

## Movies about Veganism

More vegan resources at <http://savageheart.com/vegan/vegan.html>

### 1. Forks Over Knives (90 minutes)

<https://www.youtube.com/watch?v=O7ijukNzIUg>

Movie trailer

<https://www.forksoverknives.com/the-film/>

"The feature film Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods."

[https://en.wikipedia.org/wiki/Forks\\_Over\\_Knives](https://en.wikipedia.org/wiki/Forks_Over_Knives)

"Forks Over Knives (2011) is an American advocacy film that advocates a low-fat, whole-food, plant-based diet as a way to avoid or reverse several chronic diseases. The film recommends a "whole foods plant-based" diet and stresses that processed foods and all oils should be avoided. This is sometimes confused with a vegan diet, which in practice can be very different.

Through an examination of the careers of American physician Caldwell Esselstyn and professor of nutritional biochemistry T. Colin Campbell, Forks Over Knives claims that many diseases, including obesity, cardiovascular diseases, and cancer, can be prevented and treated by eating a whole food, plant-based diet, avoiding processed food and food from animals.

The film also provides an overview of the 20-year China–Cornell–Oxford Project that led to Professor Campbell's findings, outlined in his book, *The China Study* (2005) in which he suggests that coronary artery disease, diabetes, obesity, and cancer can be linked to the Western diet of processed and animal-based foods (including dairy products).

Director Lee Fulkerson stated in an interview with Canada's National Post that the diet described in the film is called "whole foods plant-based," rather than vegan (a term he deliberately did not use). He said that this is because it avoids the use of highly processed foods, as with a whole foods plant based approach, you "want to use minimally processed things."

<http://www.imdb.com/title/tt1567233/ratings>

7,723 IMDb users have given a weighted average vote of 7.7 / 10

<https://www.amazon.com/Forks-Over-Knives-Colin-Campbell/dp/B0053ZH2I2/>

84% 5-star, 10% 4-star ratings, 3,003 reviews

[https://www.rottentomatoes.com/m/forks\\_over\\_knives](https://www.rottentomatoes.com/m/forks_over_knives)

Audience score: 79% liked it, average rating 4.1 / 5, 2,635 user ratings

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### 2. Food, Inc (91 minutes)

<https://www.youtube.com/watch?v=Rjh5aZKgtSY>

Movie trailer

<http://www.takepart.com/foodinc/film/index.html>

“In *Food, Inc.*, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of E. coli—the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults.

Featuring interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore's Dilemma*, *In Defense of Food: An Eater's Manifesto*) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.”

<http://documentary-movie.com/food-inc/>

“*Food, Inc.* unveils some of the somber practices underpinning the American food industry, exploring how corporations place profits before consumer health, worker safety and the environment. This documentary argues that industrial production methods are not only inhumane, but they are also unsustainable from an economic and environmental standpoint.

Filmmaker Robert Kenner visits farms and slaughterhouses and witnesses first-hand the disturbing conditions that prevail, such as chickens being grown so fast that they are unable walk properly, cows eating feed laced with chemicals, and workers risking their own safety to ensure that these products are made cheaply for the market. He also interviews various players in the industry including CEOs, advocates, authors and lobbyists.

For many people, the ideal meal is convenient, low-cost and delicious. *Food, Inc.* looks into the true cost of putting price and convenience over nutritional and environmental considerations, presenting the findings in a way that is engaging, informative and accessible to all.”

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[https://en.wikipedia.org/wiki/Food,\\_Inc.](https://en.wikipedia.org/wiki/Food,_Inc.)

“Food, Inc. is a 2008 American documentary film directed by filmmaker Robert Kenner. The Academy Award-nominated film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees. The film is narrated by Michael Pollan and Eric Schlosser.

The film received positive responses and was nominated for several awards, including the Academy Award and the Independent Spirit Awards in 2009, both for Best Documentary Feature.”

<http://www.imdb.com/title/tt1286537/ratings>

44,366 IMDb users have given a weighted average vote of 7.9 / 10

<https://www.amazon.com/Food-Inc-Eric-Schlosser/dp/B0027BOL4G/>

79% 5-star, 15% 4-star ratings, 2,963 reviews

[https://www.rottentomatoes.com/m/food\\_inc](https://www.rottentomatoes.com/m/food_inc)

Audience score: 86% liked it, average rating 3.9 / 5, 74,797 user ratings

### 3. Cowspiracy (85 minutes)

<https://www.youtube.com/watch?v=nV04zyfLyN4>

Movie trailer

<http://www.cowspiracy.com/>

<http://www.cowspiracy.com/about/>

*Cowspiracy: The Sustainability Secret* is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world’s leading environmental organizations are too afraid to talk about it.

Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean “dead zones,” and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.

As Andersen approaches leaders in the environmental movement, he increasingly uncovers what appears to be an intentional refusal to discuss the

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issue of animal agriculture, while industry whistleblowers and watchdogs warn him of the risks to his freedom and even his life if he dares to persist.

As eye-opening as *Blackfish* and as inspiring as *An Inconvenient Truth*, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet, and offers a path to global sustainability for a growing population.

