

## Movies about Veganism

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

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### 1. 73 Cows (15 minutes)

<https://vimeo.com/293352305>

Watch for free

73 Cows is 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.

<https://www.shortoftheweek.com/2018/10/09/73-cows/>

Review 1

<https://www.livekindly.co/73-cows-documentary-wins-best-film-ottawa-international-vegan-film-festival/>

Review 2

<https://www.plantbasednews.org/post/new-film-cattle-farmer-cows-to-sanctuary-turned-vegan>

Review 3

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<https://www.imdb.com/title/tt9193806/>

10 IMDb users have given a weighted average vote of 8.9 / 10

### 2. A Prayer for Compassion (length TBD)

<https://mainstreetvegan.net/a-prayer-for-compassion/>

<https://www.facebook.com/CompassionMovie/>

As of 12/16/2018, the release is planned for March, 2019.

Watch the movie trailer here.

“The feature length documentary, "A Prayer for Compassion" follows Thomas Jackson on a quest that crisscrosses America and takes him to Morocco for the UN Climate Conference and throughout the Indian subcontinent to ask the question, “Can compassion grow to include all beings? Can people who identify as religious or spiritual come to embrace the call to include all human and nonhuman beings in our circle of respect and caring and love?””

<https://www.gofundme.com/CompassionMovie>

In depth about the film.

<https://veganflix.com/a-prayer-for-compassion-interview-with-the-second-annual-veganflix-video-seed-grant-winner/>

“VeganFlix had the opportunity to ask filmmaker Thomas Jackson and producer Victoria Moran about their film in progress entitled A Prayer for Compassion. This project was one of two recipients of the Second Annual VeganFlix Video Seed Grant.”

<https://vegnews.com/2018/11/new-documentary-calls-on-religious-devotees-to-go-vegan>

Review 1

<https://www.livekindly.co/new-documentary-prayer-compassion-explores-spiritual-side-vegan/>

Review 2

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### 3. Anima: Animals, Faith, Compassion (11 minutes)

<https://theguibordcenter.org/initiatives/animals-and-compassion/anima-movie/>

“ANIMA: Animals. Faith. Compassion.” opens The Guibord Center’s Initiative on Animals and Compassion bringing the voice of our many faith traditions into the serious conversation of how we humans view our relationship with animals. Our hope is that this film will help to forever change the way people interact with animals through understanding them as living, feeling, sentient and sacred beings.”

Watch it here.

<https://www.livekindly.co/new-vegan-film-anima-could-change-the-religious-misconceptions-about-eating-animals/>

Watch it here.

Faith leaders speak out against cruelty towards animals.

<https://vimeo.com/273811950>

Trailer and cast listing.

### 4. Carnage: Swallowing the Past (65 minutes)

[https://en.wikipedia.org/wiki/Carnage\\_\(2017\\_film\)](https://en.wikipedia.org/wiki/Carnage_(2017_film))

"Carnage is a 2017 mockumentary directed by Simon Amstell. Set in the year 2067, when veganism is the norm, the film looks back on meat-eating today."

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

Movie trailer

<https://www.independent.co.uk/arts-entertainment/tv/carnage-review-bbc-iplayer-simon-amstell-vegan-comedy-actually-funny-a7636871.html>

Review

"Carnage, review: Simon Amstell has made the world's first vegan comedy that's actually funny. The comedian's first feature-length film is not only hilarious, but puts a highly convincing case forward for veganism without once being preachy.

Carnage: Swallowing the Past is a mockumentary set in a future Britain, where meat, eggs and dairy are outlawed. In this brave new age world, animals roam free, and there is no such thing as veganism, only “carnism”.

I'm not a vegan, but after watching Carnage, I'm even more certain that I should be. It's completely unsustainable and cruel to eat meat and dairy, and more people need to realise this.

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Meat consumption is already on the decline in the UK, and a consensus is beginning to form: if we want to avoid catastrophic climate change, we've got to stop harvesting animals for food. For it won't be long until carnism and survival become mutually exclusive.

For meat-lovers who also care about the future of the planet, *Carnage* offers a way out, and urges us to take it without shaming anyone. What it shows us is that veganism may seem unattractive, but it's nothing compared to what happens if we ignore it. And if a comedy can help us realise this now, then why wait until 2067?"

[https://www.vice.com/en\\_uk/article/vvj7k3/simon-amstell-on-his-new-vegan-mockumentary-carnage](https://www.vice.com/en_uk/article/vvj7k3/simon-amstell-on-his-new-vegan-mockumentary-carnage)

Review

"The cast is a who's who of British TV legends, featuring Joanna Lumley, Lorraine Kelly, Vanessa Feltz and Eileen Atkins, among others, as well as a cameo from JME, a vegan. In short, it's extraordinary and, perhaps surprisingly, to non-vegans and veggies, so hilarious you might cry."

[http://www.chortle.co.uk/review/2017/03/19/27110/simon\\_amstell%3A\\_carnage#](http://www.chortle.co.uk/review/2017/03/19/27110/simon_amstell%3A_carnage#)

Review

<http://www.imdb.com/title/tt6667360/>

806 IMDb users have given a weighted average vote of 7.9 / 10

## 5. 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.

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

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

## 6. Dominion (2 hours)

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

Movie trailer and full movie. As of 9/1/2018, you can pre-order the DVD.

"Exposing the dark underbelly of modern animal agriculture through drones, hidden & handheld cameras, the feature-length film explores the morality and validity of our dominion over the animal kingdom.

*Dominion* is the feature-length documentary sequel to 2014's *Lucent*.

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While Lucent focused mostly on the Australian pig farming industry, Dominion will have a much broader scope as a comprehensive account of the numerous ways animals are used and abused in Australia. By exploring six primary facets of our interaction with animals - Companion Animals, Wildlife, Scientific Research, Entertainment, Clothing and Food - the film will question the morality and validity of our dominion over the animal kingdom.

Most people consider themselves animal lovers. We recognize them not as objects but as complex being with whom we share the planet, our lives, our homes. We take pleasure from their pleasure. We anguish over their pain.

Their suffering, unseen and unheard, their value determined only by their usefulness to humankind. Rationalized by a belief in our own superiority and the notion that might equals right. A notion that must be questioned.”

“The feature-length film directed by Chris Delforce and co-produced by *Earthlings* Director Shaun Monson focuses on how animals are used and abused in Australia, and features footage from abattoirs and farms.”

“A host of high profile vegan faces have leant their voices to the film as narrators, including Joaquin Phoenix, Rooney Mara, Sia, Sadie Sink, and Kat Von D.”

<https://www.facebook.com/DominionDocumentary/>

<https://www.youtube.com/watch?v=hNgBqVb0N78&vl=en> (25 minutes)

Will You Watch Dominion? The Latest Vegan Film. Our Interview w/ Director Chris Delforce

<https://www.youtube.com/watch?v=joUSAL3ko6E> (25 minutes)

DOMINION - Updated 2018 Trailer, Director Interview & Reactions

<https://www.imdb.com/title/tt5773402/>

315 IMDb users have given a weighted average vote of 9.5 / 10

<https://www.plantbasednews.org/post/meat-industry-braced-backlash-vegan-documentary-dominion>

Meat Industry 'Braced For Backlash' From Vegan Documentary 'Dominion'  
The film exposes the way animals are exploited

<https://www.plantbasednews.org/post/activist-james-aspey-breaks-down-intense-vegan-film-dominion>

Activist James Aspey Breaks Down On Stage After Watching 'Intense' Vegan Film 'Dominion'

<https://www.youtube.com/watch?v=3tlwx2BmMeU>

Review 1

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<https://www.youtube.com/watch?v=yx3FgmStf1A>

Review 2

<https://brugesvegan.com/2018/06/14/premiere-dominion-ghent/>

Review 3

<http://www.curieux.com.au/tv-film/australian-documentary-exposes-the-dark-underbelly-of-animal-agriculture/>

Review 4

## 7. Earthlings (95 minutes)

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

Movie trailer

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

Watch the 10<sup>th</sup> anniversary edition online for free

<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.”

[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 Artivist Film Festival, (where it won Best Documentary Feature), followed by the Boston International Film Festival, (where it won



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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/>

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

### 8. Eating Animals (94 minutes)

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

"How much do you know about the food that's on your plate? Based on the bestselling book by Jonathan Safran Foer, narrated by co-producer Natalie Portman, and directed by Christopher Quinn (GOD GREW TIRED OF US), Eating Animals is an urgent, eye-opening look at the environmental, economic, and public health consequences of factory farming. Tracing the history of food production in the United States, the film charts how farming has gone from local and sustainable to a corporate Frankenstein monster that offers cheap eggs, meat, and dairy at a steep cost: the exploitation of animals; the risky use of antibiotics and hormones; and the pollution of our air, soil, and water. Spotlighting farmers who have pushed back against industrial agriculture with more humane practices, Eating Animals offers attainable, commonsense solutions to a growing crisis while making the case that ethical farming is not only an animal rights issue but one that affects every aspect of our lives."

<https://www.youtube.com/watch?v=Y-z4MpqI6Ls>

Movie trailer

<https://www.youtube.com/watch?v=Dm96uLZfDcg>

Natalie Portman on "Eating Animals," rise of factory farming, and Harvey Weinstein (CBS This Morning)

<https://variety.com/2018/film/reviews/eating-animals-review-1202845964/>

Review 1

[https://www.washingtonpost.com/lifestyle/food/fact-checking-eating-animals-what-the-film-gets-right-and-wrong/2018/06/15/4c7e079c-7014-11e8-bf86-a2351b5ece99\\_story.html?utm\\_term=.b393912612f7](https://www.washingtonpost.com/lifestyle/food/fact-checking-eating-animals-what-the-film-gets-right-and-wrong/2018/06/15/4c7e079c-7014-11e8-bf86-a2351b5ece99_story.html?utm_term=.b393912612f7)

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Review 2

<https://www.nytimes.com/2018/06/14/movies/eating-animals-review.html>

Review 3

<https://www.rogerebert.com/reviews/eating-animals-2018>

Review 4

<https://slate.com/culture/2018/06/eating-animals-the-new-documentary-from-jonathan-safran-foer-and-natalie-portman-reviewed.html>

Review 5

<https://www.plantbasednews.org/post/natalie-portmans-eating-animals-released-us-today>

Review 6

“One vegan who saw a preview of the screening revealed to Plant Based News that they were disappointed by the movie.

They said: "It feels like a missed opportunity. There is only one way to end the horror of animal exploitation - and that is to go vegan.

"The way I interpreted it, this film was suggesting that eating animals from higher welfare farms was a really positive step forwards - but as we know even animals from more 'humane' farms are slaughtered to satisfy human appetites.

"It would be impossible to feed the planet on animals reared in the better conditions on some of the farms shown. A stronger message would have been to avoid animal exploitation entirely."

<https://www.indiewire.com/2018/06/eating-animals-review-natalie-portman-christopher-quinn-jonathan-safran-foer-1201974234/>

Review 7

“‘Eating Animals’ Review: Natalie Portman and Christopher Quinn Make a Convincing Case that Meat Is Murder”

<https://www.imdb.com/title/tt2180351/>

232 IMDb users have given a weighted average vote of 6.8 / 10

[https://www.rottentomatoes.com/m/eating\\_animals/](https://www.rottentomatoes.com/m/eating_animals/)

Audience score: 64% liked it, 3.3 / 5, 138 user ratings

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

### 9. Eating Our Way to Extinction (TBD)

<https://www.facebook.com/eatingourwayto/>

<https://www.youtube.com/watch?v=gEnTImEhjV8>

Movie trailer

<https://www.indiegogo.com/projects/eating-our-way-to-extinction-vegan#/updates/all>

“The creators behind the viral clip which Leonardo DiCaprio described as “the video future generations will be wishing everyone watched today” are now working to bring you Eating Our Way to Extinction; a feature-length documentary. Through world-renowned scientists, researchers, global leaders, and celebrities, the film is bringing to life the reality of the true cost of our current relationship with animals. The film takes an in depth look at compassion, environment, health and economics.”

<https://www.livekindly.co/vegan-documentary-leonardo-dicaprio/>

New Vegan Documentary Praised by Leonardo DiCaprio to Debut in 2018

"Following the success of films such as *Okja* and *What the Health*, a new powerful vegan documentary named '*Eating Our Way To Extinction*' is set to be released [in 2018].

The film has been created by Broxstar Productions, a production company run by two London based brothers behind the recent short Facebook film '*Planet Earth – As We Eat Our Way to Extinction.*' The Facebook film brings great promise of what is to come from the brothers, it was described by Leonardo DiCaprio on Twitter as '*the video future generations will be wishing everyone watched today.*'

The new film covers the most important aspects of the plant based movement, focusing on how animal agriculture affects the environment and how meat and dairy consumption affects our health, but also the economics of the meat industry. The filmmakers stated, '*we will be showing the explosive and damning evidence that exposes the twisted economics in the foundations of an industry that is one of the most corrupt in the world.*'

The film will also address the issue of compassion, or lack of it, in the trade. It will emphasize the intelligence of farm animals and highlight that their emotional needs are not all that different to humans.

