

# **The White Cow – Excerpt from the film “Vegan: Everyday Stories”**

Our co-founder, Dr. Sofia Pineda Ochoa, recounts her experience visiting a slaughterhouse and one particular cow with whom she connected and will always remember.

This video is an excerpt from the wonderful film, “Vegan: Everyday Stories”, which can be viewed in its entirety for free [here](#).

To listen to Dr. Pineda Ochoa further discuss this experience, as well as talk about some of the problematic health aspects of eating animal foods, please watch her related speech [here](#).