<https://en.wikipedia.org/wiki/Cowspiracy>

Cowspiracy: The Sustainability Secret is a 2014 documentary film produced and directed by Kip Andersen and Keegan Kuhn. The film explores the impact of animal agriculture on the environment, and investigates the policies of environmental organizations on this issue. Environmental organizations investigated in the film include Greenpeace, Sierra Club, Surfrider Foundation, Rainforest Action Network, and many more.

The film was crowdfunded on IndieGoGo, with 1,449 contributors giving \$117,092. This funding was 217% of their goal, and it allowed them to dub the film into Spanish and German and subtitle it into more than 10 other languages, including Chinese and Russian. Screenings are licensed through the distributor as well as on Tugg.

A new cut of the documentary, executive-produced by Leonardo DiCaprio, premiered globally on Netflix on September 15, 2015.

Journalist Chris Hedges stated that this film led him to become a vegan.

<http://www.imdb.com/title/tt3302820/ratings>

11,791 IMDb users have given a weighted average vote of 8.4 / 10

[https://www.rottentomatoes.com/m/cowspiracy\\_the\\_sustainability\\_secret](https://www.rottentomatoes.com/m/cowspiracy_the_sustainability_secret)

Audience score: 89% liked it, average rating 4.3 / 5, 657 user ratings

#### 4. Earthlings (95 minutes)

<https://www.youtube.com/watch?v=wk9Hac7cnL8>

Movie trailer

<http://www.nationearth.com/earthlings-1/>

“EARTHLINGS is a 2005 American documentary film about humankind's total dependence on animals for economic purposes. Presented in five chapters (pets, food, clothing, entertainment and scientific research) the film is narrated by Joaquin Phoenix, featuring music by Moby, and was written, produced and directed by Shaun Monson.”

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[https://en.wikipedia.org/wiki/Earthlings\\_\(film\)](https://en.wikipedia.org/wiki/Earthlings_(film))

"Earthlings is a 2005 American documentary film about humanity's use of other animals as pets, food, clothing, entertainment, and for scientific research. The film is narrated by Joaquin Phoenix, features music by Moby, was directed by Shaun Monson, Executive Produced by Libra Max and was co-produced by Maggie Q, all of whom are vegan. A second installment was set for August 2015 titled Unity.

Covering pet stores, puppy mills, and animal profession, Earthlings includes footage obtained through the use of hidden cameras to chronicle the day-to-day practices of some of the largest industries in the world, all of which rely on animals. It draws parallels between racism, sexism, and speciesism.

Joaquin Phoenix commented on the documentary, "Of all the films I have ever made, this is the one that gets people talking the most. For every one person who sees Earthlings, they will tell three." Philosopher Tom Regan remarked, "For those who watch Earthlings, the world will never be the same."

In 2005, Earthlings premiered at the Artist Film Festival, (where it won Best Documentary Feature), followed by the Boston International Film Festival, (where it won the Best Content Award), and at the San Diego Film Festival, (where it won Best Documentary Film, as well as the Humanitarian Award to Phoenix for his work on the film).

<http://www.imdb.com/title/tt0358456/ratings>

13,624 IMDb users have given a weighted average vote of 8.7 / 10

<https://www.amazon.com/EARTHLINGS-Joaquin-Phoenix/dp/B000QX0LE6>

97% 5-star, 3% 4-star ratings, 144 reviews

[https://www.rottentomatoes.com/m/earthlings\\_2003](https://www.rottentomatoes.com/m/earthlings_2003)

Audience score: 92% liked it, average rating 4.5 / 5, 3,675 user ratings

### 5. Fat, Sick and Nearly Dead (97 minutes)

<https://www.youtube.com/watch?v=LRtSo-YpWbk>

Movie trailer

[https://www.youtube.com/watch?v=Gv3vEXy\\_EwU](https://www.youtube.com/watch?v=Gv3vEXy_EwU)

Extended trailer

<http://www.fatsickandnearlydead.com/>

"100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the

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end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well— with one foot already in the grave, the other wasn't far behind. **FAT, SICK & NEARLY DEAD** is an inspiring film that chronicles Joe's personal mission to regain his health.

With doctors and conventional medicines unable to help long-term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for the next 60 days. Across 3,000 miles Joe has one goal in mind: To get off his pills and achieve a balanced lifestyle.

While talking to more than 500 Americans about food, health and longevity, it's at a truck stop in Arizona where Joe meets a truck driver who suffers from the same rare condition. Phil Staples is morbidly obese weighing in at 429 lbs; a cheeseburger away from a heart-attack. As Joe is recovering his health, Phil begins his own epic journey to get well.

What emerges is nothing short of amazing – an inspiring tale of healing and human connection.

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.”