The film is set to inspire a brand-new wave of vegans to join what the brothers describe as an already '*global phenomenon.*' They observed poignantly, '*celebrities, leaders and famous athletes all over the world are making the switch, and the growing interest in a plant based lifestyle is hitting the mainstream media almost every day. The film will aim*

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*to leave audiences feeling moved and inspired; that by making the shift to a plant based diet, they are joining millions of people all over the planet in a global movement that is beginning to change the world.'*

<https://www.youtube.com/watch?v=2co3CX5VGvl>

Planet Earth - As We Eat Our Way to Extinction (4 minutes)

<https://www.plantbasednews.org/post/5-exciting-upcoming-vegan-films-2018>

“Billed as the 'ultimate plant-based lifestyle feature documentary that covers all the most important aspects of the movement', *Eating Our Way to Extinction* aims to be a one-stop movie for pre-vegans.

The film, which comes from London-based brothers and co-directors Ludo and Otto Brockway, will feature the environment angle, as well as health, economics, compassion, and will also sum up the global movement.

Set for release in late 2018, the ambitious project 'will bring to life the reality of the true cost of our current relationship with animals and the environment that will create a powerful vision of the global movement towards a plant- based diet that is now beginning to unfold before our eyes'.”

<https://vegnews.com/2017/12/groundbreaking-vegan-documentary-debuts-in-2018>

Review 1

<https://www.plantbasednews.org/post/documentary-eating-our-way-to-extinction-seeks-ex-butcher-for-film>

“The filmmakers behind upcoming documentary *Eating Our Way to Extinction* are looking for an ex-butcher to feature.”

<https://www.plantbasednews.org/post/breaking-kate-winslet-narrate-vegan-film-eating-our-way-to-extinction>

“BREAKING: Kate Winslet to Narrate Vegan Film 'Eating Our Way to Extinction'”

There is currently no release date available for the film, though it is believed it will hit screens in 2019.”

<https://www.plantbasednews.org/post/eating-our-way-to-extinction-true-cost-of-eating-animals>

Vegan Film 'Eating Our Way To Extinction' Will 'Expose The True Cost Of Eating Animals'

<https://www.imdb.com/title/tt6462160/plotsummary>

“EATING OUR WAY TO EXTINCTION will look at the most pressing issues of our time,

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such as environmental destruction, the western diet health epidemic, the twisted economics within the meat and dairy industries and present a comprehensive science-based solution to these problems - a shift towards the plant-based lifestyle; it will create a powerful case for both individuals and the planet. Through the work of many world renowned scientists, researchers and celebrities, EATING OUR WAY TO EXTINCTION will bring to life the reality of the true cost of our current relationship with animals and the environment that will create a powerful vision of the global movement towards a plant-based diet that is now beginning to unfold before our eyes.”

### **10. Eating You Alive (112 minutes)**

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

"A feature-length documentary revealing the truth behind why Americans are so sick and what we can do about it.

Half of all adults in the U.S. struggle with chronic health conditions including cancer, heart disease, stroke, diabetes, obesity, hypertension, Alzheimer's, arthritis and erectile dysfunction.

Despite countless dollars spent on medical research, new drugs and innovative technology to improve our health, more Americans are disabled and dying from chronic disease than ever before.

Featuring leading medical experts and researchers, Eating You Alive takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

Health: A whole food, plant-based diet can not only prevent, but reverse a number of diseases. By eating nutrient dense whole foods, evidence proves we don't have to be as sick as we are.

Environment: Avoiding consumption of animal-based products can decrease an individual's carbon footprint by 55%. A plant-based diet contributes the least amount of environmental harm than any other.

Animal Protection: Eating plant-based means that you are no longer turning a blind eye to the inhumane, dark and brutal slaughtering of 20,000 animals per minute in the U.S. alone.”

<https://www.facebook.com/eatingyoualivefilm/>

[https://www.youtube.com/channel/UCjT\\_puAbUNfU\\_LUONgr0xkw](https://www.youtube.com/channel/UCjT_puAbUNfU_LUONgr0xkw)

YouTube channel for the movie

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

<https://www.eatingyoualive.com/screenings/>

Movie trailer

<https://www.youtube.com/watch?v=M8sGE5n-i1Q>

Movie trailer 1 – extended

<https://www.youtube.com/watch?v=JEV22ioTvQc>

Short excerpts from the movie

<http://www.today.com/video/-eating-you-alive-new-film-claims-plant-based-foods-could-cure-your-ills-866651715810>

Video review / interview

"Eating You Alive': New film claims plant-based foods could cure your ills

A new documentary called "Eating You Alive" claims you could reverse chronic health problems such as heart disease, diabetes and obesity by eating plant-based, whole foods as our ancestors did thousands of years ago. Director Paul Kenamer and NBC News medical contributor Dr. Natalie Azar join Kathie Lee and Hoda to discuss the film's claims."

<http://www.yourdailyvegan.com/portfolio-items/eating-you-alive/>

Review

"Half of all adults in the U.S. struggle with chronic health conditions. Despite countless dollars spent on medical research and drugs to improve our health, more Americans are disabled and dying from chronic disease than ever before.

Featuring leading medical experts and researchers, Eating You Alive takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

Advocates for this nutritional approach to wellness include Suzy Amis Cameron, James Cameron, Samuel L. Jackson and Penn Jillette as well as healthcare experts Doctors Dean Ornish, Neal Barnard, John McDougall, Joel Fuhrman, Caldwell Esselstyn, Michael Greger & T. Colin Campbell."

<http://www.imdb.com/title/tt5241760/>

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

[https://www.rottentomatoes.com/m/eating\\_you\\_alive/](https://www.rottentomatoes.com/m/eating_you_alive/)

Audience score: 83% liked it, 4.6 / 5, 78 user ratings

## Movies about Veganism

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

### 11. Empathy (75 minutes)

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

“Ed is commissioned to make a documentary intending to change those habits of society that are harmful to animals. But completely alien to the animal protection movement; he will realize that to carry out the project, he must first convince himself.

The process of documenting the film and Ed’s interactions with Jenny, a collaborator of FAADA (the animal foundation that commissioned the film) will serve to contrast his doubts and look for answers on how to live in a manner that is more responsible towards animals.

A series of new precepts that will affect the way he eats, dresses, consumes and even spends his free time. These new behaviors will make him clash with his immediate surroundings: family, friends and workmates.

To overcome this, Ed will use the experience of 5 people who have adopted this lifestyle and ask for the opinion of several experts on the issue.

EMPATHY is a project that will forever change his lifestyle, or perhaps not.

A respectful life towards animals would bring beneficial consequences in different areas of our lives.

The pain and suffering of many animals are, in many cases, directly related to the unmindful activities of our society. This is a fact Ed has never considered, just as many other people who happen to be uninformed regarding animal cruelty.

Society, as it is currently structured, prevents us from being fully aware of our interactions with the animal world. We have the responsibility to allow all animals to exercise their right to live fully and accordingly to their nature.”

<https://www.youtube.com/watch?v=GaC8eMIArFg>

Movie trailer

<https://vimeo.com/ondemand/empathy> (only available in Spain)

<https://www.amazon.es/Empat%C3%ADa-DVD-Ed-Antoja/dp/B073SC32MV/> (DVD)

<https://greenpeacefilmfestival.org/en/les-films/les-films-en-competition-2017/transition-ecologique/empathie/>

Review



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

<https://www.imdb.com/title/tt4764372/>

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

### 12. 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 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



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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 juice fasting. A sequel to the first film, Fat, Sick and Nearly Dead 2, was released in 2014.

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

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

[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

### 13. Food Choices (91 minutes)

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

"Join award-winning filmmaker Michal Siewierski on his three-year journey to expose the truth about our food choices. This ground-breaking documentary explores the impact that food choices have on people's health, the health of our planet and on the lives of other living species. And also discusses several misconceptions about food and diet, offering a unique new perspective on these issues. Featuring interviews with 28 world-renowned experts, including Dr. T Colin Campbell, Joe Cross, Dr. John McDougall, Capitan Paul Watson, Dr. Pam Popper, Dr. Michael Greger, Rich Roll, Dr. Richard Oppenlander, Dr. Toni Bark and several others. This film will certainly change the way you look at the food on your plate.

The film explores the impact that the food we eat has on human health, the environment and on the lives of other living species. It follows Michal's three year journey of interviewing over 30 top experts around the country from many different fields, including doctors, nutritionists, environmental researchers, biochemists, athletes, chefs, bloggers and many others to try to get answers for his question of what is the healthiest and most sustainable diet for ourselves out planet and future generations."

[https://www.youtube.com/watch?v=SE-EPm8\\_4Hs](https://www.youtube.com/watch?v=SE-EPm8_4Hs)

Movie trailer

<https://crunchy-vegan.com/2016/11/25/documentary-review-food-choices/>

Long detailed review

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<http://www.glutenfreefind.com/blog/interview-with-food-choices-filmmaker-michal-siewierski/>

Interview with the filmmaker

<http://www.imdb.com/title/tt6039284/>

1,276 IMDb users have given a weighted average vote of 7.2 / 10

[https://www.rottentomatoes.com/m/food\\_choices/](https://www.rottentomatoes.com/m/food_choices/)

Audience score: 64% liked it, 3.5 / 5, 14 user ratings

“Join award-winning filmmaker Michal Siewierski on his three-year journey to expose the truth about our food choices. This ground-breaking documentary explores the impact that food choices have on people's health, the health of our planet and on the lives of other living species. And also discusses several misconceptions about food and diet, offering a unique new perspective on these issues. Featuring interviews with 28 world-renowned experts, including Dr. T Colin Campbell, Joe Cross, Dr. John McDougall, Capitan Paul Watson, Dr. Pam Popper, Dr. Michael Greger, Rich Roll, Dr. Richard Oppenlander, Dr. Toni Bark and several others. This film will certainly change the way you look at the food on your plate.”

<https://www.amazon.com/Food-Choices-Documentary-Cast/dp/B01LTHKX9A>

68% 5-star, 6% 4-star ratings, 87 reviews

### 14. 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

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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.”

[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/>

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

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

### 15. 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/>

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

<https://www.amazon.com/Forks-Over-Knives-Colin-Campbell/dp/B0053ZHIZ/>

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

### 16. 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 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

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headquartered in Los Angeles. Mercy for Animals is currently one of Animal Charity Evaluators' Top Charities.

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

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

### 17. From Oil to Nuts (90 minutes)

<https://store.vegsources.com/collections/jeff-novick/products/from-oils-to-nuts-jeff-novick-rd>

"It seems that every other day some new study comes out with conflicting information about fats, oils, nuts and seeds.

Are you "going nuts" trying to sort the truth from the propaganda? Are all fats created equal? Is olive oil a health food? Is the Mediterranean Diet the healthiest diet? What about the French Paradox? Are nuts and seeds good for you?

In this eye-opening lecture, Jeff will help you understand the skinny on fats."

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

Movie excerpt

<https://veganepicurean.blogspot.com/2011/04/review-from-oil-to-nuts.html>

"The DVD covers the following topics:

- Basics of Fat: Discussion of various forms of fat in organic chemistry terms. Jeff does a nice job of explaining hydrogenation and cis versus trans fats. There is also a nice chart showing the saturated, poly and mono composition of various oils. It still boggles my mind that coconut oil, palm kernel oil and palm oil all contain more saturated fat than lard.
- Interesterified Fat: This was the first time I had heard this term which is sad since these fats are already in the food supply. Ever wonder what modified palm oil, modified soybean oil or fully hydrogenated coconut oil was? Well now we all know. \*ugh\*
- Essential Fatty Acids: the reason why we need Omega-6 and Omega-3 fatty acids and the quantities of each that is required. According to the National Academy of Science we need much less than you expect. There is also a nice chart about the amount of omega-3 in various beans, nuts, veg and fruit. I also liked the chart of the ratio of omega-3 to omega-6 in nuts and seeds. The bottom line is that walnuts are still your friend.
- Mediterranean Diet: The reason why this was originally found to be healthy and how the diet tested is very different from what we have been told.

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- Longest Lived People: A comparison of the standard diets of the US and Okinawa is given. When you see them compared side by side it becomes very obvious why the average American is taking so many meds.

Overall it was a good DVD and one that I think most of you would learn from. The speaker goes into a good bit of detail but does it in an entertaining way that doesn't make it feel like you have gone back to school. Even if you are like me and have spent a lot of time studying nutrition I think you will like this DVD. If nothing else it may help you to convince your loved ones to consume a healthier diet."

<https://www.amazon.com/Oil-Nuts-Essential-Facts-Oils/dp/B003UYAQIY>

80% 5-star, 10% 4-star ratings, 10 reviews

### 18. From the Ground Up (95 minutes)

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

"In the feature documentary FROM THE GROUND UP, former meat-eating college football player Santino Panico goes on a journey to rediscover the athlete within—this time, as a vegan. As he meets with vegetarian and vegan elite competitors, this story about food and sport expands to confront the social norms and far-reaching impacts of food choices."

