



Forks Over Knives (Book & DVD Combo Package)

Lee Fulkerson, T. Colin Campbell, Caldwell B. Esselstyn

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The 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.

The major storyline traces the personal journeys of Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world renowned Cleveland Clinic. Inspired by remarkable discoveries they made, these men conducted several groundbreaking studies. Their separate research led them to the same startling conclusion: degenerative diseases like heart disease, type 2 diabetes, and even several forms of cancer, could almost always be prevented - and in many cases reversed - by adopting a whole foods, plant-based diet.

The idea of food as medicine is put to the test. Cameras follow "reality patients" who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments - while the challenges and triumphs of their journeys are revealed.

The film features leading experts on health and tackles the issue of diet and disease in a way that will have people talking for years.

The Book:

For decades, that question has fascinated a small circle of impassioned doctors and researchers - and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? Eat a whole-foods, plant-based diet - it could save your life.

Now, as Forks Over Knives is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet.

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Pamela Adair:

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