



PLANTPURE COMMUNITIES

INFO SHEET: MOVIE LIST

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There are so many excellent films exploring topics related to the whole food, plant-based lifestyle, we've done our best not to leave any out when compiling this comprehensive list. We will add new films as they are released and viewed by our staff. The descriptions included are either from the official websites for each film or from IMDB.com.

- **The Invisible Vegan (2017):** A 90-minute independent documentary that explores the problem of unhealthy dietary patterns in the African-American community.
- **What The Health (2017):** An intrepid filmmaker on a journey of discovery as he uncovers possibly the largest health secret of our time and the collusion between industry, government, pharmaceutical and health organizations keeping this information from us.
- **Eating You Alive (2016):** How and why what we eat is the cause of the chronic diseases that are killing us, and changing what we eat can save our lives one bite at a time.
- **Vegan Everyday Stories (2016):** Everyday Stories is a feature-length documentary that explores the lives of four remarkably different people who share a common thread - they're all vegan. The movie traces the personal journeys of an ultramarathon runner who has overcome addiction to compete in one hundred mile races, a cattle rancher's wife who creates the first cattle ranch turned farmed animal sanctuary in Texas, a food truck owner cooking up knee-buckling plant-based foods, and an 8-year-old girl who convinces her family of six to go vegan. May be available to watch online.
- **PlantPure Nation (2015):** The documentary film PlantPure Nation tells the story of three people on a quest to spread the message of one of the most important health breakthroughs of all time.

Please check licensing fees for these films before screening to a group. There is no fee to screen *PlantPure Nation*, but that is not the case with all films. For guidance on setting up and promoting a film screening, refer to the *Action Sheet: PPN Film Screening*.



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- **Cowspiracy (2014):** Follow the shocking, yet humorous, journey of an aspiring environmentalist, as he daringly seeks to find the real solution to the most pressing environmental issues and true path to sustainability.
- **Speciesism (2013):** A young man begins investigating the underworld of "factory farming" and soon discovers a growing political and intellectual movement that considers animals as important as humans.
- **Hungry for Change (2012):** Hungry for Change exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve.
- **Forks Over Knives (2011):** Examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.
- **Vegucated (2011):** Vegucated is a guerrilla-style documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks and learn what it's all about.
- **Fat Sick and Nearly Dead (2010):** Part road trip, part self-help manifesto, Fat, Sick & Nearly Dead defies the traditional documentary format to present an unconventional and uplifting story of two men from different worlds who each realize that the only person who can save them is themselves.
- **Processed People (2009):** Processed People is a wake-up call with factual, hard-hitting health commentary that is rarely heard. If you're searching for the unprocessed truth about diet and health, look no further.
- **Food, Inc. (2008):** An unflattering look inside America's corporate controlled food industry.

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- **Eating - 3rd Edition (2008):** Join millions of people throughout the world who have watched this original, uncompromising and award-winning film that helped spark a revolution in eating habits and launch a thousand imitators. Among the many highlights are interviews with Dr. Caldwell Esselstyn, Dr. Neil Pinckney, Dr. Ruth Heidrich and Dr. Joseph Crowe.
- **Food Matters (2008):** Food Matters examines how the food we eat can help or hurt our health. Nutritionists, naturopaths, doctors, and journalists weigh in on organic food, food safety, raw foodism, and nutritional therapy.
- **The Beautiful Truth (2008):** Hailing from a small town in Alaska, 15-year-old Garrett sets out to investigate the direct link between diet and disease, and in the process he learns about world's simplest cure for cancer.
- **Crazy Sexy Cancer (2007):** Crazy Sexy Cancer is an irreverent and uplifting documentary about a young woman looking for a cure and finding her life.
- **Earthlings (2005) :** Using hidden cameras and never-before-seen footage, Earthlings chronicles the day-to-day practices of the largest industries in the world, all of which rely entirely on animals for profit. May be available to watch online.
- **Super Size Me (2004) :** While examining the influence of the fast food industry, Morgan Spurlock personally explores the consequences on his health of a diet of solely McDonald's food for one month.
- **The Gerson Miracle (2004):** In 1928, Dr. Max Gerson, a German-Jewish researcher, stumbled upon a therapy that claims to have cured tens of thousands of people worldwide since then, including patients previously thought incurable by their doctors. For the first time, this film chronicles the epic "true story" of Gerson's miracle.

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