[https://en.wikipedia.org/wiki/Fat, Sick and Nearly Dead](https://en.wikipedia.org/wiki/Fat,_Sick_and_Nearly_Dead)

**Fat, Sick and Nearly Dead** is a 2010 American documentary film which follows the 60-day journey of Australian Joe Cross across the United States as he follows a juice fast to regain his health under the care of Dr. Joel Fuhrman, Nutrition Research Foundation's Director of Research. Cross and Robert Mac, co-creators of the film, both serve on the Nutrition Research Foundation's Advisory Board. Following his fast and the adoption of a plant-based diet, Cross states in a press release that he lost 100 pounds and discontinued all medications. During his road-trip Cross meets Phil Staples, a morbidly obese truck driver from Sheldon, Iowa, in a truck stop in Arizona and inspires him to try juice fasting. A sequel to the first film, **Fat, Sick and Nearly Dead 2**, was released in 2014.

<http://www.imdb.com/title/tt1227378/ratings>

6,963 IMDb users have given a weighted average vote of 7.6 / 10

<https://www.amazon.com/Fat-Sick-Nearly-Dead-Cross/dp/B004V4ASGC>

81% 5-star, 13% 4-star ratings, 2,114 reviews

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[https://www.rottentomatoes.com/m/fat\\_sick\\_and\\_nearly\\_dead\\_2011](https://www.rottentomatoes.com/m/fat_sick_and_nearly_dead_2011)

Audience score: 85% liked it, average score 4.1 / 5, 2,045 user ratings

### 6. Fowl Play (52 minutes)

<http://www.fowlplaymovie.com/>

Full movie

“National surveys show that the majority of Americans are opposed to the inhumane treatment of farm animals. In fact, Americans are in opposition to the very treatment animals face every day on factory farms. This disconnect that people have between the food they buy and the industries they support is exactly what agribusiness counts on to maintain its bottom line.

However, a growing movement of people are opposed to factory farming and the commodification of animals. They are organizing, documenting the living nightmare that animals face, and speaking out against animal agriculture.

Fowl Play illuminates the plight of factory-farmed laying hens through interviews with people who are fighting diligently to save them. A story of hope emerges as footage recorded inside battery cage and other facilities is balanced with personal accounts of the individuals working to protect the often-forgotten victims of the egg industry.

The film also introduces us to animals who survive the system: Hope, a hen left to die in a garbage can but then rescued by activists; and Consuela, a hen gassed on a farm when she was no longer useful but who survives to be rescued at a landfill.

The suffering that animals face on factory farms won't end until enough people are motivated to change it. Fowl Play connects the dots between consumers and the practices they support, and leaves viewers with a groundbreaking message of personal change and community outreach.”

[https://en.wikipedia.org/wiki/Mercy\\_for\\_Animals#Egg-laying\\_hens](https://en.wikipedia.org/wiki/Mercy_for_Animals#Egg-laying_hens)

“In 2001, Mercy For Animals videotaped conditions at Buckeye Egg Farm and Daylay Egg Farm, calling the footage *Silent Suffering*. The group has since used the footage in their film, *Fowl Play*, which was selected as "best short documentary" at the Fallbrook Film Festival in 2009, and was an official selection at the Las Vegas International and Chicago United Film Festivals.”

[https://en.wikipedia.org/wiki/Mercy\\_for\\_Animals](https://en.wikipedia.org/wiki/Mercy_for_Animals)

Mercy For Animals (MFA) is an international non-profit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies, founded in October 1999. Nathan Runkle is the group's

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executive director and founder. Focusing primarily on advocacy on behalf of farmed animals, MFA runs a number of campaigns that aim to educate the public on animal protection issues and to encourage them to adopt a vegan diet. It has engaged in several undercover investigations, primarily of egg farms, and has produced television commercials showing the treatment of animals in slaughterhouses and factory farms. MFA is headquartered in Los Angeles. Mercy for Animals is currently one of Animal Charity Evaluators' Top Charities.

<http://www.imdb.com/title/tt3157714/ratings>

6 IMDb users have given a weighted average vote of 9.3 / 10

### 7. Got the Facts on Milk? (88 minutes)

<https://unleashedproductions.com/milkdocumentary/>

“Got the facts on Milk, also known as the Milk Documentary is a feature documentary released in 2011 that questions the conventional wisdom of milk and dairy products....

‘Got the facts on Milk?’ is a comical feature documentary that questions the much publicized health benefits of milk. Film maker Shira Lane takes a road-trip across America to get the truth on the unchallenged perceptions of milk. Addressing myth, truth and all in between, the film becomes a humorous yet shocking exposition that provokes serious thought about this everyday staple. Join Shira and friends on a journey to the arbiter of all things health related, the USDA in Washington DC, on their mission to get factual answers to common milk beliefs. We peek into milking farms, advertising campaigns, lactose intolerance, cancer, hormones, heart disease, diabetes, milk derivatives, dairy funded school programs and the empowered multi-billion dollar dairy industry.

Is milk all we have been told it is? Prepare to be surprised by the responses from top-notch scientists, researchers, farmers, and every day people in this inquisitive feature documentary into a product that is embedded into the very foundation of our culture, nutrition and lives. You will hear powerful information that may change your life forever.”

