

Read This Special Report Before Opening Those Purse Strings!

This is the time of year when solicitations from health charities pour in. But there are other times—such as when we lose a loved one or see an appeal for help in a magazine—when we ask ourselves if we should donate money to one charity or another as well. Before you sign that check, check the charity out and make sure it doesn't fund cruel experiments on animals!

Animal-friendly philanthropists can safely give to Easter Seals, Helen Keller Worldwide, the Children's Burn Foundation, the Avon Breast Cancer Crusade, the Spinal Cord Injury Network International, the AIDS Coalition of Cape Breton, and hundreds of other compassionate, cruelty-free charities that use state-of-the-art, non-animal methods, knowing that they are the best way to produce results.

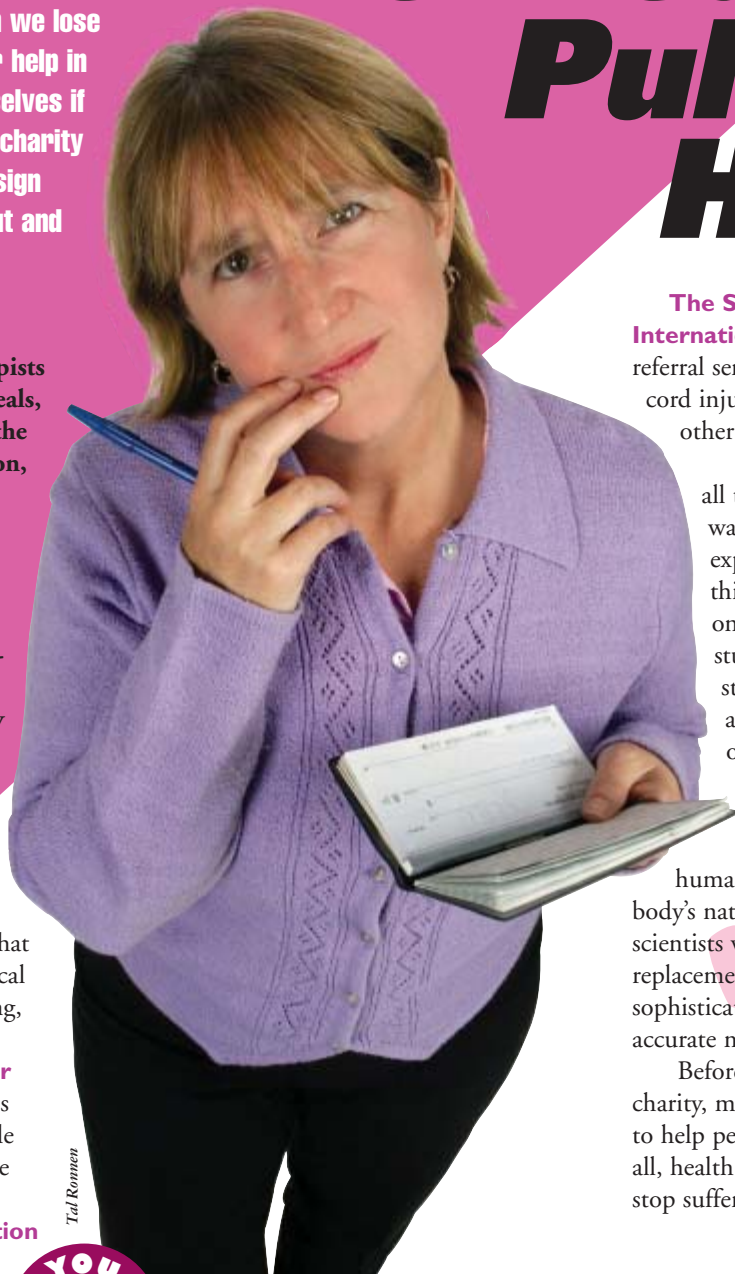
For example, **Easter Seals** helps children and adults with disabilities directly through a nationwide network of service sites that include medical rehabilitation, physical and occupational therapy, job training, and more.

Helen Keller Worldwide helps guide blind people toward productive lives through rehabilitation training.

The Children's Burn Foundation provides financial resources to meet the physical, psychological, social, and other needs of severely burned children, while educating children, families, caregivers, and emergency providers about burn prevention and treatment.

The Avon Breast Cancer Crusade offers free information, resources, and referrals to breast cancer patients, survivors, and their families; medical professionals and their organizations; and the media.

Are Health Charities Pulling at Your Heartstrings?



The Spinal Cord Injury Network International provides information and referral services to individuals with spinal cord injuries and their families, among other things.

These charities accomplish all this and more without wasting one penny on animal experiments. Other forward-thinking health charities rely on human volunteers, clinical studies, autopsy reports, and statistical and epidemiological analysis to produce useful data on people with diseases and disabilities. Human cell cultures and tissue studies, *in vitro* tests, and artificial human "skin" and "eyes" mimic the body's natural properties and provide scientists with less expensive replacements for animal tests while sophisticated virtual organs serve as accurate models of human body parts.

