

And Justice For Animals - Episode 2:

### **MEET THE COWHUGGERS: Living a harm free and happy life!**

Stephanie Terronez and Patrick Burwell, college sweethearts and founders of the successful vegan boutique, **Cowhugger**, stop by the podcast to discuss what living harm free means to them. Surprisingly, it's not just about making better food and clothing choices, it involves a whole lot more!

Hear how a lobster inspired Stephanie to stop eating animals, and the odd first date shared with Hannibal Lecter that sealed their romantic fate and set them on a powerful harm-free journey. This is an episode for all the romantics out there and also for any person looking to live a more connected, empathic life.

#### **Show Timeline:**

- 2:07 Funny first date.
- 6:04 What's a pescatarian?
- 6:37 A lobster changes Stephanie's life.
- 9:07 Are we born vegan?
- 11:00 Introducing families to vegan food.
- 12:51 Going vegan makes people reflect on their own choices.
- 16:45 What living harm free really means.
- 17:57 It's about the environment too!
- 19:05 Materials to avoid in living harm free.
- 20:29 Marino Wool is very cruel.
- 22:20 Faux fur can be tricky, how to check it.
- 22:46 Stella McCartney.
- 23:42 Beware of cheap vegan clothes and shoes.
- 26:34 Europe is doing great vegan wear!
- 28:01 Is leather only a bi-product? No!
- 30:56 Animals as a commodity.
- 31:53 The inhumane treatment of snakes.
- 34:19 The film, *Eating Animals*.
- 36:52 A mother/daughter vegan story.
- 39:11 How AJFA host met the Cowhuggers.
- 40:12 Running a vegan business as a couple.
- 43:30 How to find a vegan event.
- 44:12 Houston goes vegan!
- 45:00 How to save an animals life.
- 45:55 Join a SAVE Movement.

Contact the Cowhuggers!

Website: [Cowhugger.com](http://Cowhugger.com)

Instagram: [@LoveCowhugger](https://www.instagram.com/LoveCowhugger)

Facebook: [LoveCowHugger](https://www.facebook.com/LoveCowHugger)

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