<https://www.youtube.com/watch?v=pCOLXU68HMg>

Movie trailer

<http://www.imdb.com/title/tt1065086/ratings>

218 IMDb users have given a weighted average vote of 7.2 / 10

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More vegan resources at <http://savageheart.com/vegan/vegan.html>

<https://www.amazon.com/Got-Facts-Milk/dp/B00GZ0NST4>

65% 5-star, 14% 4-star ratings, 66 reviews

### 8. Live and Let Live (80 minutes)

<http://www.letlivefilm.com/en/>

“Live and Let Live is 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.

Food scandals, climate change, lifestyle diseases and ethical concerns move more and more people to reconsider eating animals and animal products. 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 the decision has had on their lives.

Jan and Karin transformed an intensive dairy farm into a retirement home for animals which offers refuge to cows, horses, pigs, chickens and many other animals rescued from certain death. Ria and Hendrik are activists who liberate chickens from a factory farm to bring them to a sanctuary. Chef Aaron used to slaughter rabbits, serve veal and foie gras at his restaurant, until one day he reconsidered his ways and opened an all-vegan Italian restaurant. Jack, a professional track cyclist training for the Olympic Games in 2016 in Rio, discovered he’s even faster on a plant-based diet.

Philosophers such as Peter Singer, Tom Regan and Gary Francione join scientists T. Colin Campbell and Jonathan Balcombe and many others to shed light on the ethical, health and environmental perspectives of veganism. Through these stories, Live and Let Live showcases the evolution of veganism from its origins in London 1944 to one of the fastest growing lifestyles worldwide, with more and more people realizing what’s on their plates matters to animals, the environment and ultimately – themselves.”

<https://www.youtube.com/watch?v=10MK7v6Mhjc>

Movie trailer

[https://en.wikipedia.org/wiki/Live\\_and\\_Let\\_Live\\_\(film\)](https://en.wikipedia.org/wiki/Live_and_Let_Live_(film))

“Live and Let Live is a 2013 documentary film by German filmmaker and director Marc Pierschel.[3] The film follows several vegan activists and interviews vegan proponents. The documentary explores the reasons for adopting veganism and how people live according to this lifestyle.

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The documentary film examines the relationship that humans have with animal by following six different individuals who moved to veganism for different reasons. With, for example, a butcher who became a vegan chef, a factory farmer who started a farm sanctuary, a professional athlete who changed his complete diet, and activists for the animal rights movement Animal Equality. Besides the film explores the history of veganism and the ethical, environmental and health reasons why people become vegan by interviewing proponents of the vegan movement.”

<http://www.imdb.com/title/tt3408558/ratings>

361 IMDb users have given a weighted average vote of 7.8 / 10

<https://www.amazon.com/Live-Let-T-Colin-Campbell/dp/B00MSR4XFG>

86% 5-star, 5% 4-star ratings, 21 reviews

### 9. Peaceable Kingdom: The Journey Home (78 minutes)

<http://www.peaceablekingdomfilm.org/>

“A riveting story of transformation and healing, PEACEABLE KINGDOM: THE JOURNEY HOME explores the awakening conscience of several people who grew up in traditional farming culture and who have now come to question the basic assumptions of their way of life.

Presented through a woven tapestry of memories, music, and breathtaking accounts of life-altering moments, the film provides insight into the farmers' sometimes amazing connections with the animals under their care, while also making clear the complex web of social, psychological and economic forces that have led them to their present dilemma.

Interwoven with the farmers' stories is the dramatic animal rescue work of a newly-trained humane police officer whose sense of justice puts her at odds with the law she is charged to uphold.

With strikingly honest interviews and rare footage demonstrating the emotional lives and intense family bonds of animals most often viewed as living commodities, this groundbreaking documentary shatters stereotypical notions of farmers, farm life, and perhaps most surprisingly, farm animals themselves.”

[http://www.tribeofheart.org/sr/pkj\\_english.htm](http://www.tribeofheart.org/sr/pkj_english.htm)

“Can a change of heart change the world? Two animal rescuers, five farmers, and a cow named Snickers will make you laugh and cry, expand your consciousness, and challenge your ideas about who animals are. Open your eyes. Trust your heart. Take the journey.

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A story of transformation and healing, this award-winning documentary explores a crisis of conscience experienced by several farmers questioning their inherited way of life. Growing more and more connected to individual animals under their care, they struggle to do what is right, despite overwhelming social and economic pressure to follow tradition. The film also explores the dramatic animal rescue work of a newly-trained humane police officer whose desire to help animals in need puts her in conflict with unjust laws she is expected to enforce. With heartfelt interviews and rare footage demonstrating the emotional lives and family bonds of farm animals, this groundbreaking documentary challenges stereotypes about life on the farm, offering a new vision for how we might relate to our fellow animals.”

<https://www.youtube.com/watch?v=qbamdBf4L1Y>

Movie trailer

[https://en.wikipedia.org/wiki/Peaceable\\_Kingdom:\\_The\\_Journey\\_Home](https://en.wikipedia.org/wiki/Peaceable_Kingdom:_The_Journey_Home)

“Peaceable Kingdom: The Journey Home is a documentary released in 2009 which relates the personal transformation of farmers as they reexamine their relationship to animals. The movie also tells the story of two animal rescues.

