



PLANTPURE COMMUNITIES

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INFO SHEET: MOVIE LIST

Resources

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):** A journey of discovery into possibly the largest health secret of our time, exploring the collusion between industry, government, pharmaceutical and health organizations keeping this information from us.
- **Feel Rich: Health Is the New Wealth (2017):** Common, The Game, Quincy Jones and other hip-hop artists discuss the dramatic changes they made in their lives to improve their health. The film provides unique context to the global health crisis in urban communities.
- **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):** A feature-length documentary that explores the lives of four remarkably different people who share a common thread - they're all vegan. May be available to [watch online](#).
- **Seed: The Untold Story (2016):** A film about the importance of heirloom seeds to the agriculture of the world, focusing on seed keepers and activists from around the world.
- **In Search of Balance (2016):** This film explores a vision of health, science and nature that recognizes the importance of the interconnections between us, the food we consume, how we produce that food and the natural world at large including the mysterious, invisible world of the human microbiome.
- **PlantPure Nation (2015):** This documentary tells the story of three people on a quest to spread the message of one of the most important health breakthroughs of all time, inspiring a grassroots movement - the Pod Network! May be available to [watch online](#).
- **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):** This film exposes shocking secrets the diet, weight loss and food industries don't want people to know about deceptive strategies designed to keep them coming back for more.
- **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.



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- Vegucated (2011): 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, this film 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): This film features insightful interviews from nine preeminent health and environmental experts/advocates who discuss how and why Americans got into this mess, and what we can do to break the "processed people" cycle.
- Eating - 3rd Edition (2008): An original, uncompromising, and award-winning film that helped spark a revolution in eating habits. Among the many highlights are interviews with Dr. Caldwell Esselstyn, Dr. Neil Pinckney, Dr. Ruth Heidrich and Dr. Joseph Crowe.
- Food, Inc. (2008): An unflattering look inside America's corporate controlled food industry.
- Food Matters (2008): This film 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): 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.

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.

We welcome you to send suggestions and ideas to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated May 2018.