Gesta episcoporum Leodiensium from the period 1043-1048, Cited by Walter Wakefield & Austin Evans, Heresies of The High Middle Ages (Columbia, 1991) p 93 https://archive.org/details/heresies-of-the-high-middle-age/page/92/mode/2up

Christian vegetarian Cathars exterminated: https://en.wikipedia.org/wiki/Albigensian_Crusade

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