The stories of seven people compose the core of the documentary: Harold Brown, Howard Lyman and his wife Willow Jeane Lyman, Cheri Ezell-Vandersluis and her husband Jim Vandersluis, and Jason Tracy and his partner Cayce Mell.

In the case of Harold Brown, the Lyman couple, and the Ezell-Vandersluis couple, the movie tells the story of how they began as traditional farmers working as part of the system that uses animals for food or other human purposes, but then came to the view that such practices are cruel and unethical.

In the case of Jason Tracy and Cayce Mell the movie tells the story of two animal rescues they participated in: one occurring after a tornado hit a chicken farm, and the other from the house of a woman who suffered from an animal hoarding compulsion.

The musical score was done by Kevin Bartlett and Joy Askew.

Philosopher Tom Regan (a proponent of the abolitionism movement within animal rights) is listed in the credits for the movie. Consistent with abolitionism—LaVeck and Stein created a web site called HumaneMyth.org which advocates that it is not possible for animals to be treated humanely in an agricultural process which uses the animal for food.[6]

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Actor Alicia Silverstone also appears in the credits and has supported the work of Tribe of Heart.”

<http://www.imdb.com/title/tt2301057/ratings>

170 IMDb users have given a weighted average vote of 8.6 / 10

<https://www.amazon.com/Peaceable-Kingdom-Journey-Harold-Brown/dp/B008C9Q0XC>

97% 5-star, 3% 4-star ratings, 39 reviews

### 10. PlantPure Nation (95 minutes)

<https://www.plantpurenation.com/>

“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. After renowned nutritional scientist and bestselling author T. Colin Campbell gives a stirring speech on the floor of the Kentucky House of Representatives, his son, Nelson, and Kentucky State Representative Tom Riner work together to propose a pilot program documenting the health benefits of a plant-based diet. Once the legislation goes into Committee, agribusiness lobbyists kill the plan. Undeterred, Nelson decides to try his own pilot project in his hometown of Mebane, North Carolina.

In his groundbreaking 2004 book, *The China Study*, and in the recent popular documentary film *Forks Over Knives*, Dr. Campbell detailed the weight of scientific evidence that a whole foods plant-based diet can prevent and even reverse some of the most deadly health conditions such as heart disease, type 2 diabetes, and even some forms of cancer.

A growing number of celebrities, athletes, TV hosts, and nutrition experts have promoted a plant-based diet in the past few years. And tens of thousands of people have documented their personal success stories since adopting a plant-based diet. But as more doctors and public officials become aware of the healing power of plant-based nutrition the question arises: Why don't they share the information with their patients or the public?

On November 15th 2011, doctors T. Colin Campbell and Caldwell Esselstyn presented their research on the benefits of plant-based nutrition to the Kentucky State legislature. The house members were enthusiastic. With one of the highest levels of childhood obesity in the nation, Kentucky also suffers from high rates of heart attacks, strokes, and diabetes. Soon after Campbell's and Esselstyn's presentation, Rep. Tom Riner introduced a bill to establish a pilot program that would document the health benefits of a plant-based diet.

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But once the bill went into committee, industry lobbyists launched one of the most intensive lobby efforts ever in Kentucky. As the bill's sponsor Rep. Riner put it, the bill was watered down to "a shadow of its former self", turned "from steel to Reynolds Wrap."

A top-down approach that recognized the powerful healing effects of plant-based nutrition had failed - again. But Nelson Campbell suspected there was another way to prove the merits of this idea. After the setback in Kentucky, he resolved to put his hunch to the test in his own North Carolina hometown of Mebane (population 11,562). He also took a documentary film crew with him.

Nelson hoped to demonstrate that a whole foods plant-based diet would lead to significant and measurable health improvements in just 10 days. He also wanted to demonstrate that such a diet would be easy to follow and indefinitely sustainable.

Using an approach consistent with the mainstream values of his hometown, he started small, offering ten-day "jumpstarts," using freshly prepared plant-based meals and before and after biometric testing.

How would these rural people, many of whom were raised on southern comfort foods such as meat, potatoes, biscuits and gravy, handle a plant-based diet? Would they lose weight and get healthier? Would their families and friends accept their diet and lifestyle change? Could this be the spark of something even bigger? Can a nationwide health revolution actually begin in a town as rural and small as Mebane?

As Nelson is launching a movement in the most unlikely of places, his close friend in Kentucky, Rep. Tom Riner, continues his efforts to educate his legislative colleagues – eventually giving away over 300 copies of "The China Study." Their success in both places motivates Nelson and Tom to join in an effort to right what is surely one of the greatest wrongs of our modern age. Together, they launch a plan to expose the forces that stand in the way of a wider recognition of the healing powers of a plant-based diet.

Beyond Mebane, PlantPure Nation explores the topical issues of the small family farmer, food deserts, modern medicine and the challenges of getting plant-based nutrition included in the political process.