<https://www.facebook.com/FromTheGroundUpDoc/>

<https://www.youtube.com/watch?v=P974UUFIW14>

Movie trailer

<https://www.amazon.com/Ground-Up-Griff-Whalen/dp/B0785RBH7C/>

<https://itunes.apple.com/us/movie/from-the-ground-up/id1323437309>

Watch the movie

<https://www.plantbasednews.org/post/vegan-documentary-top-plant-based-athletes> -

Review

"The film includes a number of successful vegan sportspeople, including golfer Anna Ehrigott, ultra athlete Rich Roll (who has said he's 'proud' to be involved), and professional bodybuilder Torre Washington.

Tackling the protein question, Washington says: "Do I look like I'm not getting protein?"

"I mean, really?"

<https://www.hollywoodreporter.com/review/ground-up-1065118>

Review



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"Though it is overshadowed by many foodie and eco-themed docs before it, the film's tight focus may make it a hit with earth-loving athletes who need to convince teammates and family members they aren't crazy to give up meat."

<http://www.imdb.com/title/tt7665846/>

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

<https://www.amazon.com/Ground-Up-Griff-Whalen/dp/B0785RBH7C/>

100% 5 star ratings, 12 reviews

### 19. 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=pC0LXU68HMg>

Movie trailer

<https://www.youtube.com/watch?v=tUtv4slpm-U>

Watch the film online for free (91 minutes)

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

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

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

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



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

### 20. H.O.P.E. (92 minutes)

<https://www.hope-theproject.com/>

“H.O.P.E. What You Eat Matters is a life-changing documentary uncovering and revealing the effects of our typical Western diet on our health, the environment and animals. Featuring Jane Goodall, T. Colin Campbell, Caldwell B. Esselstyn, Vandana Shiva, Melanie Joy and many other experts, the film has a clear message:

**By changing our eating habits, we can change the world!”**

“This important film highlights the choices we must make to protect this planet and all its inhabitants” – Paul McCartney

Winner of nine film festival awards.

<https://www.hope-theproject.com/the-film/trailer/>

Movie trailer

<https://www.youtube.com/watch?v=pDg7tlEJD64>

<https://www.hope-theproject.com/the-film/the-film/>

Watch the movie here for free.

<https://nutritionstudies.org/interview-with-director-producer-of-hope-what-you-eat-matters-watch-the-film-for-free/>

An interview with the film’s director and producer Nina Messinger.

Reviews:

<http://ecovalley.hu/h-o-p-e-what-you-eat-matters/>

“The movie shows that more than half of all people living in the industrialized world suffer from chronic diseases like obesity, allergies, diabetes, heart disease, or cancer. Animals are reared for our consumption under abysmal conditions, whereas industrial-size livestock breeding facilities contribute to world hunger and the destruction of our natural environment and climate. “H.O.P.E. What You Eat Matters” is both an unsettling and moving documentary about how eating habits in the industrialized world affect the entire planet. Rather than presenting nebulous ideological claims, the documentary zooms in on inspiring life stories and fact-based arguments. In a nutshell, the film demonstrates how our planet will benefit immensely if we change our eating habits.”

<https://www.livekindly.co/new-documentary-h-o-p-e-vegan-diet/>

“A new documentary by Nina Messinger is set to hit screens across America. Titled, “H.O.P.E. What You Eat Matters”, the former an acronym for Healing of Planet Earth, this film showcases how we can improve our personal health, the health of the planet, and reduce industrialized cruelty to animals by embracing a vegan diet.

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Renowned primatologist Dr. Jane Goodall features in the documentary and discusses the film's message in an empowering trailer. *"I think the most important message that I have, is to remember, that you as an individual make a difference,"* she says.

*"This film can save your life,"* said Dr. Neal Barnard of the Physicians Committee for Responsible Medicine. *"Take its lessons to heart, and take control of your health. Choosing a plant-based diet will be the best decision you've ever made."*

<http://www.femalefirst.co.uk/vegan/vegan-documentary-hope-what-you-eat-matters-1141691.html>

"H.O.P.E. What You Eat Matters is an award-winning documentary that looks at the effects of the typical Western diet on our health, the environment and animals.

It features experts including T. Colin Campbell and Dr. Caldwell B. Esselstyn and has been endorsed by Sir Paul McCartney.

The film shows how we can improve our health, the health of the planet, and reduce industrialised cruelty to animals by embracing a plant-based diet.

It has a clear message: By changing our eating habits, we can change the world."

<http://www.humanedecisions.com/h-o-p-e-what-you-eat-matters/>

"This entire meat industry has today become a scandal on the planet. To force everyone into destroying the earth's resources is a crime against the Earth, and a crime against our bodies. Our bodies weren't designed for this kind of diet. Altogether, this is a recipe for a biological disaster, biodiversity disaster, water disaster, planetary disaster and health disaster." Dr. Vandana Shiva, Physicist, Alternative Nobel Laureate, India

"*H.O.P.E.* is an eye-opening and moving documentary about the hugely consequential impact our Western diet, heavy in animal foods, is having on our health, the animals, and the planet. *H.O.P.E.* is an urgent call to action to all of us that a seismic revolution is needed in the foods we eat, in order to support and sustain life on Earth, and reduce the destruction that our current diet and agricultural system is wreaking." [There is a lot more information on this web page.]

<https://topdocumentaryfilms.com/hope-what-you-eat-matters/>

"If you want to change the world, look no further than your dinner plate. According to the stirring feature-length documentary "*H.O.P.E. What You Eat Matters*", that's where the potential for meaningful transformation lies within reach for all of us. The film tackles subjects like obesity, food insecurity, and our planet where resources are being stretched to the breaking point.

Obesity has become an epidemic, particularly in the West where it has resulted in increased incidents of high blood pressure, elevated cholesterol levels, heart attacks, strokes, diabetes, and certain types of cancer. According to the medical

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and nutritional experts profiled in the film, much of this plague can be traced to our dependence on animal products.

The solution can be found in a plant-based nutrition. The film features a series of patient testimonials that work to confirm this assertion. In each instance, these patients reversed their health woes and thwarted potentially lethal bouts of disease by changing their diet.

*H.O.P.E. What You Eat Matters* presents a persuasive, multi-faceted defense of a diet rich in plant-based foods.

### 21. Killer at Large (105 minutes)

[https://www.snagfilms.com/films/title/killer\\_at\\_large](https://www.snagfilms.com/films/title/killer_at_large)

“Featuring appearances by consumer advocate Ralph Nader, author Michael Pollan (The Omnivore's Dilemma) and many others, Killer at Large is an overview of the politics, social effects and problems associated with the rising epidemic of American obesity. Obesity is fast becoming the single greatest killer of Americans, leading some experts to claim that we are on the cusp of an evolutionary disaster. As former Surgeon General Richard Carmona states, "Obesity is a terror within; it's destroying our society from within and unless we do something about it, the magnitude of the dilemma will dwarf 9/11 or any other terrorist event that you can point out." Rates of obesity in the United States are climbing at an unprecedented rate across all ages and ethnic groups, and are leading to the first generation of children whose life expectancy is shorter than that of their parents. This incisive and informative documentary uncovers this epidemic, examining the causes and suggesting ways to reverse this deadly trend.”

Watch the entire movie online here for free.

<https://www.bu.edu/themovement/past-issues/spring2011/issue-3-book-and-film-reviews/killerreview/>

Review

<http://www.imdb.com/title/tt0903660/>

447 IMDb users have given a weighted average vote of 7.3 / 10

“Obesity rates in the United States have reached epidemic proportions in recent years. The Centers for Disease Control estimate that at least 110,000 people die per year due to obesity and 1/3 of all cancer deaths are directly related to it. Former Surgeon General Richard Carmona remarked that obesity is a more pressing issue than terrorism, 'Obesity is a terror within. It's destroying our society from within and unless we do something about it, the magnitude of the dilemma will dwarf 9/11 or any other terrorist event that you can point out...' From our human evolution and our changing

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environment to the way our government's public policies are actually causing obesity, Killer at Large shows how little is being done and more importantly, what can be done to reverse it. Killer at Large also explores the human element of the problem with portions of the film that follow a 12-year old girl who has a controversial liposuction procedure to fix her weight gain and a number of others suffering from obesity, including filmmaker Neil Labute.

The film features interviews and covers events with such notable public figures as Former President Clinton, Ralph Nader, Senators Tom Harkin and Sam Brownback, Arnold Schwarzenegger, former Surgeon General Richard Carmona and a number of bestselling authors and renowned experts like Michael Pollan, Barry Glassner (Bowling for Columbine), Dr. Kelly Brownell (Supersize Me), Dr. Barry Popkin (Penn and Teller's Bullshit) and many others.”

<https://www.amazon.com/Killer-at-Large-Bill-Clinton/dp/B001NLAVL8>

47% 5-star, 22% 4-star ratings, 51 reviews

## 22. Let Us Be Heros – The True Cost of Our Food Choices (41 minutes)

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

<https://www.facebook.com/letusbeheroes/>

“Can you be the change? How much difference can one person make?”

Let us be Heroes explores the impact of our food and lifestyle choices on our health, our home planet and our values by sharing inspiring stories from athletes, food and fashion entrepreneurs, a public speaker and an ocean warrior fighting to protect people, planet and animals.

We are the leaders of the world we want to live in. #letusbeheroes”

<https://www.youtube.com/watch?v=qoBKGTYI2fo>

Watch it for free.

<https://greenisthenewblack.com/let-us-be-heroes-interview-with-speaker-and-filmmaker-rebecca-capelli/>

Interview with Speaker and Filmmaker, Rebecca Cappelli

<https://www.plantbasednews.org/post/new-documentary-inspiring-change-makers-launch-pbn-youtube>

Review

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### 23. 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.

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.”

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

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

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

### 24. Meat the Future (90 minutes)

<http://meatthefuture.com/>

“Reinventing meat is a tipping point that could change the world.

Meat the Future ushers the viewer into a world vexed by the impacts of modern day industrial animal agriculture and zeros in on a revolutionary story. Revealing challenges and breakthroughs and posing a myriad of questions about the future, this 90-minute character-driven documentary explores the advent of real meat without the need to raise and slaughter animals.

If scientists can grow human tissue from stem cells for use in medical procedures, then why not a similar process to “brew” real pork, beef, and poultry? Meat the Future witnesses the controversial, potentially game-changing birth of a new food industry referred to as “clean” “cell-based” “cell-cultured” and “cultured” meat – a term hotly debated as the industry approaches commercialization.

Meat the Future lifts the veil and journeys to the outer edges of innovation while exploring the personal and moral underpinnings that motivate leaders of a colossal market opportunity.

<https://lizmars.com/portfolio/meat-the-future-2/>

Movie trailer and director’s statement

<https://www.facebook.com/MeattheFutureFilm/>

<https://www.youtube.com/watch?v=D1OZUkKaOUg>

Movie trailer

<https://vimeo.com/185992031>

Movie trailer

“What if slaughter-free, sustainable “clean meat” replaced conventional meat in the grocery store?”

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

Canadian feature documentary in the works. Release [2019 or] 2020.  
Commissioned by documentary Channel.

From Director/Producer Liz Marshall  
(The Ghosts In Our Machine; Water On The Table)”

<http://www.onegreenplanet.org/news/meat-the-future-shows-future-of-cultured-meat/>

Review

“*Meat the Future* is a feature-length documentary that highlights some of the biggest innovators in the cultured or “clean” meat movement, mainly the team over at Memphis Meats, including CEO Dr. Uma Valeti and his partner. The film allows viewers to get a glimpse into the process of creating cultured meat and possibly dispelling the idea that cultured meat is basically “Frankenfood.”

As the description for the Meat the Future trailer, outlines, “the proposition to disrupt conventional meat production inspires resistance and hope.” And it’s true the transition from meat to cultured meat would be monumental, and one that would only occur with the support of consumers, agriculture lobbyists, CEOs, animal advocates, and environmentalists. It’s a pretty huge undertaking, but considering it is our food system and society’s well-being we’re talking about here –we’d say it’s well worth the while. After all, when something is broken, you should fix it. We look forward to watching Meat the Future and, with equal excitement, the world’s reaction to this glimpse into what may very well be the future of food.”

### 25. Okja (121 minutes)

<https://www.netflix.com/title/80091936>

“A gentle giant and the girl who raised her are caught in the crossfire between animal activism, corporate greed and scientific ethics.”

<https://www.youtube.com/watch?v=AjCebKn4iic>

Movie trailer

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

<https://www.theverge.com/2017/6/26/15747466/netflix-okja-bong-joon-ho-snowpiercer-cannes-hollywood>

“Okja is the first great Netflix movie — here's why that matters”

<https://www.nytimes.com/2017/06/27/movies/review-okja-bong-joon-ho.html>

“Review: In ‘Okja,’ a Girl and Her Pig Take on the Food Industrial Complex”



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

<http://www.rogerebert.com/reviews/okja-2017>

“Okja” is the heartwarming tale of a girl and her giant mutant pig, brought to life through a mix of digital effects and puppetry that makes a nonexistent beast seem as real as E.T. or King Kong. It is also the tale of animal rights activists doing battle with a Monsanto-like corporation that wants to turn said pig, allegedly the cutest in a batch whipped up by genetic scientists, into a poster animal for a revolutionary line of meat products. These two modes might seem incompatible. But as overseen by the great South Korean director Bong Joon-ho (“Snowpiercer,” “The Host”), they mesh in a work of melancholy enchantment, by turns sweet, funny, scary, sad, and—in the manner of all good science fiction movies—thought-provoking.”

