



## Foodmatters: you are what you eat

<https://iha.andornot.com/permalink/library16686>

Author: Colquhoun, James  
Bosch, Laurentine ten  
Enzo Tedeschi

Place: [S.I.]

Publisher: Permacology Productions Ply

Pub Date: 2008

Physical Description: 1 DVD (80min.)

Format: DVD

Subject: [Environmental sustainability](#)  
[Diet](#)

Abstract: With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally. (taken from website)

Notes: Library home use only  
No public performance rights  
English, Spanish, French, German, Dutch & Japanese subtitles

Call No.: HC 79 C683 2008

Location: KBH Library

Loan Policy: 21 days



## Forks over knives

<https://iha.andornot.com/permalink/library16639>

Author: [Fulkerson, Lee](#)  
[Wendel, Brian, executive producer](#)

Corporate Author: [Monica Beach Media](#)

Place: New York

Publisher: Virgil Films & Entertainment LLC

Pub Date: 2011

Physical Description: 1 DVD (98 min.)

Format: DVD

Subject: [Environmental sustainability](#)  
[Diet, Vegetarian](#)

Abstract: 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. (From website)

Notes: Library home viewing only.  
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Location: VJH Library

Loan Policy: 21 days