PlantPure Nation was shown in theaters in over 100 cities and is currently playing on Netflix, iTunes and Amazon. It was filmed across the USA and features Steve Forbes, Jr. (Editor-in-Chief Forbes Magazine,) Dr. T. Colin Campbell (Co-Author, The China Study,) Dr. Neal Barnard (Founder and President, Physicians Committee for Responsible Medicine,) Dr. Michael Greger, (Director of Public Health and Animal Agriculture, Humane Society of

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the United States) leading the list of world-renowned experts, doctors and authors who speak on the topic. The Production team includes Director Nelson Campbell and Producer John Corry & Writer Lee Fulkerson from the acclaimed documentary film Forks Over Knives. PlantPure Nation, however, is not a sequel to Forks Over Knives.”

<https://www.youtube.com/watch?v=9E6sa0OjtSE>

Movie trailer

<http://www.imdb.com/title/tt3699150/>

174 IMDb users have given a weighted average vote of 7.8 / 10

<https://www.amazon.com/PlantPure-Nation-Dr-Michael-Greger/dp/B017JJSI1K>

93% 5-star, 3% 4-star ratings, 436 reviews

[https://www.rottentomatoes.com/m/plantpure\\_nation/](https://www.rottentomatoes.com/m/plantpure_nation/)

Audience score: 81% liked it, average score 4.2 / 5, 130 user ratings

### 11. Speciesism (94 minutes)

<http://speciesismthemovie.com/>

“Modern farms are struggling to keep a secret. Most of the animals used for food in the United States are raised in giant, bizarre “factory farms,” hidden deep in remote areas of the countryside. Speciesism: The Movie director Mark Devries set out to investigate. The documentary takes viewers on a sometimes funny, sometimes frightening adventure, crawling through the bushes that hide these factories, flying in airplanes above their toxic “manure lagoons,” and coming face-to-face with their owners.

But this is just the beginning. In 1975, a young writer published a book arguing that no justifications exist for considering humans more important than members of other species. It slowly began to gain attention. Today, a quickly growing number of prominent individuals and political activists are adopting its conclusions. They have termed the assumption of human superiority speciesism. And, as a result, they rank these animal factories among the greatest evils in our history. Speciesism: The Movie brings viewers face-to-face with the leaders of this developing movement, and, for the first time ever on film, fully examines the purpose of what they are setting out to do.

After watching Speciesism: The Movie, you’ll never look at animals the same way again. Especially humans.”

## Movies about Veganism

More vegan resources at <http://savageheart.com/vegan/vegan.html>

<https://www.youtube.com/watch?v=tJYzia6KUbs>

Movie trailer

[https://en.wikipedia.org/wiki/Speciesism:\\_The\\_Movie](https://en.wikipedia.org/wiki/Speciesism:_The_Movie)

“Speciesism: The Movie is a 2013 documentary film by American director Mark Devries. It explores the concept and practice of speciesism, the assignment of value to beings on the basis of species membership.[1]

The film features interviews with, among others, Peter Singer, Richard Dawkins, Temple Grandin, and Steven Best, along with material shot in and around factory farms in the United States.”

<http://www.imdb.com/title/tt2359814/ratings>

1,018 IMDb users have given a weighted average vote of 8.4 / 10

<https://www.amazon.com/Speciesism-Movie-Peter-Singer/dp/B00GWSKWH0/>

84% 5-star, 7% 4-star ratings, 89 reviews

[https://www.rottentomatoes.com/m/speciesism\\_the\\_movie](https://www.rottentomatoes.com/m/speciesism_the_movie)

Audience score: 89% liked it, average score 4.5 / 5, 86 user ratings

### 12. The Ghosts in Our Machine (92 minutes)

<http://www.theghostsinourmachine.com/>

“With the exception of our companion animals and the wild and stray species within our urban environments, we experience animals daily only as the food, clothing, animal tested goods and entertainment we make of them. This moral dilemma is largely hidden from our view.

THE GHOSTS IN OUR MACHINE illuminates the lives of individual animals living within and rescued from the machine of our modern world. Through the heart and photographic lens of animal rights photojournalist Jo-Anne McArthur, audiences become intimately familiar with a cast of non-human animals. From undercover investigations to joyful rescue missions, in North America and in Europe, each photograph and story is a window into global animal industries: Food, Fashion, Entertainment and Research. THE GHOSTS IN OUR MACHINE charts McArthur’s efforts to bring wider attention to a topic that most of humankind strives hard to avoid.

Are non-human animals property to be owned and used, or are they sentient beings deserving of rights?”

<https://www.youtube.com/watch?v=DzJvcPmX79w>

Movie trailer

## Movies about Veganism

More vegan resources at <http://savageheart.com/vegan/vegan.html>

[https://en.wikipedia.org/wiki/The\\_Ghosts\\_in\\_Our\\_Machine](https://en.wikipedia.org/wiki/The_Ghosts_in_Our_Machine)

“The Ghosts in Our Machine is a 2013 Canadian documentary film by Liz Marshall. The film follows the photojournalist and animal rights activist Jo-Anne McArthur as she photographs animals on fur farms and at Farm Sanctuary, among other places, and seeks to publish her work. The film as a whole is a plea for animal rights.

