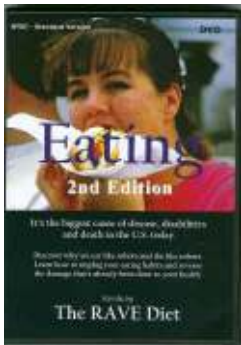


# VOA Lending Library: Video & Audio

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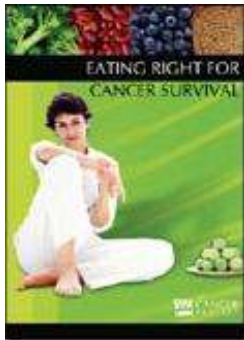
## DVD



### Eating

2005. USA. 1 h 40 min.

Details: The award-winning 'Eating Plus' DVD details how a plant-diet can reverse heart disease and cancer. Featured interview clips with Dr. Crowe and Dr. Esselstyn from the world-famous Cleveland Clinic Foundation, Dr. Pinckney and Dr. Crowe who both reversed severe heart disease by adopting a plant-based diet, and Dr. Heidrich who, after surgery, treated her breast cancer without chemotherapy, radiation or any other conventional treatments by following a plant-based diet. <http://www.ravediet.com>



### Eating Right for Cancer Survival

Date. USA. 1 h 43 min.

Details: Produced by The Cancer Project (a branch of the Physicians Committee for Responsible Medicine, PCRM). Thinking of food as a medicine is a simple, delicious way to put yourself on the road to good health. This groundbreaking video will provide you with empowering information on how simple, everyday choices can cause major changes in your health and well being. Contains eight presentations by Neal Barnard, M.D., Jennifer Reilly, R.D., and Amy Lanou, Ph.D. The corresponding book is available in the VOA

Lending Library Book listings under Cancer Issues)

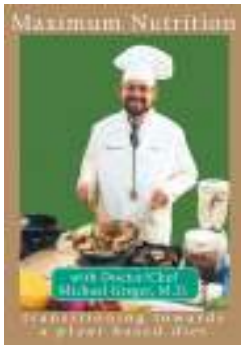
<http://www.cancerproject.org/resources/index.php>



### Greens Can Save Your Life

2005. USA. 2 h 30 min.

Details: Victoria Boutenko investigates as 27 volunteers in Roseburg, Oregon were drinking a quart of green smoothie per day for one month, and experienced profound rejuvenation. Learn about the results of the Roseburg study. Victoria does not sell any supplements, but instead teaches you how to prepare fresh, healthy green drinks at home. Filmed at Creative Health Institute. <http://www.rawfamily.com>



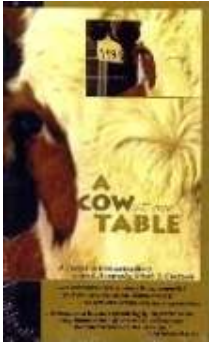
Maximum Nutrition: Transitioning Towards a Plant-Based Diet

Date. USA. 2 hr.

Details: Doctor and chef Michael Greger, M.D. delivers practical advice on the latest in cutting-edge nutrition, cooking with plant superfoods, vegetarian and vegan meal planning, and step-by-step recipes you can cook at home.

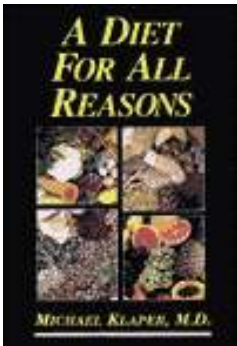
<http://www.veganmd.com>

# VHS



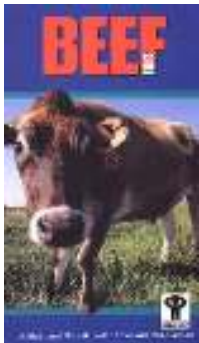
A Cow at My Table  
1998. Canada. 1 h 30 min.

Details: Explores Western attitudes towards farm animals and meat, and the battle between animal advocates and the meat industry to influence the consumer's mind. Five years in production took Director Jennifer Abbott across Canada, the US, Australia and New Zealand to meet with the leaders of the animal rights movement, animal welfare advocates as well as spokespeople from livestock industries. The video cuts these diverse perspectives with archival films, images from modern-day agribusiness and footage of farm animals shot from uncharacteristic vantage points. Has won or been nominated for 11 awards!



A Diet for All Reasons  
1992. USA. 1 hr.

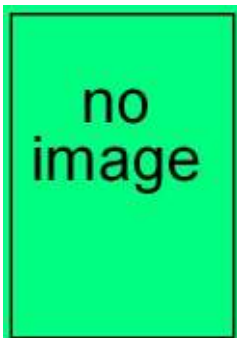
Details: In this powerful slide-illustrated overview of nutrition, Dr. Michael Klaper clearly demonstrates how and why the foods we eat can either support our health or contribute to disease. The logic of this convincing video is sure to change the way you think about food. <http://vegsource.com/klaper>



Beef Inc.  
1999. Canada. 50 min.

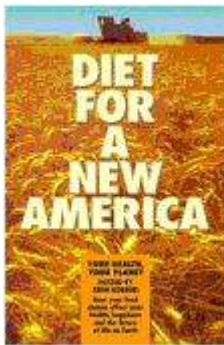
Details: This National Film Board of Canada production investigates beef production in Canada, focusing on livestock raised on feedlots for multinational agribusiness corporations IBP, Cargill and Conagra. The hazards consumers face, eating genetically engineered meat saturated with growth hormones and antibiotics, are also addressed. In French with English subtitles.

