

Her Royal Highness The Duchess of Cambridge
Clarence House
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Your Royal Highness,

On behalf of PETA and our more than 3 million members and supporters who have heard the news of your pregnancy, we wish you the very best. I'm sorry to hear that you are again suffering from severe nausea and would like to offer some information that we all hope will help you and other expectant mothers.

Extensive research involving tens of thousands of women shows that nausea and vomiting during pregnancy are usually linked to meat, dairy foods and eggs.

According to a study by Dr Paul W Sherman, professor of neurobiology and behavior at Cornell University in New York, and Dr Samuel M Flaxman, a University of Colorado evolutionary behaviorist, nausea and vomiting during pregnancy actually serve a beneficial function by causing pregnant mothers to expel meat and other foods that may contain "harmful toxins and microorganisms that could potentially sicken the woman and damage her fetus just when its organs are developing and are most vulnerable to chemicals". The study found that the most commonly reported aversions were toward meat and eggs – the foods that are most likely to carry harmful micro-organisms and parasites.

This may explain why many pregnant women suddenly can't stomach the thought of eating certain foods, like roast beef and chicken pot pie, that they once ate. The study also revealed that women from seven traditional societies did not suffer from morning sickness. When the researchers examined these women's diets, they learned that in six of the societies, the women's food was either totally or mostly vegan, with little to no meat consumed. In cultures in which more meat is consumed, women experience higher rates of morning sickness.

I understand that it must be awfully hard for you to stomach much of anything at the moment, but as you begin to feel better, perhaps you will consider setting yourself – and your new baby – up for the healthiest life possible by trying vegan. I'm enclosing a copy of the amusingly titled *Skinny Bitch: Bun in the Oven*, which is chock full of advice for eating vegan during pregnancy and beyond. I do hope it is helpful. All of us at PETA send our best wishes to you and your family.

I am yours truly,

Ingrid E Newkirk
President
People for the Ethical Treatment of Animals

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