

# Movie Review List

Call number to check out video in library included next to title

Year video made in parenthesis

1. **Forks over Knives**- RA.645.N87.F67 (2010)

Examines the profound claim that most, if not all, of the so-called "diseases of affluence" that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

2. **Bag It**- TP.1120.B334 (2012)

Try going a day without plastic. In this touching and often flat-out-funny film, we follow "everyman" Jeb Berrier as he embarks on a global tour to unravel the complexities of our plastic world. What starts as a film about plastic bags evolves into a wholesale investigation into plastic and its effect on our waterways, oceans and even our own bodies. We see how our crazy-for-plastic world has finally caught up to us and what we can do about it. Today. Right now.

3. **Fresh**- S.494.5.S86.F747 (2009)

outlines the vicious cycle of our current food production methods, while also celebrating the farmers, thinkers and business people across America who are reinventing our food system, from a basketball player and former-executive-turned-urban-farmer to a poetic prophet of the fields who tells us: We can raise everything we need without any of the industrial food system. Director Ana Joanes takes her camera coast to coast and explores the lives of amazing Americans who are redefining the way we eat and how we live. FRESH features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award, sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, *The Omnivore's Dilemma*, and supermarket owner, David Ball, who continues to challenge our discount superstore-dominated economy.

4. **Food Matters**- RA.84.F636 (2008)

Let thy Food be thy Medicine and thy Medicine be thy Food Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film *Food Matters* from Producer-Directors James Colquhoun and Laurentine ten Bosch. With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. *Food Matters* sets about uncovering the trillion dollar worldwide sickness industry and gives people some scientifically verifiable solutions for curing disease naturally. In what promises to be the most contentious idea put forward, the

filmmakers have interviewed several world leaders in nutrition and natural healing who claim that not only are we harming our bodies with improper nutrition, but that the right kind of foods, supplements and detoxification can be used to treat chronic illnesses as fatal as terminally diagnosed cancer. The focus of the film is in helping us rethink the belief systems fed to us by our modern medical and health care establishments. The interviewees point out that not every problem requires costly, major medical attention and reveal many alternative therapies that can be more effective, more economical, less harmful and less invasive than conventional medical treatments.

5. **The Future of Food-** TP248.65.F66.F88 (2007)

The Future of Food documents what is currently going on with the food supply in the US. Monsanto, a multinational corporation who was formerly in the pesticide business (agent orange, ddt) is now one of the biggest seed suppliers in the world. And not just any seed, it's genetically engineered for a number of purposes. Monsanto has been suing farmers who have not bought seed from them but end up with it growing in their fields from no fault of their own. The film interviews experts and scientists who document first off how GE food was pushed on the American people with no disclosure and no testing as well as the devastating potential for destruction with messing with our food supply for profit.

6. **Food Stamped-** HV696.F6.F668 (2011)

The filmmakers decided to go on the "food stamps diet" where they could only spend about \$1 per person per meal, the amount given to those who receive food stamps. They vowed to only eat healthy, organic food during this week.

7. **King Korn-** SB.191.M2.K56 (2009)

Engrossing and eye-opening, KING CORN is a fun and crusading journey into the digestive tract of our fast food nation where one ultra-industrial, pesticide-laden, heavily-subsidized commodity dominates the food pyramid from top to bottom - corn.

8. **Supersize Me-** TX945.5.M33.S87 (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. Nominated for an Academy Award.

9. **Food, Inc.-** HD.9005.F66 (2009)

Lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Reveals surprising - and often shocking truths - about what we eat, how it's produced and who we have become as a nation.

10. **The Weight of the Nation**- RC.628.W45 (2012)

The film offers an overview on everything you need to know about diabetes: the scope of the epidemic, major risk factors, the connection to obesity, and more. It also explores discrimination among obese people, show health transformations, explains weight gain & loss, long-term consequences of obesity, the damage of obesity on children and more. It is a 3 part DVD series.

11. **Fast Food Nation** -TX945.3.S355 (2006)

Based on the controversial best-selling novel, Fast Food Nation is a provocative drama that cleverly depicts the lives of several intermingled characters who are all linked to the potentially perilous and corrupt fast food industry.

12. **PlanEat**- GT2850.P53 (2011)

The story of three men's life-long search for a diet, which is good for our health, good for the environment and good for the future of the planet ... With the help of some innovative farmers and chefs, [this film] shows how the problems we face today can be solved without simply resorting to a diet of lentils and lettuce leaves.

13. **Blue Gold-World Water Wars**- HD1691.B58 (2009)

Wars of the future will be fought over water, as they are today over oil, as the source of all life enters the global marketplace and political arena. Corporate giants, private investors, and corrupt governments vie for control of our dwindling fresh water supply, prompting protests, lawsuits, and revolutions from citizens fighting for the right to survive. Past civilizations have collapsed from poor water management. Will ours too?

14. **Locavore**- HD9005.L63 (2009)

Learn about the rewards of a locavore lifestyle and how easy, tasty, and fun eating locally can be.

15. **Farmageddon**- HD1476.A3.F37 (2011)

Documented is the story of family farms who were providing healthy foods to their communities and were forced to stop by agents of misguided government bureaucracies.

16. **Stress: portrait of a killer**- RC.455.4.S87 (2008)

A Stanford University neurobiologist has been advancing our understanding of stress - how it impacts our bodies and how our social standing can make us more or less susceptible. Research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes. Yet understanding how stress works can help us figure out a ways to combat it and how to live a life free of the tyranny of this contemporary plague.

17. **Killer at Large**- RA645. O23.K55 (2009)

Uncover the causes of obesity and the unprecedented rates in which it is spreading in the United States, and learn ways that might reverse the trend that is projected to affect 75% of Americans within the next ten years.

18. **Food Fight: A story of culinary revolt**- HD.1761.F66 (2008)

Looks at how American agricultural policy and food culture developed in the 20th century and how the California food movement created a counter-revolution against big agribusiness and launched the local organic movement.

19. **Tapped**- HD.9349.M5423.U6 (2010)

Is access to clean drinking water a basic human right, or a commodity that should be bought and sold like any other article of commerce? Stephanie Soechtig exams the big business of bottled water. Viewers get a behind-the-scenes look into the unregulated and unseen world of an industry that aims to privatize and sell back the one resource that ought never to become a commodity: our water. Here is a powerful portrait of the lives affected by the bottled water industry.

20. **Vegucated**- TX 392 .V448 (2010)

Vegucated is a feature-length documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured with true tales of weight lost and health regained, they begin to uncover hidden sides of animal agriculture and soon start to wonder whether solutions offered in films like Food, Inc. go far enough. Before long, they find themselves risking everything to expose an industry they supported just weeks before.

21. **Hungry for Change**- RA 784.H86 (2012)

This documentary exposes secrets the diet, weight loss and food industries don't want consumers to know about: deceptive strategies designed to keep you coming back for more. It also addresses fat free products, artificial sweeteners, high fructose corn syrup, how food is addictive and how to cleanse your body & become healthier.

## 22. **In Organic We Trust-** S 605.5.I5 (2013)

In Organic We Trust is an eye-opening documentary that reveals the true meaning of organic. When corporations went into the business and organic became a brand, the philosophy and the label grew apart. Director Kip Pastor looks beyond the label and unearths inspiring solutions for our health and environmental problems. Individual citizens and communities are taking matters into their own hands, and change is coming from the soil up.

If there are movies NOT on this list that you think I should see, please let me know.

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