<http://www.imdb.com/title/tt3967856/>

13,270 IMDb users have given a weighted average vote of 7.6 / 10

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

Audience score: 88% liked it, 4.1 / 5, 4,157 user ratings

## 26. 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



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challenge your ideas about who animals are. Open your eyes. Trust your heart. Take the journey.

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=qbamdB4L1Y>

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]

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

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

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

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

### 27. PlanEat (87 minutes)

<http://planeat.tv/>

“Nothing changes the planet as much as the way we eat.”

"Those of us here at Meat Free Monday fully support the efforts made by the makers of Planeat, which we hope will alert people to the dangers of some of our current practices." -- Sir Paul McCartney

“Planeat is 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 an additional cast of pioneering chefs and some of the best cooking you have ever seen, the scientists and doctors in the film present a convincing case for the West to re-examine its love affair with meat and dairy. The film features the ground-breaking work of Dr. T Colin Campbell in China exploring the link between diet and disease, Dr. Caldwell Esselstyn's use of diet to treat heart disease patients, and Professor Gidon Eshel's investigations into how our food choices contribute to global warming, land use and oceanic dead zones. With the help of some innovative farmers and chefs, Planeat shows how the problems we face today can be solved, without simply resorting to a diet of lentils and lettuce leaves.”

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

Movie trailer

<http://www.snagfilms.com/films/title/planeat>

Watch online for free

“Where have we gone wrong? Why has the death rate from heart disease and cancer exploded in recent times? Why are the ice caps melting, the oceans dying and the forests being cut down as we produce the food necessary to support our burgeoning populations? Against a backdrop of colorful and delicious food grown by organic farmers and prepared in the kitchens of world-famous chefs, PLANEAT for the first time brings together the ground-breaking studies of three prominent scientists who have made it their life's work to answer these questions.

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This powerful documentary film inspires us to make the right food choices; ones that can dramatically reduce the risk of heart disease and cancer, protect our environment and make our planet sustainable while celebrating the joys of food.”

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

“Planeat is a 2010 British documentary film by Or Shlomi and Shelley Lee Davies. The film discusses the possible nutritional and environmental benefits of adopting a whole foods, plant-based diet based on the research of T. Colin Campbell, Caldwell Esselstyn and Gidon Eshel. The film also features the views of Peter Singer.

According to Shelley Lee Davies, the film purposely does not cover any purported animal welfare arguments for adopting a plant-based (vegan) diet, but concentrates on the health and environmental reasons instead.”

<http://www.imdb.com/title/tt1467030/>

110 IMDb users have given a weighted average vote of 7.5 / 10

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

Audience score: 71% liked it, 4.1 / 5, 114 user ratings

<https://www.amazon.com/Planeat-Dr-T-Colin-Campbell/dp/B0088Q1TGC>

70% 5-star, 20% 4-star ratings, 108 reviews

## **28. 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

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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. 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.

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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 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=9E6sa0OjtjSE>

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/B017JJSIIK>

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

## 29. Processed People (40 minutes)

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

“Two hundred million Americans are overweight and 100 million are obese. More than 75 million Americans have high blood pressure. 24 million people are diabetic. Heart disease remains the No. 1 cause of death for men and women, followed by stroke and obesity-related cancers. Obesity is about to overtake tobacco as the No. 1 cause of preventable deaths in the United States.

60% of bankruptcies are caused by what has become known as “medical debt.”

Fast food, fast medicine, fast news and fast lives have turned many Americans into a sick, uninformed, indebted, “processed” people.

Processed People features insightful interviews from nine preeminent health and environmental experts/advocates. They discuss how and why Americans got into this mess, and what we can do to break the “processed people” cycle.”

<https://www.youtube.com/watch?v=G96Sztb8Ctk>

Movie trailer

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

<https://www.youtube.com/watch?v=VQNNX2Oo7Kk>

Another movie trailer

<http://www.vegparadise.com/media14.html>

"How many doctors does it take to make you better? The answer may be NONE if you follow a diet and lifestyle revealed in Processed People, the Documentary.

In Processed People, Jeff and Sabrina Nelson focus on why Americans are so fat and unhealthy and offer information on how people can break the cycle and de-process themselves. The gifted pair of filmmakers has assembled interviews involving a powerhouse of medical experts to show how diet and exercise impact health. In a 40-minute presentation they offer "the antidote to America's toxic lifestyle."

<http://www.imdb.com/title/tt1362467/>

39 IMDb users have given a weighted average vote of 7.9 / 10

<https://www.amazon.com/Processed-People-Documentary-Jeff-Nelson/dp/B001O49STU>

62% 5-star, 14% 4-star ratings, 29 reviews

### 30. Raw the Documentary (85 minutes)

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

"The incredible journey of Janette Murray-Wakelin and Alan Murray as they embark on a journey to run 366 consecutive marathons around Australia, in their 60's, all on a RAW plant-based diet.

This powerful and moving documentary will have you redefining the way you think about health and lifestyle choices."

<https://www.facebook.com/Running-Raw-around-Australia-2013-151899708156709/>

<https://www.youtube.com/watch?v=hybY92Ww978>

Movie trailer

<http://rawveganpath.com/dvd-documentary-running-time/>

Review

"Alan Murray and Janette Murray-Wakelin are two phenomenal human beings. They broke and set world records by running around Australia (366 consecutive marathons) during 2013 whilst in their 60's. Most people would cringe at the idea of running one, let alone 366! And they did this after Janette beat cancer, all of this on a raw vegan diet! Janette and Alan are an incredible example of what is possible with the human body.

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

Now it is time to bring their story to the world in the form of a documentary. This documentary will be an exciting adventure around Australia that will introduce its audience to the benefits of a raw vegan conscious lifestyle."

[http://www.veganaustralia.org.au/new\\_australian\\_film\\_raw\\_the\\_documentary](http://www.veganaustralia.org.au/new_australian_film_raw_the_documentary)

Review

"In 2013, Janette Murray-Wakelin and Alan Murray set out to do what many thought to be impossible: running 366 marathons (43 km each) on consecutive days over the course of a year, fuelled solely by raw fruit and vegetables.

A new documentary follows their triumphant journey, Running Raw Around Australia, through one of the harshest climates in the world, as they break world records and overcome obstacles.

'RAW - The Documentary' not only charts the couple's challenges and experiences on their 16,000 km journey, but also delves into the lives of these inspirational people. We see love stories unfold with their family, their health, their purpose, their natural environment and each other.

Their achievements are all the more remarkable as we learn that Janette Murray-Wakelin, aged 64 when she ran the marathons, had recovered from breast cancer just 12 years earlier.

The film is a feel-good personal story conveying a positive message of what can be achieved through living a kind, compassionate and environmentally aware conscious lifestyle."

### **31. Running for Good (90 minutes)**

<https://runningforgoodfilm.com/>

"The Fiona Oakes documentary [no official release date yet, but possible release in 2018]

Running For Good is a feature length sports documentary following world record marathon runner Fiona Oakes, in her attempt not only to set a new global record in endurance racing, but to compete in the "toughest footrace on earth" the Marathon Des Sables, 250km race through the Sahara Desert.

Fiona Oakes has made a name for herself as an endurance runner apart from the rest. She is the fastest woman in the world to run a marathon on all seven continents and the north pole in both cumulative and elapsed time. She has competed internationally in more than 50 marathons and set 5 marathon course records around the globe, including The Antarctic Ice Marathon. In 2015 Fiona ran 6 official marathons in 6 days on 6



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continents.

Fiona's achievements are made even more astounding due to the fact she was told at age 14 that she would never walk properly, let alone ever run, after undergoing more than 17 radical knee surgeries which ultimately led to having her entire right kneecap removed.

With overcoming her own adversity, Fiona's true drive to achieve incredible feats of speed and human endurance are motivated by a deep desire to raise awareness for the plight of animals around the world.

Fiona operates almost single handedly, an animal sanctuary, caring for nearly 400 formerly abused and neglected animals, all while training more than 100 miles a week in running.

Fiona has utilized the benefits of a Vegan diet for over the last 40+ years.

Running For Good will chronicle Fiona Oakes remarkable racing achievements, overcoming her childhood illness and disability, her incredibly demanding training and work schedule caring for 400 animals in preparation for the 2017 Marathon Des Sables.”

<https://www.plantbasednews.org/post/keegan-kuhn-directs-movie-vegan-marathon-runner-fiona-oakes>

Review

“The co-director of *Cowspiracy* and *What the Health* is currently working on what promises to be one of 2018's must-see vegan movies.

Keegan Kuhn's new film *Running for Good* is the official Fiona Oakes documentary.

[https://en.wikipedia.org/wiki/Fiona\\_Oakes](https://en.wikipedia.org/wiki/Fiona_Oakes)

<https://www.facebook.com/fionaoakes/>

<http://www.greatveganathletes.com/fiona-oakes-vegan-marathon-runner>

<http://www.vivalavegan.net/articles/294-interview-with-fiona-oakes-vegan-marathon-runner.html>

Interview with Fiona Oakes

<https://www.youtube.com/watch?v=t3rSV87Y4OI> (67 minutes)

Audio interview with Fiona Oakes - The vegan 'Queen of the Extreme' - A British



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

marathon runner

<http://fionaoakesfoundation.co.uk/>

<http://www.guinnessworldrecords.com/news/2018/3/her-story-how-fiona-oakes-ran-a-marathon-on-every-continent-even-antarctica-519574>

<https://www.youtube.com/watch?v=kAfBoynK1j4> (19 minutes)

Fiona Oakes – For the Animals

<https://www.youtube.com/watch?v=A9GeMbgTaf8> (9 minutes)

Inspiring Change with Tammy Fry and Fiona Oakes (video interview)

### **32. Simply Raw: Reversing Diabetes in 30 Days (90 minutes)**

<https://www.youtube.com/watch?v=y41BDg1bBo8>

Movie trailer

<https://www.youtube.com/watch?v=2pjkC71exKU>

Watch the whole movie online for free

<http://documentarylovers.com/film/simply-raw-reversing-diabetes-30-days/>

Review

<https://topdocumentaryfilms.com/simply-raw-reversing-diabetes-in-30-days/>

Review

"Simply Raw: Reversing Diabetes in 30 Days is an independent documentary film that chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, uncooked food in order to reverse disease without pharmaceutical medication.

The six are challenged to give up meat, dairy, sugar, alcohol, nicotine, caffeine, soda, junk food, fast food, processed food, packaged food, and even cooked food for 30 days. The film follows each participant's remarkable journey and captures the medical, physical, and emotional transformations brought on by this radical diet and lifestyle change. We witness moments of struggle, support, and hope as what is revealed, with startling clarity, is that diet can reverse disease and change lives.

The film highlights each of the six before they begin the program and we first meet them in their home environment with their families. Each participant speaks candidly about their struggle to manage their diabetes and how it has affected every aspect of their life, from work to home to their relationships."

## Movies about Veganism

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

<http://www.imdb.com/title/tt1587696/>

169 IMDb users have given a weighted average vote of 7.7 / 10

<https://www.amazon.com/Simply-Raw-Reversing-Diabetes-Days/dp/B001BKLCCS>

64% 5-star, 17% 4-star ratings, 109 reviews

[https://www.rottentomatoes.com/m/simply\\_raw\\_reversing\\_diabetes\\_in\\_30\\_days](https://www.rottentomatoes.com/m/simply_raw_reversing_diabetes_in_30_days)

Audience score: 67% liked it, average score 3.8 / 5, 57 user ratings

### 33. Slice of Life (TBD)

<http://www.onegreenplanet.org/news/new-documentary-showcases-innovation-plant-based-food-world/>

Review

"A brand new documentary called Slice of Life will be debuting this fall....

The documentary is laden with impactful images and facts about animal agriculture, the environment, health, and animal welfare and delves into topics plaguing the world, like food scarcity. The film features a great number of progressive leaders in the plant-based movement, including Gene Baur of Farm Sanctuary, Ethan Brown of Beyond Meat, Bruce Friedrich of the Good Food Institute, T.K. Pillan of Veggie Grill, and chef Matthew Kenney, just to name a few. The documentary also interviews medical doctors and specialists, political leaders like Borough President of Brooklyn Eric Adams, and celebrity influencers like singer Mya."

<https://www.livekindly.co/vegan-actor-maggie-q-stars-documentary-future-plant-based-food/>

Review

"*Slice of Life* is a documentary that explores the growing popularity of plant-based food all around the world," says the film's director, Mahesh Kothamangalam.