Before throwing money at a health charity, make sure that all funds are used to help people, not hurt animals. After all, health charities are supposed to help stop suffering, not cause it!

Don't Give to These Life-Takers!

The American Cancer Society, the American Diabetic Association, the Muscular Dystrophy Association, the March of Dimes, the American Heart Association, and the American Lung Association still fund outdated, unreliable, horrific experiments on dogs, rabbits, rats, mice, primates, pigs, and other animals.



MDA Fighting Neuromuscular Diseases. Most animals in laboratories are kept in cages barely bigger than their own bodies, with little or nothing to do all day, all night, every day, and every night. They are often subjected to excruciatingly painful experiments without any pain relief.

Although all species experience pain, fear, sadness, joy, love, and other emotions, physiologically there are vast differences between them, and data from one species cannot be accurately applied to another.



Every dollar that cruel charities spend on animal research is a dollar that could have been better spent on humane, relevant, effective *modern* research and programs to provide direct and much-needed assistance to people with diseases or disabilities.

American Heart Association Fighting Heart Disease and Stroke. See pages 16 and 17 for our exposé of Columbia University's horrific stroke experiments on baboons, sponsored in part by the American Heart Association Research Consortium Fellowship.



Place these stickers on the charities' appeal letters and send them right back. Contact PETA for a supply.

Be a Life-Saver



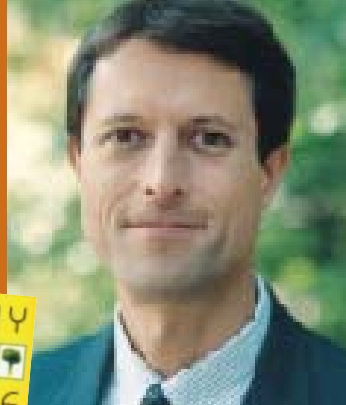
- Visit CaringConsumer.com or call PETA toll-free at 1-866-TEST-KIND for a free guide to charities that do and that don't fund animal experimentation.

- If someone you know contributes to a charity that funds cruel animal research, encourage him or her not to

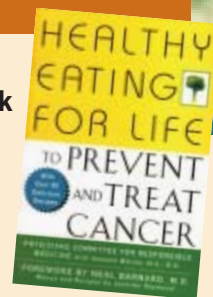
give or to *at least* earmark donations for only non-animal programs. Contact us for free "Earmark My Donation" stickers.

- Use the "Donations Withheld: Please Stop Experimenting on Animals" stickers to let not-so-nice charities know how you feel about their policies. Place

Doctor in the House



Neal Barnard, M.D., author of the *Healthy Eating for Life* book series, answers your questions about nutrition and health.



Q I know that eating red meat is bad for my health, but what about turkey?

A Turkey is definitely no health food. Just a 3-ounce serving of a roasted turkey's leg contains a whopping 72 milligrams of cholesterol and 8 grams of fat. Turkey doesn't have any redeeming nutritional value, either. It is completely devoid of fiber and carbohydrates and has few vitamins.

On modern factory farms, turkeys are fed antibiotics and are purposely bred to gain an enormous amount of weight in a short period of time.

Turkey flesh is also likely to be contaminated with salmonella, campylobacter, listeria, and other potentially deadly bacteria. A test conducted by the Sierra Club and the Institute for Agriculture and Trade Policy in December 2002 showed that both chicken and turkey are frequently contaminated with strains of salmonella or campylobacter bacteria that are

resistant to one or more antibiotics. For example, of 200 packages of ground turkey purchased from grocery stores in Des Moines, Iowa, and Minneapolis/St. Paul, Minn., salmonella bacteria were found in 45 percent of them. Sixty-two percent of the salmonella bacteria were resistant to one or more antibiotics.

Because turkey flesh is routinely contaminated with salmonella and campylobacter, the United States Department of Agriculture requires that all turkeys receive a disinfecting bath and that processing materials be cleaned with a chlorine solution before reaching the supermarkets. Despite this treatment, the bacteria often remain.

If this doesn't seem very appetizing to you, toss the turkey and go vegetarian. There are several delicious faux turkey products, such as Tofurky, Unturkey, and Tofu Turkey, that are perfect for the holidays. Many companies, including Tofurky, Lightlife, and Yves Veggie Cuisine, make great-tasting vegetarian deli-style sliced turkey, too. And remember, any healthy diet should be based on fruits, vegetables, grains, and legumes.

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Curing Cancer Without Killing Animals

The Cancer Project, a coalition of physicians, researchers, nutritionists, and cancer specialists who provide educational materials on cancer prevention and survival, is an invaluable program of the Physicians Committee for Responsible Medicine (PCRM).

The Cancer Project conducts clinical research studies to investigate dietary issues and publicizes the need for healthy diet changes. PCRM even offers hands-on nutrition classes to help cancer survivors and their families learn easy food preparation skills. For more information, check out CancerProject.org.