The Ghosts in Our Machine follows photojournalist and animal activist Jo-Anne McArthur. The documentary opens with images of animals and sound bites on animal rights, before McArthur introduces herself. She describes herself as a war photographer and activist, more concerned with changing the world than with art.”

<http://www.imdb.com/title/tt2654562/>

576 IMDb users have given a weighted average vote of 8.3 / 10

<https://www.amazon.com/Ghosts-Our-Machine-Jonathan-Blacombe/dp/B00IASYN6G>

71% 5-star, 11% 4-star ratings, 38 reviews

[https://www.rottentomatoes.com/m/the\\_ghosts\\_in\\_our\\_machine](https://www.rottentomatoes.com/m/the_ghosts_in_our_machine)

Audience score: 94% liked it, average rating 4.5 / 5, 84 user ratings

### 13. Turlock (47 minutes)

<http://www.firstsparkmedia.net/turlock-the-film>

Full movie

<http://www.turlockrescue.org/press-kit.html>

<https://www.youtube.com/watch?v=u1ktWZVYsNo>

Full movie

<https://documentarystorm.com/turlock/>

“On February 6, 2012 A & L Poultry egg farm workers abandoned 50,000 hens in wire cages without food. They simply walked off the compound and left the hens there to starve to death. The company’s excuse was that there had been a lack of communication between management and the people who had been hired to feed the birds. However, it was later discovered that the company had run out of money and simply decided to leave the hens to die.

The authorities were informed of the situation and were ordered to get rid of the problem by killing the hens that were still alive. It was then that an

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organization called Animal Place, which is dedicated to farm animal rescue, heard about what was going on, and jumped in to take action. By that time the birds had not been fed for well over two weeks. A state official estimated that when they first arrived at the location, about a third of the birds had already starved to death and those who were still alive were in terrible conditions.

Ironically, state officials refused to allow the birds to be rescued even after a number of organizations and individuals said they were willing to take them and care for them. The officials had been ordered to kill the animals and so they began gassing the hens. It seemed like they wanted to continue to do so.

The gassing process consisted of throwing the hens into large bins and then connecting the bin to carbon dioxide. The dead birds would then be thrown into dump trucks that would then transport them to landfills.

Animal Place continued to demand that the birds be turned over to them for rescuing, but nobody seemed to be listening. However, they were determined to do whatever was necessary to rescue the birds. None of the volunteers were willing to leave without at least trying to get a few chickens out of the cages and away from the gas bins. They were not going to take 'no' for an answer, either.

These birds had lived their entire lives under strict confinement in a metal cage. They had never felt the ground, had never seen the sun, and were not used to moving more than a few inches. So when they were finally taken to the sanctuary, they had no idea how to deal with freedom. In spite of all the space, the chickens kept clumping into bundles, as they had been accustomed to doing in their cages. Others died because they had suffered too much and just weren't strong enough to make it.

This became the largest rescue of farm animals in California history. Most of the hens that were rescued went into loving homes, but this could have been another story with a tragic ending, had it not been for the dozens of people who saw it as their moral duty to defend the helpless. Watch this film now.

<http://veganbits.com/turlock-the-documentary-will-make-you-want-to-hug-a-hen/>

"The documentary film Turlock the documentary ([www.turlockrescue.org](http://www.turlockrescue.org)) chronicles the rescue of chickens from the largest animal neglect case in U.S. history. When Northern California animal sanctuary Animal Place ([www.animaplace.org](http://www.animaplace.org)) found out an egg farm in nearby Turlock had closed, and more than 50,000 hens had been abandoned and left to die without food or water, Animal Place's team and volunteers leaped into action to save thousands of lives. Despite considerable odds and a dramatic standoff with

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local authorities, the heroic rescuers know they could not leave these fragile beings behind to suffer even if it meant risking their own freedom.

Turlock: the documentary raises timely questions about how we view non-human animals and modern industrial egg farming, a living nightmare for hundreds of millions of hens in the U.S. alone. Whether caged, cage-free, or free-range, these quirky, social, loving animals are denied all natural behaviors, experience fear and stress, and suffer from diseases. The film also introduces several chickens lucky enough to be adopted into happy homes, where their unique personalities are allowed to blossom.”

### 14. Vegucated (76 minutes)

<http://www.getvegucated.com/>

“Part sociological experiment and part adventure comedy, Vegucated follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by tales of weight lost and health regained, they begin to uncover the hidden sides of animal agriculture that make them wonder whether solutions offered in films like Food, Inc. go far enough. This entertaining documentary showcases the rapid and at times comedic evolution of three people who discover they can change the world one bite at a time.”

[https://www.youtube.com/watch?v=GKzng1\\_byMY](https://www.youtube.com/watch?v=GKzng1_byMY)

Movie trailer

<https://en.wikipedia.org/wiki/Vegucated>

“Vegucated is a 2011 American documentary film that explores the challenges of converting to a vegan diet. It "follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks."