The documentary features a number of high profile experts, including founders of Beyond Meat, JUST, and Impossible Foods, as well as Bruce Friedrich of the Good Food Institute, Matt Rice of Mercy For Animals, Gene Baur of Farm Sanctuary, singers Mya and Monica Dogra, and renowned physicians including Dr. Neal Barnard, Dr. Angie Sadeghi, Dr. Mauricio Gonzalez, and Dr. Nandita Shah.

The film is now in post-production with a target launch date set for later this year [2018]."

## Movies about Veganism

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

<https://touch.facebook.com/SliceofLifeDocumentary/>

<https://www.youtube.com/watch?v=xOPSEmmxtNw> (1 minute)

Promo

### 34. 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.”

<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/>

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

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

## Movies about Veganism

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

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

### 35. Swine (16 minutes)

[https://en.wikipedia.org/wiki/Swine\\_\(film\)](https://en.wikipedia.org/wiki/Swine_(film))

"The film suggests we are sleepwalking into a superbug pandemic.

The film sees journalist Jack Tomlins (portrayed by runner Tim Shieff) go undercover in a UK factory farm to investigate rumours of a MRSA superbug outbreak in the pig population. In his search for the truth, he makes some shocking discoveries and all hangs in the balance."

<https://www.facebook.com/events/502642209930964/>

<https://www.facebook.com/swinethemovie/>

The movie's Facebook page

<https://www.youtube.com/watch?v=mUYhAJ6MDrc>

Watch the whole movie for free

"Antibiotic Resistance is a reality. SWINE - Resistance has arrived - the world's most destructive industry has a secret it doesn't want you to know about, Jack Tomlins goes undercover to reveal the truth.

Will he survive?

Antibiotic Resistance is real and its coming for us. Our lazy approach to these drugs will come back to bite us. It is only a matter of time."

<http://www.annekasvenska.com/swine-the-new-exciting-vegan-movie/>

Review

[https://veganflix.com/video\\_listing/swine-resistance-is-inevitable/](https://veganflix.com/video_listing/swine-resistance-is-inevitable/)

Review

"SWINE is a new short thriller/documentary exposing the untold story of disease and antibiotics resistance in factory farms.

For decades factory farms have been abusing antibiotics. Their actions have cultivated a global environment of antibiotics resistance. SWINE exposes the global health crisis the world's most cruel and destructive industry is trying to keep quiet."

## Movies about Veganism

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

[http://www.veganaustralia.org.au/swine\\_new\\_film\\_on\\_antibiotic\\_resistance\\_in\\_farmed\\_animals](http://www.veganaustralia.org.au/swine_new_film_on_antibiotic_resistance_in_farmed_animals)

Review

<http://veganindependent.com/thriller-documentary-swine-exposes-the-rise-of-antibiotic-resistance-in-factory-farms/>

Review

<https://theecologist.org/2016/jul/08/new-film-swine-exposes-secret-life-factory-farms-and-rise-antibiotic-resistance-farmed>

Review

<http://www.imdb.com/title/tt5812960/>

8 IMDb users have given a weighted average vote of 9.1 / 10

### 36. Taking Note – The Vegan Music Documentary (TBD)

<https://www.indiegogo.com/projects/taking-note-the-vegan-music-documentary--2#/>

“A documentary film that looks into veganism's impact in the music world with an aim to inspire music fans to look more into the benefits of a vegan lifestyle, learn more about the ethics, environmental and health impacts of a vegan diet and at the same time learn more about some of their favourite musicians' lives.

It started with a CD. In 2002, music fan Chris Hines, was introduced to the reality of his food choices as he watched a graphic video entitled ‘Meet Your Meat’ on the album *Open Your Eyes* by ska-punk band Goldfinger. This video, along with the strong vegan messages within the lyrics to the album, were the catalyst that put him on the path to a vegan lifestyle.

Chris now sets out to find out how veganism has influenced the musicians themselves, and find out why they feel the subject is so important, in the hope that their own stories will inspire others in the same way he was.

We hope to produce a film that will highlight the important subject of veganism and animal rights, engaging music fans by creating a unique and interesting piece that will let fans take a closer look into the lives of their favourite musicians, while also learning more about their lifestyle and its effects on their music. We hope that the film will encourage non-vegans to take the subject of veganism and animal rights more seriously and offer educational advice on how they can make a change themselves.

We are hoping to release the film in Winter 2018 for free on the *HTF Magazine* website.”

## Movies about Veganism

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

<http://thecrowdfundingcenter.com/videos/play?id=X66275> (4 minutes 41 seconds)

Video of the producer, Chris Hines

[https://www.youtube.com/watch?v=pjevNQj\\_G5s](https://www.youtube.com/watch?v=pjevNQj_G5s) (42 seconds)

Movie mini-trailer

<https://www.facebook.com/takingnotefilm>

<https://www.plantbasednews.org/post/5-exciting-upcoming-vegan-films-2018>

Review

“*Taking Note* is a vegan music-themed documentary that will star musicians from Fall Out Boy, The Veronicas, and Rob Zombie.

Produced by founder of UK-based online music publication *Hit the Floor Magazine*, Chris Hines, the film will look into the impact of veganism in the music world - with an aim to inspire music fans to explore the benefits of a vegan lifestyle.

For the project, Hines has interviewed musicians across genres, including Against Me’s bassist Inge Johnsson, Rob Zombie’s guitarist Matt 'Piggy D' Montgomery, The Veronicas’ twin sister duo Lisa and Jessica Origliasso, as well as YouTube reviewer Anthony Fantano.

Hines says: "My hope for this film is that by other people hearing how important veganism is from the musicians themselves and learning about their stories, hopefully it will influence them in the same way it did me."

<https://www.plantbasednews.org/post/vegan-legends-to-appear-in-vegan-documentary-by-music-magazine-founder>

Review 1

“Vegan Legends to Appear in Vegan Documentary by Music Magazine Founder

The film will look at music's impact on veganism

The film, which has been in development since May 2016, follows Hines' journey as he talks to a range of musicians about how veganism has affected the individuals within the scene as well as the scene itself. He hopes their stories will inspire viewers.”

<https://www.livekindly.co/kat-von-d-vegan-music-documentary/>

Review 2

## Movies about Veganism

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

“It has been announced that Kat Von D is set to appear in upcoming vegan documentary *Taking Note*.”

The documentary is the dream of Chris Hines, who is the founder of music publication *Hit the Floor Magazine* (HTF). Hines, who is himself a vegan, initially turned to vegetarianism after watching a music video featuring graphic slaughterhouse footage. The documentary aims to look at examples of vegan celebrities and musicians and educate people on the ways in which the celebs live their lives. Hines hopes that others will be inspired by their favourite musicians, as he was when he watched Goldfinger’s “Meet Your Meat” music video. Hines’ film will also look at the positive impacts that a vegan diet can have on the world including the environment and human health.

<http://www.hitthefloor.com/music/brand-new-vegan-documentary-music/>

Review 3

<https://vegnews.com/2017/6/documentary-about-vegan-music-legends-debuts-in-2018>

Review 4

### 37. The End of Meat (95 minutes)

<http://www.theendofmeat.com/en.html>

“English / German with subtitles

Movie trailer and description are here.

In *The End of Meat*, filmmaker Marc Pierschel embarks on a journey to discover what effect a post-meat world would have on the environment, the animals and ourselves. He meets Esther the Wonder Pig, who became an internet phenomenon; talks to pioneers leading the vegan movement in Germany; visits the first fully vegetarian city in India; witnesses rescued farm animals enjoying their newly found freedom; observes the future food innovators making meat and dairy without the animals, even harvesting “bacon” from the ocean and much more.

*The End of Meat* 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.”

The NYC, L.A., and Toronto premieres were 8/28/2018, 8/30/2018, and 9/2/2018 respectively.



## Movies about Veganism

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

<https://www.facebook.com/theendofmeat/>

<https://www.youtube.com/watch?v=N71QxvZxfGk>

Movie trailer

<https://www.indiegogo.com/projects/the-end-of-meat#/>

“The End of Meat is a feature documentary exploring the idea of a post-meat world.

Imagine a society in which animals are no longer exploited for human use. Where the rights and needs of animals are respected and taken into consideration. And where our relationship with them is one based on compassion and understanding instead of domination.

*The End of Meat* is a feature documentary that explores the idea of a post-meat world. It will include interviews with philosophers, scientists, artists and activists who offer their insight and progressive ideas about the role of animals in our society.”

<https://www.livekindly.co/new-vegan-documentary-the-end-of-meat-premiere-nyc-la/>

“Director Marc Pierschel, the man behind the 2013 vegan documentary “Live and Let Live,” embarks on an international journey in order to uncover what a post-meat world will mean for the future of the planet, animals, and humans.

In the film, Pierschel meets with pioneers of Germany’s vegan movement to learn how the meat-heavy nation launched more vegan products than any other in 2016.

Throughout the film, Pierschel also visits Palitana, the first fully vegetarian city in India and a major pilgrimage site for followers of Jainism. Many Jains follow a vegetarian or vegan diet due to deeply-held principles of ahimsa, or non-violence. In addition, Pierschel has conversations with leaders in the rescued farm animal movement such as Gene Baur, founder of Farm Sanctuary, as well as Derek Walter and Steve Jenkins, “dads” to Esther the Wonder Pig and founders of the Happily Ever Esther Farm Sanctuary.”

<https://www.livekindly.co/vegan-documentary-the-end-of-meat-available-on-demand/>

“After highly-successful premiers in New York City and Los Angeles, the new documentary by German-born filmmaker Marc Pierschel will be heading to DVD, Blu-Ray, and video-on-demand.”

<https://www.imdb.com/title/tt5859140/>

## Movies about Veganism

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

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

### 38. The Game Changers (90 minutes)

<http://gamechangersmovie.com/>

“Directed by Louie Psihoyos and executive produced by James Cameron, The Game Changers tells the story of James Wilks — elite special forces trainer and winner of The Ultimate Fighter — as he travels the world on a quest for the truth behind the world's most dangerous myth: that meat is necessary for protein, strength and optimal health. Meeting elite athletes, special ops soldiers, visionary scientists, cultural icons, and everyday heroes, what James discovers permanently changes his relationship with food and his definition of true strength.”

<https://www.facebook.com/gamechangersmovie/>

<https://www.youtube.com/watch?v=LPwjX2lwIE>

Movie teaser trailer

<https://www.youtube.com/watch?v=V1VTaCV2uek>

Movie trailer

<https://variety.com/2018/film/reviews/the-game-changers-review-1202721601/>

Review 1

<https://www.riseofthevegan.com/blog/the-biggest-film-of-2018-the-game-changers-documentary>

Review 2

“The most important movie of 2018: The Game Changers documentary is finally here.

In the film, super athletes, including world record-holding strongman Patrik Baboumian, cyclist and Olympic Silver Medalist Dotsie Bausch, and record-setting ultra marathoner Scott Jurek, testify that a plant-based diet propelled them to their athletic successes. The documentary clearly shows how people are far healthier when they adopt a plant-based diet and eliminate meat from their diet.

Also amongst the cast are leading research scientists and medical doctors who convey solid evidence of the benefits of a plant-based diet both for the environment and for people's overall health leading to a better quality of life.”

## Movies about Veganism

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

<https://www.peta.org/blog/james-cameron-louis-psihoyos-game-changers/>

Review 3

“Forget everything that you thought you knew about eating meat. From Academy Award winners James Cameron and Louie Psihoyos, director of *The Cove*, comes a new film that is about to turn the biggest and longest-held meat myth on its head. *The Game Changers* chronicles “a quest for the truth” that ultimately became “a shocking exposé of the world’s most dangerous myth.

Among the experts Wilks meets are Arnold Schwarzenegger, two-time World Surfing Champion Tia Blanco, world record–holding strength athlete Patrik Baboumian, former president of the American College of Cardiology Dr. Kim Williams, founder of the Preventive Medicine Research Institute Dr. Dean Ornish, and several members of the Miami Dolphins football team. **They all agree that meat, egg, and dairy consumption is a barrier to optimal health.**”

<https://www.livekindly.co/first-peek-at-game-changers-the-vegan-documentary-busting-the-meat-myth-now-available/>

Review 4

“Official theatrical release dates for *The Game Changers* have not yet been announced [as of 9/2/2018]. Updates are available via the official Game Changers website.”

<https://www.imdb.com/title/tt7455754/>

176 IMDb users have given a weighted average vote of 9.1 / 10

### 39. 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.

## **Movies about Veganism**

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

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

[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

### **40. The Invisible Vegan (90 minutes)**

<http://theinvisiblevegan.com/>

"The Invisible Vegan is a 90-minute independent documentary that explores the problem of unhealthy dietary patterns in the African-American community, foregrounding the health and wellness possibilities enabled by plant-based vegan diets and lifestyle choices. Over the past three decades, coronary heart disease and diabetes have steadily grown as the leading causes of health problems in America, disproportionately impacting the African-American community in particular. This documentary offers both historical and contemporary perspectives on the dietary trends among African-Americans, showing how intertwined histories of slavery, twentieth-century socioeconomic inequalities, and the rise of Big Food have led to the increased consumption and dependence of meat, processed junk, and fast food. Starring Jasmine Leyva, Cedric the Entertainer, John Salley, Stic of Dead Prez and Tracye McQuirter."

