



**PETA**

PEOPLE FOR THE ETHICAL  
TREATMENT OF ANIMALS

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July 24, 2007

The Honorable George W. Bush  
President of the United States  
The White House

1 page via fax: 202-456-2461

Dear Mr. President,

I know you must be relieved that the growths removed from your colon were not cancerous. On behalf of PETA and our more than 1.6 million members and supporters, I hope that you'll use this opportunity to get behind a prevention program that will help others—who may not be as lucky—by pointing out the fact that going vegetarian (at any age) dramatically reduces the risk of developing colon cancer.

The scientific evidence linking meat to society's most severe health problems, including colon cancer, is extensive. According to the American Dietetic Association, vegetarians have "lower rates of death from ischemic heart disease" as well as "lower blood cholesterol levels, lower blood pressure, and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer" than meat-eaters do. The American Cancer Society recommends "choosing most of your foods from plant sources and limiting your intake of high-fat foods such as those from animal sources." A study in the *American Journal of Epidemiology* identified "red meat intake and white meat intake as important dietary risk factors for colon cancer." *The American Journal of Clinical Nutrition* states that a "vegetarian and fiber-rich diet and a decreased risk for colon cancer has been reported in many studies."

We hope that you will advocate the sensible switch to a diet that not only benefits people's health but saves animals' lives. I am sending you a vegetarian starter kit, and we'd be happy to arrange for a trained gourmet vegetarian chef to travel to the White House to work with your chef on the preparation of delicious meat- and dairy-free meals, like faux fried chicken with all the fixin's.

Thank you for your consideration. I look forward to hearing from you; I can be reached at 757-622-7382.

Sincerely,

Bruce Friedrich  
Vice President

AN INTERNATIONAL  
ORGANIZATION DEDICATED  
TO PROTECTING  
THE RIGHTS OF ALL ANIMALS