



Dear Paul,

**Growing up in Liverpool, I would have thought of a vegetarian as a wimp...
but I'm not sure people would automatically think like that these days.**

Do you remember saying that? Of course, you've been a committed vegetarian for many years now and contributed greatly to the movement. So much so that today being a vegetarian is nothing remarkable. And it has never been so vital.

As you know COP26 is coming up fast so I feel I have to urgently put hoof to paper to remind you of something that is however very remarkable.

It's about an important issue that is incredibly vital to the world's survival, and yet rarely if ever discussed and in fact mostly ignored. Without any irony, I call it the 'cow in the room'.

And it's this:

it's a scientific fact that animal agriculture overall is responsible for a staggering 87% of greenhouse gas emissions. So, eating animals is one of the leading causes of climate change.

Why is that? Well two main reasons. Firstly, and not to put too fine a point on it, I blow off a lot. I naturally emit methane from both ends and always will.

There are at least a billion cows like me being farmed right now, that's a lot of methane coming out.

Secondly, meat producers are forcing us to over-graze and destroy plant life, they're removing vegetation such as trees that would sequester carbon dioxide from the atmosphere.

If we all stopped eating meat every day, and not just on Mondays, and grazing lands were restored to forests, they could suck up the CO₂ from all our fossil fuel emissions. Existing grazing lands could also be used to grow crops for humans to eat, rather than to be inefficiently turned into meat.

And it isn't just about us cows, all animal agriculture contributes to climate change and ill-health in humans. I know you care about obesity in children. Pigs are still being pumped full of hormones and chemicals that make humans as fat as them.

Encouraging veganism will reduce damage to our climate, and our health, in one simple stroke.

I know the pressures the meat industry can exert and I know their arguments, which are dishonest, corrupt and often crazy. We need a voice as powerful as yours to state that a better way to tackle climate change is through what we eat.

We need to end the killing and burning machine and reset the planet's food system.

On behalf of all animals, I'll be at COP26, in fact you won't be able to miss me.

Let's start a movement together.

Yours faithfully,

Vega,

**Cow and Climate Healer
thecowintheroom.org**