## Movies about Veganism

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

<https://www.facebook.com/theinvisiblevegan/>

<https://www.indiegogo.com/projects/the-invisible-vegan-documentary#/>

“*The Invisible Vegan* is our first feature length film documentary project, and its emergence stems not only from our commitment to veganism, but also our investment in the possibilities of film as a medium for raising awareness, inspiring consciousness, and creating collective social experiences. It is our hope that the film will receive the widest possible audience, and catalyze productive debates about the future of food in African-American culture.”

<https://www.youtube.com/watch?v=S4VA8jmRnyU>

Movie trailer

<https://mercyforanimals.org/the-invisible-vegan-is-the-new-vegan-documentary>

Review 1

“It really can’t be said enough: Veganism is an intersectional issue—one that cannot be separated from issues of race, privilege, gender, and capitalism. Perhaps this is most apparent in the African American community.”

<https://medium.com/earth-ethics/the-invisible-vegan-defies-vegan-stereotypes-63f5614510a2>

Review 2

### 41. The Last Pig (52 minutes)

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

"Through this personal journey, *The Last Pig* raises crucial questions about equality, the value of compassion and the sanctity of life. Comis' soul-bearing narrative carries us through his final year of farming pigs, the struggle to reinvent his life, and the ghosts that will haunt him forever.

It is our hope that *The Last Pig* will help propel a shift in our society's relationship to non-human beings and our capacity for compassion.

*The Last Pig* is a lyrical meditation on what it means to be a sentient creature with the power to kill. Deeply immersive, the film follows a pig farmer through his final year of slaughtering pigs. Through sparse, intimate musings, the farmer reveals the growing conflict of a life spent 'peddling in death.'"

<https://www.youtube.com/watch?v=KjI1Rq4tyDo>

Movie trailer

## Movies about Veganism

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

<https://vimeo.com/215934124>

Movie trailer

### 42. The Marshall Plan – Solving America’s Health Crisis (61 minutes)

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

"The Story that Changed a Community

When Texas Mayor Ed Smith III was diagnosed with prostate cancer, he elected to forego conventional treatment in favor of a whole food, plant-based diet. The results were nothing short of miraculous: his cancer disappeared. He and his wife embarked on a mission to help their town and community adopt a healthier lifestyle based on plant foods. Their story is being told in "The Marshall Plan." The documentary focuses on the transformation of one town into a healthier place when its residents adopted new eating strategies. The stories of Marshall's residents are combined with interviews from expert doctors and researchers in the field of nutrition, and professional athletes."

<http://www.themarshallplanmovie.com/watchtrailer>

[https://www.youtube.com/watch?v=SfQWK\\_PWcWQ](https://www.youtube.com/watch?v=SfQWK_PWcWQ)

Movie trailer

<http://www.themarshallplanmovie.com/watch-movie>

<https://www.youtube.com/watch?v=DIEBb3hyzdl>

Watch the whole movie here for free.

<https://www.nytimes.com/2014/01/26/us/the-mayor-went-vegan-then-spread-the-word.html>

"The Mayor Went Vegan, Then Spread the Word" – Review

<http://vegnews.com/articles/page.do?pagelId=7563&catId=1>

"New Film Reveals Vegan Mayor's Lasting Effect on Texan Town" – Review

<https://www.drcarney.com/blog/entry/the-marshall-plan>

"The Marshall Plan" – Review

<http://www.humanedecisions.com/the-marshall-plan-solving-americas-health-crisis-the-transformation-of-a-small-town-in-texas/>

"THE MARSHALL PLAN, Solving America’s Health Crisis – The Transformation of a Small Town in Texas” – Review

## Movies about Veganism

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

### 43. The Witness (44 minutes)

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

“How does a construction contractor from a tough Brooklyn neighborhood become an impassioned animal advocate?”

In the award-winning documentary *The Witness*, Eddie Lama explains how he feared and avoided animals for most of his life, until the love of a kitten opened his heart, inspiring him to rescue abandoned animals and bring his message of compassion to the streets of New York. With humor and sincerity, Eddie tells the story of his remarkable change in consciousness.

*The Witness* has been an official selection in 32 film festivals where it has received eight awards for Best Documentary and two for Best of Festival. It has been broadcast on the independent film showcases of several regional PBS stations, as well as LinkTV, FreeSpeech TV, and United Kingdom's Community Channel. Thus far, the film has been translated into 11 languages, including Russian and Chinese.

Working hard to overcome the many challenges of growing up in a poor and violent Brooklyn neighborhood, Eddie Lama developed a deep sense of identification with the vulnerable and voiceless beings of our world. In one of the most moving sections of *The Witness*, he describes the harrowing experience of being beaten and left for dead, crying out for help and no one responding. Eddie then shares how this trauma helped him understand the plight of animals, who so often endure violence with no one to even witness their tragic fate, much less advocate on their behalf.

In 2001, the Peace Abbey gave Eddie their Courage of Conscience Award. Upon accepting it, he said, "In my lifetime I have been both the oppressor and the oppressed, both the fomenter of discord and the advocate for peace, both the perpetrator and the victim. But most significantly, I have been both the silence and the voice. It is the human voice that is the primary tool for change."

Eddie's willingness to so openly share both the dark and the light of his own life has inspired many of those who have seen *The Witness* to follow his example, making a conscious decision to do all they can not to participate in the exploitation of others, be they "two-legged" or "four-legged."

Today, Eddie continues his animal advocacy work through a variety of non-profit endeavors, including Oasis Sanctuary, where he provides a refuge for abused and abandoned animals, and FaunaVision, which focuses on his unique approach to mobile, street-level video education."

<https://vimeo.com/5209895>

Movie trailer



## Movies about Veganism

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

[http://www.tribeofheart.org/sr/wit\\_english.htm](http://www.tribeofheart.org/sr/wit_english.htm)

Watch the whole movie here for free.

[https://en.wikipedia.org/wiki/The\\_Witness\\_\(2000\\_film\)](https://en.wikipedia.org/wiki/The_Witness_(2000_film))

“The Witness is a film made in 2000 by James LaVeck and Jenny Stein. The name of LaVeck and Stein’s non-profit organization is Tribe of Heart.

The film depicts the transformation of a New York City construction contractor with an upbringing where animals were treated with suspicion or indifference to becoming an animal lover and animal rights activist.”

<http://www.imdb.com/title/tt0264181/>

107 IMDb users have given a weighted average vote of 8.5 / 10

<https://www.amazon.com/Witness-Tribe-Heart-Documentary-VHS/dp/1882979125>

89% 5-star, 0% 4-star ratings, 18 reviews

### 44. The Yoyo Effect (TBD)

<http://theyoyoeffect.com/>

“Life changing, shocking, disruptive!

THE YOYO EFFECT is a ground-breaking feature length documentary from the award-winning filmmaker and producer of the popular documentary “Food Choices”, featured on NETFLIX. It follows the audacious 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. Showing the often-devastating effects that obesity has on people’s lives and exposing the viewer to new disruptive ideas and science based evidence that could potentially lead to long term sustainable weight loss and improved health.”

<https://www.indiegogo.com/projects/the-yoyo-effect-movie#/>

<https://www.facebook.com/theyoyoeffectmovie/>

<https://www.youtube.com/watch?v=a82js0Gx-kl>

Movie trailer 1

<https://vimeo.com/238595866>

Movie trailer 2

<https://www.plantbasednews.org/post/new-vegan-documentary-alert-the-yoyo-effect->

## Movies about Veganism

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

### [will-be-released-this-summer](#)

#### Review 1

"The upcoming movie has been billed as 'the film the weight loss industry doesn't want you to see.'

The Yoyo Effect aims to present its audience with science-based information from world class experts on nutrition such as Dr. Michael Greger and Dr. Neal Barnard.

Talking to Plant Based News, Siewierski said he wants to raise awareness of America's biggest pandemic - obesity.

"And I wanted to do all that in a film that has great entertainment value and is fun to watch. At the same time, the film also tackles the food and weight loss industries, and exposes several shocking facts that most of the general public is not aware of."

### <https://www.riseofthevegan.com/blog/new-documentary-the-yoyo-effect>

Review 2 and printed interview with the producer.

## **45. Truckin': The Story of Eddie Traffic (52 minutes)**

"Truckin' is an inspiring story of a brave pig who took a leap of faith to his freedom."

"The delightful story of a brave pig who took a leap of faith to his freedom. Experience the joys and challenges he faces adjusting to his new life as a FREE PIG!"

"...by Johnny Braz, about the beloved pig who took a leap of faith off of a truck headed to slaughter and found himself safe at Indraloka Animal Sanctuary."

### <https://vimeo.com/162830841>

Full movie

## **46. 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/>

## **Movies about Veganism**

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“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 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

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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 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."

### 47. 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,

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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".

<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

### 48. Unlocking the Cage (91 minutes)

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

"Unlocking the Cage follows animal rights lawyer Steven Wise in his unprecedented challenge to break down the legal wall that separates animals from humans. After thirty years of struggling with ineffective animal welfare laws, Steve and his legal team, the Nonhuman Rights Project (NhRP), are making history by filing the first lawsuits that seek to transform an animal from a thing with no rights to a person with legal protections.

Supported by affidavits from primatologists around the world, Steve maintains that, based on scientific evidence, cognitively complex animals such as chimpanzees, whales, dolphins, and elephants have the capacity for limited personhood rights (such as bodily liberty) that would protect them from physical abuse. Using writs of habeas corpus (historically used to free humans from unlawful imprisonment), Wise argues on behalf of four captive chimpanzees in New York State.

Unlocking the Cage captures a monumental shift in our culture, as the public and judicial system show increasing receptiveness to Steve's impassioned arguments. It is an intimate look at a lawsuit that could forever transform our legal system, and one man's lifelong quest to protect "nonhuman" animals."

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

Movie trailer

<https://www.facebook.com/UnlockingTheCageFilm/>

[https://en.wikipedia.org/wiki/Unlocking\\_the\\_Cage](https://en.wikipedia.org/wiki/Unlocking_the_Cage)

"Unlocking the Cage is a 2016 American documentary film by D. A. Pennebaker and Chris Hegedus about the work of the Nonhuman Rights Project (NhRP) and lawyer Steven Wise's efforts to achieve legal rights for nonhuman animals.

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

The Guardian called it an "exemplary animal rights documentary", and that it "presents some fascinating legal and ethical issues". Variety called it "tiresome".

<http://www.imdb.com/title/tt5016028/>

250 IMDb users have given a weighted average vote of 7.0 / 10

<https://www.amazon.com/Unlocking-Cage-Steven-Wise/dp/B06XSG3LF2/>

100% 5-star ratings, 7 reviews

[https://www.rottentomatoes.com/m/unlocking\\_the\\_cage](https://www.rottentomatoes.com/m/unlocking_the_cage)

Audience score: 74% liked it, 4 / 5, 182 user ratings

### 49. Vegan: Everyday Stories (91 minutes)

<http://veganmovie.org/>

"Vegan: 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.

There are a number of great movies focusing on why to go vegan or featuring people new to veganism, but this movie spotlights how everyday people and their families, each pursuing their own careers, hobbies, and passions live their lives while following a vegan lifestyle.

The movie follows ultrarunner Yassine Diboun as he journeys miles into the wilderness, running from a past that deeply affected his family and nearly cost him his life; and Renee King-Sonnen, who fell in love with the farmed animals on her husband's ranch and was determined to do whatever she could to create a sanctuary; and Jerri Hastey owner of food truck Seed On The Go who wishes to share delicious eye-catching food with the masses; and young Genesis Butler who at the tender age of 3 asked her mom where her chicken nuggets came from and now she's on a quest to protect all animals in the world.

The movie is not only about vegan folks living their everyday lives, it is being created and funded by the community! The movie is a project of Northwest VEG, a 501c(3) charity, so all donations are tax-deductible."

<https://www.youtube.com/watch?v=2qedrIO1Gg0>

Movie trailer

## Movies about Veganism

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

<https://www.youtube.com/watch?v=V4JwBgaAEmk>

Watch the whole movie for free

<https://vimeo.com/164702949>

Watch the whole movie for free

<http://www.humanedecisions.com/vegan-everyday-stories-documentary-film/>

Review

"This compelling, full-length documentary reveals the lives of everyday people who have chosen a vegan lifestyle. The filmmaker travels the country and interviews people from all walks of life including a singer-songwriter and her Texas cattle rancher husband, an 8-year-old animal and vegan activist along with her mother, two record-breaking ultramarathon runners, and an NFL defensive lineman—and asks them “why vegan” and what inspired them to go vegan?

