

Expo Film Descriptions 2009

Listed alphabetically

A Sacred Duty

Produced by Emmy-Award-winning producer, director, writer, and cinematographer Lionel Friedberg, *A Sacred Duty* will take its place alongside Al Gore's *An Inconvenient Truth* and Leonardo di Caprio's *The Eleventh Hour* as another powerful expose of the dangers of global warming. This film illustrates how religious responses can make a major difference and why a shift toward plant-based diets is an essential part of efforts to reduce global climate change and other environmental threats.

Followed by Q & A with Lionel Friedberg.

Amma — Means Mother

In the wake of the 2004 tsunami a woman strives to expand the children's home she has built. New children join those orphaned by war and extreme poverty, they learn from one another and help each other heal, forming bonds that bridge the ethnic gap, creating a new life in which they are all brother and sister. Their beacon of hope is Nandarani Devi, the children call her Amma.

Followed by Q & A with filmmaker Priya.

Diet for a New America

Host John Robbins, heir to the Baskin-Robbins ice cream business, discusses the ideas he has gathered over the years studying the American animal-based diet. This film is an exposé on connections between diet, physical health, animal advocacy, and environmentalism.

Farm to School

This film depicts the Monterey County Farm to School partnership "Harvesting Hope" Their mission: "inspiring healthy eating choices by promoting an understanding of agriculture through garden-based education and by linking local farms to school meals." A program of the Watershed Institute at CSU Monterey Bay, CA.

Q & A with former program director Kari Bernardi-Ibsen.

The Future of Food

The Future of Food offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. From the prairies of Saskatchewan, Canada to the fields of Oaxaca, Mexico, this film gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology. The health implications, government policies and push towards globalization are all part of the reason why many people are alarmed by the introduction of genetically altered crops into our food supply.

Followed by Q & A with filmmaker Deborah Koons Garcia.

Got Milk? Got Ill?

The health documentary "Got Milk? Got Ill?" takes a closer look at various illnesses and diseases that can result from drinking milk. Lactose intolerance, allergies to casein (a protein in milk), high cholesterol, and other health concerns are covered in this informative and well-researched documentary.

Healing Cancer From the Inside Out (parts 1 and 2)

2-part film by Mike Anderson

Part 1, Curing Cancer, deals with the failings of conventional cancer treatments and shows how conventional medicine wildly - and deceptively - exaggerates the benefits of treatments, while minimizing the risks. It will provide you with the information you need to accurately assess the risks and benefits of any treatment and speak intelligently to your doctor about such treatments. There is also a section on the 'Cancer Industry' which explains the history behind cancer treatments, the suppression of alternative treatments and why chemotherapy, radiation and surgery are the only treatments available to mainstream medicine.

Part 2, Healing Cancer, shows how cancer can be successfully healed with dietary treatments and natural supplementation. It explains common misconceptions about cancer, shows how diets designed to fight cancer are more successful than conventional treatments, discusses startling cancer research findings with T. Colin Campbell (The China Study) and has interviews with people who have reversed cancers using diet. It also discusses supplementation and why attitude is important in reversing not only cancer, but any disease.

Mad Cowboy: Plain Truth from the Cattleman Who Won't Eat Meat

Howard Lyman, author of *Mad Cowboy*, has brought the message of how our country's romance with animal flesh is damaging our planet. This film shows Lyman's journey from cattleman to committed vegan. The chemicals and herbicides used in the cattle industry poison our land and water. Using the agribusiness farming model, both Lyman and his brother became ill. His brother died, but Howard survived, and after spinal surgery, he stopped farming and has become a leading animal rights activist. This is a poignant and powerful film about the cattle industry and Lyman's personal experience. Written and Directed by Michael Tobias.

Simply Raw: Reversing Diabetes in 30 Days

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.

Soil in Good Heart

Most people have no idea how important healthy soil is for growing healthy food and healthy people. We are dependent on soil for most of our food, and how we use soil impacts current global challenges including climate change, resource depletion and peak oil. This documentary will explore soil in a number of countries and climates and include interviews and soil explorations with scientists, activists, academics and farmers including: Patrick Holden, Peter Segger, Vandana Shiva, Ignacio Chapela, John Reganold, Fred Kirschenmann, Warren Webber, David R. Montgomery and more. In *Good Heart: Soil and the Mystery of Fertility* will explore the soil community from the microscopic to the global.

Followed by Q & A with filmmaker Deborah Koons Garcia.