<http://www.nfb.ca> (go to 'Find a Film' and search for title) or for a review see <http://www.umanitoba.ca/cm/vol7/no5/beefinc.html>



Canada's Seal Hunt  
2004. Canada. 12 min.

Details: Footage provided by International Fund for Animal Welfare (IFAW). <http://www.ifaw.org>



Diet for a New America: Your health, Your Planet

1991. USA. 60 min.

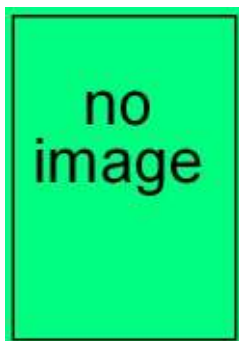
Details: This documentary video is hosted by author John Robbins and is an extraordinary look inside our food production system and at our dependence on animals for food. With ten years worth of investigation, John reveals the impact of this animal-based diet on our personal health and the health of the planet. It is a powerful yet respectful account of the inhumane and unhealthy conditions under which food animals are currently raised and it reveals the astounding environmental and economic price we unknowingly pay for our food.



(The) Earth Day Special

1990. Location. 1 h 40 min.

Details: A cast of celebrities gathered to celebrate the 20th anniversary of Earth Day. An entertaining video that points out the crisis state of our planet's environment. Provides scientific facts and detailed analysis, as well as ways in which everyone can participate in saving the planet.

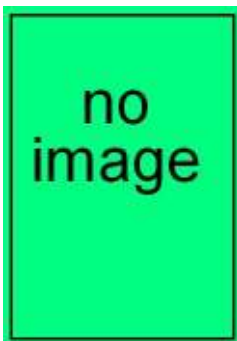


(The) Faceless Ones.

1990. Canada. 5 min.

Details: Jack Whyte and Terry Jacks produced this video to encourage British Columbians to vote in support of environmental protection. It is as current today as when it was first produced. It may also be seen online at

<http://www.wildernesscommittee.org/campaigns/Videos> (scroll to bottom)



Food Without Fear

Date. UK. 20 min.

Details: A good introduction to vegetarianism. Looks at the effects meat has on health, environment, and the Third World. Tackles the myths surrounding vegetarianism. A production by the Vegetarian Society <http://www.vegsoc.org>

Gain Control of Your Weight

1995. USA. 32 min.

Details: From the editors of Vegetarian Times magazine with Dr. Dean Ornish and Dr. John McDougall.

Gain Control of Your Weight & Low fat Cooking and Techniques

Date. Location. Time.

Heart Healthy Living & Gain control of Your Weight

Date. Location. Time.

Home Sour Home

Date. Location. Time.

Howard Lyman "The Mad Cowboy"

1998. Location. 120 min.

Details : Lecture from Nov 98.

Low-Fat Cooking and Techniques

1995. USA. 59 min.

Details: From the editors of Vegetarian Times with gourmet chefs Graham Kerr and Mary Taylor.

Man of the Trees: The Life of Richard St. Barbe Baker

Date. Location. 25 min.

Details: Richard dedicated most of his 92 years to preserving the world's forests. Scenes of his remarkable work from Africa, New Zealand, and North America make this an inspirational documentary for the whole family.

(The) McDougall Video: The Best of "McDougall's Medicine" TV Segments

Date. Location. Time.

Details: Includes interviews with medical experts mixed with vital messages on diet and lifestyle.

Peaceable Kingdom...a Tribe of Heart

Date. Location. Time.

Details: Documentary.

Sea of Slaughter

Date. Location. Time.

Details: Farley Mowat.

Spiritual Vegetarianism – Gandhian Truth: Force and Non-Violent Persuasion

1989. USA. 120 min.

Details: American Vegan Society discusses AHIMSA.

Vegetarian World: Key Video May Preview 87

Date. Location. Time.

(The) Witness: Animal People Anthology – Volume I

2000. Location. Time.

# CD

## A Short History of Progress

2004. Location. Time.

Details: Ronald Wright at the Massey Lectures. 5 discs.

## Climate Watch: Origins, Change, Impacts, Action

Date. Location. Time.

## (The) Heart of the Matter – CBC Ideas

2005. Canada. 3 x 1hr.

Details: Heart disease was the biggest pandemic of the twentieth century and remains the number one killer in developed countries. Yet there is still no consensus about its cause. Cholesterol is the number one suspect, and cholesterol lowering diets and drugs, the treatments of choice. But there is growing dissent. CBC explores the history and politics surrounding our ideas about heart disease. Website: [http://www.cbc.ca/ideas/calendar/2005/06\\_june.html](http://www.cbc.ca/ideas/calendar/2005/06_june.html)

## Paul Watson of the Sea Sheperd Conservation Society

Date. Location. 68 min.

## Resources for Anthology

Date. Location. Time.

Details: Indian Legends, stories, songs. Cedar flute music.

# Cassettes

## Coming Up Rosie -- Emery Dolphin Teach Us to Play

Date. Canada. Time.

Details: Fun songs for kids about animals and the Earth.

## Title

Date. Location. Time.

Details: David Suzuki

## Howard Lyman Speaks

1995-2000. Canada.

Details: Six tape recordings of Lyman in Edmonton.

## Healing Ourselves: Our World

1994. Canada. 2 x Time.

Details: 2 copies available. Two-tape series of John Robbins speaking in February 1994 at C.F.S.A. in Edmonton.

## Live Longer, Live Better

Date. Location. Time.

Details: Neal Bernard, M.D.

## Zoonosis & Vegan Health

Date. Location. Time.

Details : Thomas Rodgers.