There is no graphic footage of animals suffering on farms or slaughterhouses, but a filmmaker does describe her visit to a slaughterhouse and what she saw while filming. There are also many interviews with everyday people and well-known personalities and professionals including Moby, Russell Simmons, Ed Begley Jr., animal advocates Gene Bauer and Nathan Runkle, and many others that support and encourage choosing a vegan diet—for the animals, the environment, and for our health. "

<http://www.yourdailyvegan.com/portfolio-items/vegan-everyday-stories/>

Reviews

"...the film effectively destroys the stigma around veganism and proves that vegans can be as accomplished as anyone else. The only difference is that they hold consistent beliefs when it comes to the treatment of animals. I would recommend this film to anyone with any shred of good in their heart. It might just open their eyes to something they've never seen before." – Kaden Zipfel. [Vegan: Everyday Stories – Film Review](#). *Plant Based News*. 16 Nov 2016

"Yes, this is an excellent film to introduce people to veganism. It does explain “why vegan”. But more importantly it demonstrates that there is no typical vegan. The days of smelly hippies eating nuts and granola while sitting in the corner weaving baskets and wearing Birkenstocks... are over (sniff sniff). " – Vegan Banana. [Vegan Everyday Stories: A Bananastastic Review](#). *Veganbanana.com*. 22 Jun 2016

<http://www.imdb.com/title/tt4805966/>

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

<https://www.amazon.com/Vegan-Everyday-Stories-Genesis-Butler/dp/B01LA15G0Q> - 68% 5-star ratings, 13% 4-star ratings, 54 reviews



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

### 50. 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 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

## Movies about Veganism

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

### 51. 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.

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

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

### 52. Vegan 2018 (58 minutes)

[https://www.youtube.com/watch?v=bTeqU6\\_Jryc](https://www.youtube.com/watch?v=bTeqU6_Jryc)

Watch it here.

The annual year in review movie about veganism by Plant Based News

<https://www.plantbasednews.org/>

## Movies about Veganism

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

### 53. Other lists of vegan movies

1. <https://veganuniversal.com/vegan-documentaries-animal-rights-health-environment-inspiration> - 50 Vegan Documentaries to Watch (categorized by Animal Rights, Health, Environment and for Inspiration)
2. <https://nutriciously.com/best-vegan-documentaries/>
3. <http://thegreenplate.com/blog/here-are-8-of-the-most-vegan-movies-on-netflix/>
4. <http://jadesamermaid.com/ultimate-list-vegan-documentaries-movies/>
5. <http://www.yourdailyvegan.com/vegan-movies/>
6. <http://www.imdb.com/list/ls075750525/>
7. <https://www.plantbasednews.org/post/top-5-vegan-films-of-2017>
8. <http://www.vegansouls.com/vegan-documentaries>
9. <https://essentialvegan.blogspot.com/p/films.html>
10. <https://urbanvegan.net/documentaries/>
11. <https://www.ranker.com/list/best-documentaries-about-veganism/ranker-film>
12. <https://coolerlifestyle.com/wellbeing-2/10-best-vegan-documentaries-videos.html>
13. <http://www.theveganwoman.com/vegan-documentaries/>
14. <http://www.onegreenplanet.org/vegan-food/10-best-food-and-health-documentaries/>
15. <https://www.globalanimal.org/2017/04/05/5-films-that-will-make-you-want-to-change-your-diet/>
16. <https://www.nagev.com.au/blogs/news/vegan-movies-to-watch-in-2017>
17. [https://www.youtube.com/playlist?list=PL\\_KuhuFlbhvfDdVbeKWjtjIZVQ46W4K2](https://www.youtube.com/playlist?list=PL_KuhuFlbhvfDdVbeKWjtjIZVQ46W4K2)
18. <http://www.vegblogger.com/blog/2017/12/movies-that-have-a-great-vegetarian-or-vegan-message.html>
19. <https://veganflix.com/>

## Movies about Veganism

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

### 54. Bonus – videos online only

Some of these videos are about a whole foods plant-based diet, which is only one aspect of veganism.

1. The New 101 Reasons to Go Vegan - James Wildman (58 minutes) – 2017  
[https://www.youtube.com/watch?v=0u9pzWPu\\_jg](https://www.youtube.com/watch?v=0u9pzWPu_jg)
2. 101 Reasons to Go Vegan – James Wildman (69 minutes) – original version 2011  
<https://www.youtube.com/watch?v=e-F8whzJfJY>
3. 10 minute version of 101 Reasons to Go Vegan - James Wildman (10 minutes)  
<https://www.youtube.com/watch?v=e1VyZvMYVXY>
4. 101 Reasons to Go Vegan Overnight (14 minutes)  
<https://www.youtube.com/watch?v=PIKtd81ANaQ>
5. You Will Never Look at Your Life in the Same Way Again | Eye-Opening Speech! – Earthling Ed (32 minutes)  
<https://www.youtube.com/watch?v=Z3u7hXpOm58>
6. Debate: Should Everyone Go Vegan? (1 hour 51 minutes)  
<https://www.youtube.com/watch?v=586jSyXfOVM>
7. I Want to Go Vegan But... (12 minutes)  
<https://www.youtube.com/watch?v=xMyr5fISsGA>
8. 10 Crazy Reasons Not to Be Vegan (14 minutes)  
[https://www.youtube.com/watch?v=Mxp\\_qErAXvg](https://www.youtube.com/watch?v=Mxp_qErAXvg)
9. Patrik Baboumian - World's Strongest Vegan - His Diet Strongman (16 minutes)  
<https://www.youtube.com/watch?v=Kf53m2HHIPs>
10. What the Dairy Industry Doesn't Want You to Know - Neal Barnard MD (55 minutes)  
[https://www.youtube.com/watch?v=h3c\\_D0s391Q](https://www.youtube.com/watch?v=h3c_D0s391Q)
11. Best Speech You Will Ever Hear - Gary Yourofsky (70 minutes)  
<https://www.youtube.com/watch?v=es6U00LMmC4>
12. Vegan 2017 – The Film – Plant Based News (47 minutes)  
<https://www.youtube.com/watch?v=IxVR53xemSs>

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

13. Documentary video - part 1: Plant-Based Diet (58 minutes)  
<https://www.youtube.com/watch?v=B2YJBwD9LHk>
14. "Kickstart Your Health, The Power of a Plant-based Diet" (52 minutes)  
[https://www.youtube.com/watch?v=N9z\\_YbzXI3k](https://www.youtube.com/watch?v=N9z_YbzXI3k)
15. World's Top Nutrition Experts Explain Scientific Proven Benefits of a Whole Food Plant-Based Diet (2 hours 33 minutes)  
<https://www.youtube.com/watch?v=KeKeIRpEgdl>
16. The Power of Plant-Based Eating | Dr. Joanne Kong | TEDx William & Mary (15 minutes)  
<https://www.youtube.com/watch?v=RgeJ06Piy1A>
17. Power Foods for the Brain | Neal Barnard | TEDx Bismarck (17 minutes)  
[https://www.youtube.com/watch?v=v\\_ONFix\\_e4k&list=PLqRMgc8Q5Prc0qzbn-1rgkXdcqT33ZkQY](https://www.youtube.com/watch?v=v_ONFix_e4k&list=PLqRMgc8Q5Prc0qzbn-1rgkXdcqT33ZkQY)
18. Plant-strong & healthy living: Rip Esselstyn at TEDx Fremont (18 minutes)  
<https://www.youtube.com/watch?v=AAKEYcmCCCk>
19. Dean Ornish, M.D. at TEDx SF (7 Billion Well) (20 minutes)  
<https://www.youtube.com/watch?v=QYmInK5xo6g&list=PLqRMgc8Q5Prc0qzbn-1rgkXdcqT33ZkQY&index=38>
20. Mythbusting Veganism | Simran Oberoi Multani | TEDx RVCE (15 minutes)  
<https://www.youtube.com/watch?v=ZHYwhKeyJik>
21. The Most Powerful Strategy for Healing People and the Planet | Michael Klaper | TEDx Traverse City (20 minutes)  
[https://www.youtube.com/watch?v=\\_TokqrtFfi8](https://www.youtube.com/watch?v=_TokqrtFfi8)
22. Why I'm A Vegan | Moby | TEDx Venice Beach (12 minutes)  
<https://www.youtube.com/watch?v=6DgUb9w8mOY>
23. Ending the suffering of billions: overcoming speciesism | Jay Quigley | TEDx FSU (17 minutes)  
<https://www.youtube.com/watch?v=swl68y2oQ60&list=PLqRMgc8Q5Prc0qzbn-1rgkXdcqT33ZkQY&index=50>

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

24. An Introduction to a Whole-Food, Plant-Based Diet - a presentation by Dr. Lim (77 minutes)  
<https://www.youtube.com/watch?v=u-u4YnfcTf0>
25. Dr Michael Klaper: Health Transformations from a Whole Food, Plant Based Diet (68 minutes)  
<https://www.youtube.com/watch?v=8c5qCQDvlas>
26. Confessions of a Reformed Cardiologist A Plant based Diet and Your Heart (97 minutes)  
<https://www.youtube.com/watch?v=LskIVxBujho>
27. Miracles Of A Plant-Based Diet - Grace Chen, M.D. (59 minutes)  
<https://www.youtube.com/watch?v=HxiVscojZhg>
28. The Benefits of a Whole Food Plant Based Diet and The Consequences of Unhealthy Lifestyle Choices (2 hours 53 minutes)  
<https://www.youtube.com/watch?v=qlw8vihBXyQ>
29. Brenda Davis - Plant-Based Diets and Disease: The Current State of The Evidence (88 minutes)  
<https://www.youtube.com/watch?v=qbpyCC0g2yg>
30. Dr Michael Klaper - Thriving on Plant Based Diet (88 minutes)  
<https://www.youtube.com/watch?v=WvKdOAGAxkc>
31. Is a Whole Food Plant-Based Diet an Answer to Chronic Disease? 2017 Documentary (39 minutes)  
<https://www.youtube.com/watch?v=xI8zNztsoGg>
32. Dr. Neal Barnard on Plant-Based Nutrition Essentials (41 minutes)  
<https://www.youtube.com/watch?v=9BueepS78ml>
33. Defeating Disease with Whole-Food Plant-Based-Diets. What to Eat - with Author Brenda Davis (90 minutes)  
<https://www.youtube.com/watch?v=DhCIIoH0nrg>
34. Why Doctors Don't Recommend Veganism #2: Dr Neal Barnard (27 minutes)  
<https://www.youtube.com/watch?v=qLeee0HRyHM>
35. The Most Inspiring Speech You Will Ever Hear – James Aspey (42 minutes)  
[https://www.youtube.com/watch?v=\\_s6-NLxvKIO](https://www.youtube.com/watch?v=_s6-NLxvKIO)

## **Movies about Veganism**

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

36. Talking To 100 Teenagers about Veganism | Why Vegan? (31 minutes)  
<https://www.youtube.com/watch?v=ogVtT0XJrCY>
37. Why Vegan? School Talk - Talking to Kids all about Veganism (44 minutes)  
<https://www.youtube.com/watch?v=-lx5WIkQ3e4>
38. Veganism Documentary - How to be Vegan? What is Vegan Food? Vegan Budget!  
(30 minutes)  
<https://www.youtube.com/watch?v=08vfbF5Z1O8>
39. What Is Veganism? (+ Why You Should Be Vegan) (11 minutes)  
<https://www.youtube.com/watch?v=krRUOSDnau4>
40. Dr. Ellsworth Wareham - 98 years old vegan (13 minutes)  
<https://www.youtube.com/watch?v=FX58PyQwrcI>
41. VEGAN 2016 - The Film (35 minutes)  
<https://www.youtube.com/watch?v=scsfO9BcB-w>
42. Why are so many ATHLETES going VEGAN? Director Interview w/ Santio Panico  
(28 minutes)  
[https://www.youtube.com/watch?v=4okxNB\\_EsUg](https://www.youtube.com/watch?v=4okxNB_EsUg)
43. Spy Drones Expose Smithfield Foods Factory Farms (5 minutes)  
<https://factoryfarmdrones.com/>
44. Vegan Fitness - Built Naturally | Full documentary (92 minutes)  
<https://www.youtube.com/watch?v=WvAWcchrdgY>
45. Vegan is The Only Answer 2016 (Film) (96 minutes)  
<https://www.youtube.com/watch?v=f183hOAcT6Y>
46. The Story of a 78-Year-Old Vegan Bodybuilder - Jim Morris: Lifelong Fitness - Short  
Film (14 minutes)  
<https://www.youtube.com/watch?v=tUtv4slpm-U>
47. Global Warming Documentary: Meat the Truth (72 minutes)  
<https://www.youtube.com/watch?v=2uTJsZrX2wI>
48. The Vegan Documentary - By Eric Dubay (2 hours 10 minutes)  
[https://www.youtube.com/watch?v=OLEQ\\_OruN8w](https://www.youtube.com/watch?v=OLEQ_OruN8w)