The director interviewed a number of people to participate in this documentary and chose Brian, who likes to eat meat and eat out; Ellen, a psychiatrist, part-time comedian and single mother; and Tesla, a college student who lives with her family.[1] In the film Dr. Joel Fuhrman and Professor T. Colin Campbell discuss the benefits of a plant-based diet consisting of whole foods. The film also features Howard Lyman and Stephen R. Kaufman. Kneel Cohn makes a cameo appearance.

The documentary addresses the resistance that some people feel towards vegetarianism and veganism, the disconnect between farm animals and the purchasing of meat, the origins of omnivorism and the ethical, environmental and health benefits of a vegan diet. During the filming, participants visited an abandoned slaughterhouse and investigated the reality of intensive animal

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farming in the US. Of their own accord, they chose to trespass on a factory farm to see for themselves, and became passionate about their new-found cause.”

<http://www.imdb.com/title/tt1814930/>

2,179 IMDb users have given a weighted average vote of 7.1 / 10

<https://www.amazon.com/Vegucated-T-Colin-Campbell/dp/B006LZSF8M>

54% 5-star, 21% 4-star ratings, 619 reviews

<https://www.rottentomatoes.com/m/vegucated>

Audience score: 72% liked it, 3.7 / 5, 361 user ratings

### 15. What the Health (97 minutes)

<http://www.whatthehealthfilm.com/>

“What the Health is the groundbreaking follow-up film from the creators of the award-winning documentary Cowspiracy. The film exposes the collusion and corruption in government and big business that is costing us trillions of healthcare dollars, and keeping us sick.

What The Health is a surprising, and at times hilarious, investigative documentary that will be an eye-opener for everyone concerned about our nation’s health and how big business influences it.”

<https://www.youtube.com/watch?v=Jf44vLndiRM>

Movie trailer

[https://en.wikipedia.org/wiki/What\\_the\\_Health](https://en.wikipedia.org/wiki/What_the_Health)

“What the Health is a 2017 documentary film written, produced, and directed by Kip Andersen and Keegan Kuhn, the makers of Cowspiracy: The Sustainability Secret. Advertised as “The Health Film That Health Organizations Don’t Want You To See”, the film explores health concerns relating to the meat and dairy industries, the pharmaceutical industry, and various health organizations, and specifically how health problems are consequences of consuming dairy and meat products. Acknowledging the billions of dollars at stake in the healthcare and related industries, the documentary aims to educate people on the impact of processed animal foods on personal health.

What the Health was funded via an Indiegogo campaign in March 2016, raising more than \$235,000.

What the Health was released on Vimeo on March 16, 2017.

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More vegan resources at <http://savageheart.com/vegan/vegan.html>

<http://www.imdb.com/title/tt5541848/>

322 IMDb users have given a weighted average vote of 9.0 / 10

### 16. Unity (99 minutes)

<https://unitythemovement.com/> (the link is safe, despite the warning you may see)

“Seven years in the making, UNITY is a new documentary that explores humanity’s hopeful transformation from living by killing into living by loving. It is a unique film about compassion for all beings, or all “expressions of life,” and going beyond all “separation based on form,” and beyond perceiving opposites. Writer/Director Shaun Monson, collaborating with an astounding cast of 100 celebrity narrators (never before gathered in the history of film-making), presents a message of love, tragedy and hope, all set against the backdrop of some of the most compelling 20th and 21st Century footage imaginable.

Presented in chapters, (like its predecessor EARTHLINGS) UNITY takes an in-depth look at what it truly means to be human, to be mortal, and to be incarnate in this world. The film explores our brief existence among the Cosmos (Chapter I), then moves on to the perceptions of our Mind (Chapter II), the nature of our Body (Chapter III), the infinite capacity of our Heart (Chapter IV), and ultimately to the mysterious energy of the Soul (Chapter V). Initially, these chapters will appear unrelated to each other. But as the film progresses it becomes clear that all life is interconnected, and each chapter represents the totality of our mortal experience, which is only measured in decades.

With a cast of 100 voices all speaking as one voice, UNITY is a genuine cinematic experience unlike any other.”

<https://www.youtube.com/watch?v=TcdEBU1iBqs>

Movie trailer

[https://en.wikipedia.org/wiki/Unity\\_\(film\)](https://en.wikipedia.org/wiki/Unity_(film))

“Unity is a 2015 documentary film written, directed and produced by Shaun Monson, and the sequel to the 2005 film Earthlings. The film is narrated by one hundred actors, artists, athletes, authors, businessmen, entertainers, filmmakers, military personnel and musicians.[1] The film was released worldwide on August 12, 2015.

A documentary that explores humanity's transformation, presented in five chapters: "Cosmic", "Mind", "Body", "Heart" and "Soul".”

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More vegan resources at <http://savageheart.com/vegan/vegan.html>

<http://www.imdb.com/title/tt2049636/>

573 IMDb users have given a weighted average vote of 7.6 / 10

<https://www.amazon.com/Unity-Geoffrey-Rush/dp/B0147I377S/>

69% 5-star, 9% 4-star ratings, 138 reviews