



PETA

PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS

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Dear Mike,

Congratulations from PETA on the reviews for *SiCKO*. Although we think that your film could actually help reform America's sorely inadequate health care system, there's an elephant in the room, and it is you. With all due respect, no one can help but notice that a weighty health issue is affecting you personally. We'd like to help you fix that. Going vegetarian is an easy and life-saving step that people of all economic backgrounds can take in order to become less reliant on the government's shoddy healthcare system, and it's something that you and all Americans can benefit from personally. Vegetarians weigh, on average, up to 20 percent less than their meat-eating counterparts—meaning less weight-related problems like heart attacks and strokes—and live about eight years longer. I'm sure that your fans would appreciate having you around longer! By going vegetarian, you would also provide a powerful message of personal responsibility for one's health, allowing others to become less reliant on a system that doesn't care about them. As they say at Nike (sorry!): "Just do it." We can help, but first, here are some facts:

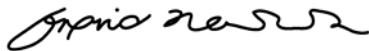
- **Vegetarians suffer far fewer heart attacks than meat-eaters.** Cholesterol, the principal culprit in clotted arteries, is found only in animal products. Thus, those of us who forgo the flesh, milk, and eggs of animals have a heart disease mortality rate one-tenth the rate of our flesh-eating counterparts. In fact, a healthy vegan diet has been shown to *reverse* heart disease.
- **Vegetarians have far lower rates of cancer than meat-eaters.** Ninety-five percent of the toxic chemicals that humans are exposed to come from meat. Thus, women who eat meat daily have 3.8 times the breast cancer rate of women who don't. Men who eat meat daily get fatal prostate cancer at 3.6 times the rate of vegetarian men.
- **Vegetarians are not as likely to be obese as meat-eaters.** Obesity kills about 112,000 people per year in the U.S., according to The Centers for Disease Control and Prevention (CDC), and makes many more people sick. It can also lead to serious diseases like diabetes. The CDC also reported that overweight and obesity accounted for nearly 10 percent of all American medical expenses in a recent year. On average, vegetarians weigh up to 20 percent less than meat-eaters.
- **Vegetarians don't run the risk of getting sick from contaminated meat.** Sure, they may get sick when animal waste is sprayed on vegetables and fruit, but meat is the big hazard. Just as dead humans rot and attract maggots and bacteria, so do other dead animals.

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Millions of people in the U.S. get sick—and thousands die—each year from eating meat contaminated with salmonella, campylobacter, *E. coli*, or one of the many other bacterium found on animal flesh—even after it's been cooked.

Yes, America's health care system needs to be fixed, but personal responsibility is a big part of why people look and feel as ill as they do. We hope that you will focus your personal lens on the benefits of vegetarianism—which can satisfy you easily—stop turning a blind eye to meat's impact on America's health, and lead the charge for a healthier America by taking our 30-Day Veg Pledge. You can find tips on going vegetarian and recipes for meatless meals like faux fried chicken at GoVeg.com.

Very truly yours,



Ingrid E. Newkirk
President and Founder



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