



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 Game Changers (2019):** tells the story of James Wilks – elite Special Forces trainer and The Ultimate Fighter winner – as he travels the world on a quest to uncover the optimal diet for human performance. Showcasing elite athletes, special ops soldiers, visionary scientists, cultural icons, and everyday heroes, what James discovers permanently changes his understanding of food and his definition of true strength.
- **Diet Fiction (2019):** A documentary that follows the filmmaker in his exciting journey into the controversial world of weight loss and dieting, as he uncovers several shocking facts and confronts common misconceptions, and misleading information propagated by the industry over the last several decades.
- **73 Cows (2018):** A 15-minute documentary. The story of Jay Wilde, a beef farmer who battles with his conscience every time he takes his cows to slaughter. Feeling trapped within an industry he no longer believes in, Jay knows he must make a change and do what no other farmer from the UK has ever done before. vimeo.com/293352305
- **Code Blue (2018):** A 60-minute documentary that follows the story of a passionate doctor, a young medical student, and four expert physicians who have the foresight to envision the potential of incorporating lifestyle medicine, and have begun to implement change.
- **The Big FAT Lie: The Kiwi Plant Based Documentary (2018):** Filmmaker Grant Dixon covers his own journey back to good health after suffering a heart attack. This is New Zealand's first Kiwi plant based documentary which draws on the research of U.S. physician, Caldwell Esselstyn. vimeo.com/ondemand/thebigfatlie (Do not confuse this film with the American documentary by the same name.)
- **The Invisible Vegan (2018):** A 90-minute independent documentary (accessible on YouTube) that explores the problem of unhealthy dietary patterns in the African-American community.
- **Dominion (2018):** This Australian documentary presents an uncompromising, damning exploration of the various ways animals are used and abused by humans, particularly in the meat, dairy, egg, clothing and entertainment industries. May be available to watch online at dominionmovement.com (Graphic content.)
- **The End of Meat (2017):** A film that reveals the hidden impact of meat consumption; explores the opportunities and benefits of a shift to a more compassionate diet; and raises critical questions about the future role of animals in our society.
- **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.



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- **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 at youtu.be/V4JwBgaAEmk.
- **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! Available to watch online at youtu.be/yBKnG9Y0owQ.
- **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.
- **Live and Let Live (2013):** A feature documentary examining our relationship with animals, the history of veganism and the ethical, environmental and health reasons that move people to go vegan. From butcher to vegan chef, from factory farmer to farm sanctuary owner - Live and Let Live tells the stories of six individuals who decided to stop consuming animal products for different reasons and shows the impact this decision has had on their lives.
- **GMO OMG (2013):** A father examines the relationship between genetically modified food and his three young children, exploring the systematic corporate takeover and potential loss of humanity's most precious and ancient inheritance: seeds.
- **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.
- **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.



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- **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):** A featur-length documentary using hidden camera 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 at www.nationearth.com (Graphic content.)
- **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.
- **Peaceable Kingdom: The Journey Home (2004):** This film explores the powerful struggle of conscience experienced by several people from traditional farming backgrounds who come to question the basic assumptions of their way of life. A riveting story of transformation and healing, the documentary portrays the farmers’ sometimes amazing connections with the animals under their care, while also providing insight into the complex web of social, psychological and economic forces that have led to their inner conflict.

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*.