumptions. Then it profoundly reframes the eating of animals' bodies as not just a simple dietary choice, but as a moral decision with existential consequences.

The author reintroduces us to our beloved pets as “Ambassadors” of the animal kingdom who are no different than their relatives imprisoned on factory farms. He challenges us with difficult questions like, *Why are we thrilled to bring children to an orchard to pick fruit, yet shield them from seeing a slaughterhouse?* Salient points are reinforced by numerous fascinating quotes from historical figures who advocated against eating animals.

Follow Jerry H. Parisella's transition away from animal flesh. Then use his first thirty days of meals to begin your meat-free foodstyle as the most healthy and humane way to nourish ourselves.

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