## Movies about Veganism

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49. How not to die - Dr. Michael Greger in Stockholm 2017 (2 hours 20 minutes)  
<https://www.youtube.com/watch?v=FtwpAB5cAgg>
50. The Nutritional Reversal of Cardiovascular Disease: Fact or Fiction (1 hour 43 minutes)  
<https://www.youtube.com/watch?v=6GPo8lr0yn4>
51. ANIMA: Animals. Faith. Compassion. (12 minutes)  
<https://thequibordcenter.org/initiatives/animals-and-compassion/anima-movie/>  
[https://www.youtube.com/watch?v=-Z9Tm9H\\_r5g](https://www.youtube.com/watch?v=-Z9Tm9H_r5g)  
<https://www.humanedecisions.com/anima-animals-faith-compassion-12-religious-faiths-on-the-sacredness-of-animals/>
52. Land of Hope and Glory (48 minutes)  
<https://www.landofhopeandglory.org/>  
<https://www.plantbasednews.org/post/horror-documentary-land-of-hope-and-glory-reveals-gory-truth-behind-british-industrial-farming>
53. Foods for Protecting the Body & Mind: Dr. Neal Barnard (69 minutes)  
<https://www.youtube.com/watch?v=BnHYHjchn6w>
54. One Man's Way: A Peter Singer Documentary Honoring Animal Rights Activist Henry Spira (53 minutes)  
<https://www.youtube.com/watch?v=0Kip4XVDYIE>
55. A Cow at My Table (80 minutes)  
<http://www.humanedecisions.com/a-cow-at-my-table-feature-documentary/>  
<https://topdocumentaryfilms.com/a-cow-at-my-table/>
56. The Emotional World of Farm Animals (52 minutes)  
<https://topdocumentaryfilms.com/the-emotional-world-of-farm-animals/>
57. Diet for a New America: Your Health, Your Planet (58 minutes)  
[https://www.youtube.com/watch?v=x\\_jH4fUDWqo](https://www.youtube.com/watch?v=x_jH4fUDWqo)  
“*Diet for a New America* is a 1987 bestselling book by John Robbins. The book discusses vegetarianism, the environmental impact of factory farming and animal rights. In 1991 KCET, the Los Angeles PBS affiliate, produced a film documentary based on the book called *Diet for a New America: Your Health, Your Planet*. The film is narrated by John Robbins and features interviews with Michael Klaper, T. Colin Campbell, and John A. McDougall. Although it is nearly 30 years old, much of the information presented in it has stood the test of time.”

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58. John Robbins: "Diet for a New America" | Talks at Google (53 minutes)  
<https://www.youtube.com/watch?v=EyoXk1nAfh8>
59. The Hidden Benefits of Eating Less Meat (48 minutes)  
[https://veganflix.com/video\\_listing/the-hidden-benefits-of-eating-less-meat-documentary/](https://veganflix.com/video_listing/the-hidden-benefits-of-eating-less-meat-documentary/)  
<https://thinkeatlift.com/the-hidden-benefits-of-eating-less-meat-documentary/>  
The version here includes a table of contents.
60. Mad Cowboy (59 minutes)  
"The documentary Mad Cowboy tells the story of a former cattle rancher, Howard Lyman, who is now vegan."  
[https://veganflix.com/video\\_listing/mad-cowboy-full-documentary/](https://veganflix.com/video_listing/mad-cowboy-full-documentary/)  
<https://www.humanedecisions.com/documentary-film-mad-cowboy-the-story-of-howard-lyman/>  
[https://en.wikipedia.org/wiki/Howard\\_Lyman](https://en.wikipedia.org/wiki/Howard_Lyman)
61. Talk - Howard Lyman - Mad Cowboy (70 minutes)  
<https://www.youtube.com/watch?v=68WSPU7w7EE>
62. Becoming Vegan (25 minutes)  
[https://veganflix.com/video\\_listing/becoming-vegan-short-documentary/](https://veganflix.com/video_listing/becoming-vegan-short-documentary/)
63. Vegan Love: A Romantic Comedy Short Film about Vegan Dating (27 minutes)  
[https://veganflix.com/video\\_listing/vegan-love-a-romantic-comedy-short-film-about-vegan-dating/](https://veganflix.com/video_listing/vegan-love-a-romantic-comedy-short-film-about-vegan-dating/)
64. Are We Designed To Eat Meat? ~ Milton Mills, M.D. (57 minutes)  
[https://veganflix.com/video\\_listing/are-we-designed-to-eat-meat-milton-mills-m-d/](https://veganflix.com/video_listing/are-we-designed-to-eat-meat-milton-mills-m-d/)
65. The Most Powerful Speech You Will Ever Hear - Gary Yourofsky (70 minutes)  
<https://www.humanedecisions.com/the-most-powerful-speech-you-will-ever-hear/>
66. The Rise of Vegan Documentary 2018 (65 minutes)  
<https://www.youtube.com/watch?v=An5FgGiwfkw>
67. Vegan Fitness - Built Naturally (93 minutes)  
<https://www.youtube.com/watch?v=WvAWcchrdgY>  
<https://www.imdb.com/title/tt3240322/plotsummary>  
"Robert Cheeke, author of Vegan Bodybuilding & Fitness, produced and directed this movie - a must-see for vegan athletes and an inspiration to anyone interested

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in becoming healthier and increasing their athletic performance. In addition to Robert, "Vegan Fitness Built Naturally" features the lives of two other successful vegan athletes: Brenden Brazier, professional Ironman triathlete, and Tonya Kay, professional dancer and actress. This film covers all aspects of their lives including their nutrition programs, what they eat, where they shop, how they prepare meals, their training programs, and their vegan fitness lifestyles. If you're looking for ways to become a healthier person, improve the sustainability of the planet and gain new enthusiasm for life, this is the movie for you. An introduction to a healthy vegan fitness lifestyle, recommendations are given for more in depth information regarding meal plans and training."

<https://www.amazon.com/Vegan-Fitness-Naturally-Robert-Cheeke/dp/B000PFEBG4>  
DVD

<https://www.forksoverknives.com/vegan-athlete-protein-addict-to-plant-based-whole-foods/>

<https://www.nomeatathlete.com/nma-radio-2/> (30 minutes)

Audio interview with Robert Cheeke

68. A Simple Way of Life - vegan documentary (58 minutes)  
<https://www.youtube.com/watch?v=R0L0O6QNqNc>
69. Rich Roll Speaking at the Seed Vegan Expo in NYC (26 minutes)  
[https://www.youtube.com/watch?v=gxjVA\\_qD8pE](https://www.youtube.com/watch?v=gxjVA_qD8pE)
70. Discussing the New Proposed Definition of Vegan W/ Tofu Tommy & Lee Downing Keat (79 minutes)  
<https://www.youtube.com/watch?v=NI73OzVGfzQ>
71. DEBATE: Vegan vs Vegan (Gary Francione vs Bruce Friedrich) (79 minutes)  
<https://www.youtube.com/watch?v=UJ1qFdR1cHA>
72. Veganism Documentary - How to be Vegan? What is Vegan Food? Vegan Budget! (30 minutes)  
<https://www.youtube.com/watch?v=08vfbF5Z1O8>
73. Vegans In Ancient Times | The History of Veganism Part One (24 minutes)  
<https://www.youtube.com/watch?v=BXIR8if5hok>

## **Movies about Veganism**

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74. BOLD NATIVE : a film about animal liberation (1 hour 45 minutes)  
<https://www.youtube.com/watch?v=AUdMTtalWsY>  
<http://boldnative.com/>
75. Top 100 Influential Vegans of 2017 [Part 1/4] (30 minutes)  
[https://www.youtube.com/watch?v=iif\\_vHKwl54](https://www.youtube.com/watch?v=iif_vHKwl54)
76. Cure Disease With Whole Plant Based Food - (39 minutes)  
<https://www.youtube.com/watch?v=pZNvVcJMEXY>
77. Alex Hershaft: From the Warsaw Ghetto to the Fight for Animal Rights (53 minutes)  
<https://www.youtube.com/watch?v=18mZrDujOm0>
78. Holocaust To Compassion - Alex Hershaft - Warsaw Survivor - Animal Rights - Tel Aviv University 2015 (35 minutes)  
<https://www.youtube.com/watch?v=f7dZv43A0g0>
79. Philip Wollen - Most Inspiring Speech on Animal Rights! (20 minutes)  
<https://www.youtube.com/watch?v=vBx7MGIZ1fU>
80. Best Animal Rights Speech by Simone Reyes (47 minutes)  
<https://www.youtube.com/watch?v=kIMaetrqLXc>
81. Christianity and Animal Rights (99 minutes)  
<https://www.youtube.com/watch?v=dZiU8idsDu4>
82. Will Kymlicka, "Animal Rights, Multiculturalism, and The Left" (65 minutes)  
<https://www.youtube.com/watch?v=Gslf6xJ0Vuw>
83. Will Kymlicka Part 2, "Animal Rights, Multiculturalism, and The Left" (55 minutes)  
<https://www.youtube.com/watch?v=E-JNDsMsl2M>
84. Jainism, Animal Rights, and Veganism (2 hours 5 minutes)  
<https://youtu.be/ch4DvLsV3nk?t=1328>
85. Animal Rights: A No-Brainer - Mark Rowlands (37 minutes)  
<https://www.youtube.com/watch?v=72fn74jk-Wg>
86. Christopher-Sebastian McJetters - Queering Animal Liberation: Why Animal Rights is a Queer Issue (40 minutes)  
<https://www.youtube.com/watch?v=SkRke88QKPs>

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87. IQ2 Debate: Animal Rights should trump human interests (74 minutes)  
<https://www.youtube.com/watch?v=E9Hq1YVbnls>
88. Christopher Sebastian - Intersections of Justice: Building an Inclusive Animal Rights Movement (38 minutes)  
<https://www.youtube.com/watch?v=VrIVQiSNNSs>
89. Animal Rights in the Age of Trump | Jane Velez-Mitchell AR2017 (21 minutes)  
<https://www.youtube.com/watch?v=58RIEaKn7Q>
90. Animal Rights and World Poverty | Lecture Peter Singer - 2012 (1 hour 54 minutes)  
<https://www.youtube.com/watch?v=W6T0KIGryl0>
91. About the Necessary Paradigm Shift Needed in the Animal Rights Movement (75 minutes)  
<https://www.youtube.com/watch?v=ghAifW5u-q4>
92. Prof. Gary L. Francione - Introduction to Abolitionist Approach to Animal Rights (57 minutes)  
<https://www.youtube.com/watch?v=vScogA6ibjI>
93. Catholic Social Teaching and Animal Rights (76 minutes)  
<https://www.youtube.com/watch?v=o9Z0dqBdsL4>
94. The Ethics Behind Animal Rights & Veganism [Interview with Daniel Schmachtenberger] (40 minutes)  
<https://www.youtube.com/watch?v=qwILqzrvncQ>
95. Animal Rights - Univ of Toronto - Week 1 (47 minutes)  
<https://www.youtube.com/watch?v=Tmr-eCeWu2k>
96. Garden of Vegan | Veganism in Israel | Animal Rights in Israel | How Many Vegans in the World (57 minutes)  
<https://www.youtube.com/watch?v=L8vPTULzKVY>
97. pattrice jones, Keynote Speech at "Human Rights are Animal Rights" (58 minutes)  
<https://www.youtube.com/watch?v=kRrT2H5jXnk>
98. Full Debate - Animals Should Be Off The Menu; The St James Ethics & Wheeler Centre | CHN subtitles (1 hour 51 minutes)  
<https://www.youtube.com/watch?v=mNED7GJLY7I>

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99. How Animals Disappear in Our Language (Colleen Patrick-Goudreau with Carol Adams) (63 minutes)  
<https://www.youtube.com/watch?v=mdUVyaG5iMI> (audio podcast)
100. The Sexual Politics of Meat with Carol J. Adams - Feminism & Sustainability (56 minutes)  
[https://www.youtube.com/watch?v=4Zt\\_6eYib1I](https://www.youtube.com/watch?v=4Zt_6eYib1I) (audio only)
101. An Interview With Carol J. Adams by Colleen Patrick-Goudreau (89 minutes)  
<https://www.youtube.com/watch?v=ivDZpfXGfbs>
102. Debate | Eating Meat is Neither Ethical Nor Healthy (89 minutes)  
[https://www.youtube.com/watch?v=o6Y\\_JcFfX0g](https://www.youtube.com/watch?v=o6Y_JcFfX0g)
103. Animals and The Kingdom of God - Bruce Friedrich (58 minutes)  
<https://www.youtube.com/watch?v=S27JfYFgYrg>
104. Bruce Friedrich: Can food technology and markets get us to animal liberation (43 minutes)  
<https://www.youtube.com/watch?v=WByIMdijZ3g>
105. Meat's Sustainability Problem: Bruce Friedrich at Yale (39 minutes)  
<https://www.youtube.com/watch?v=zxqPCfePlf0>
106. Buddhism & Animals Documentary | Buddhist Teachings & Lifestyle Philosophy (Earth Documentaries) (46 minutes)  
<https://www.youtube.com/watch?v=6X7cP9gwm8o>
107. Matthieu Ricard | #FollowTheReader With Jay Shetty - A Plea for the Animals (33 minutes)  
[https://www.youtube.com/watch?v=\\_HZznrniwL8](https://www.youtube.com/watch?v=_HZznrniwL8)
108. 30-day Vegan Dharma Challenge Opening Talk (26 minutes)  
<https://www.youtube.com/watch?v=NQ2GNAtvHlg>