

Monica Beach Media presents



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RUNNING TIME: 96 Minutes

RATING: PG

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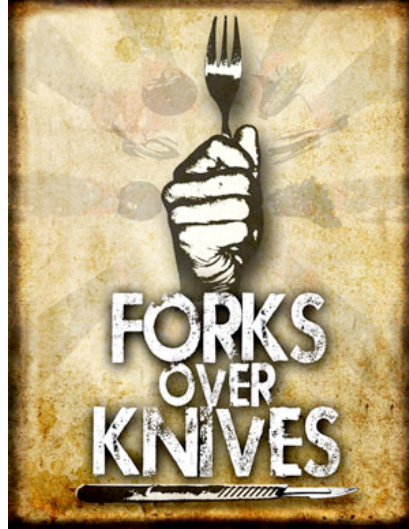
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FORKS OVER KNIVES examines the profound claim that most, if not all, of the so-called “diseases of affluence” that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.

SYNOPSIS - MEDIUM

What has happened to us? Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure. Cases of diabetes are exploding, especially amongst our younger population. About half of us are taking at least one prescription drug and major medical operations have become routine. Heart disease, cancer and stroke are the country’s three leading causes of death, even though billions are spent each year to “battle” these very conditions. Millions suffer from a host of other degenerative diseases.

Could it be there’s a single solution to all of these problems? A solution so comprehensive but so straightforward, that it’s mind-boggling that more of us haven’t taken it seriously?

FORKS OVER KNIVES examines the profound claim that most, if not all, of the so-called “diseases of affluence” that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline in the film traces the personal journeys of Dr. T. Colin Campbell, a nutritional scientist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world renowned Cleveland Clinic.

Inspired by remarkable discoveries in their young careers, these men conducted several groundbreaking studies, one of which took place in China and is considered among the most comprehensive health-related investigations ever undertaken. 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.

Despite the profound implications of their findings, their work has remained relatively unknown to the public.

In addition, 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.

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SYNOPSIS - SHORT

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 in their young careers, 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. Despite the profound implications of their findings, their work has remained relatively unknown to the public.

Bringing these scientific concepts to life, cameras follow “reality patients” who have chronic conditions from heart disease to diabetes, and are taught by their doctors to adopt a whole foods plant-based diet as the primary approach to treat their ailments.

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.

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SYNOPSIS - PARAGRAPH

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 scientist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world renowned Cleveland Clinic. Inspired by remarkable discoveries in their young careers, 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. In addition, cameras follow “reality patients” who have chronic conditions from heart disease to diabetes, and are taught by their doctors to adopt a whole foods plant-based diet as the primary approach to treat their ailments.

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EXTENDED SYNOPSIS

[Extended synopsis](#)

FILMMAKER BIOS

Brian Wendel, Creator and Executive Producer

Brian Wendel had a long-time interest in nutrition and health. In the summer of 2008, he read *The China Study*, by T. Colin Campbell and realized that the scientific case that a whole foods plant-based diet could prevent—and even reverse—disease was greater than he had ever imagined. This concept deserved a “seat at the table” in the national discussion. Brian decided the most effective way to bring this message to a broad audience was by feature film. His vision for the film was that it be based on the science—and at the same time, provide a moving experience by exploring personal stories and historical elements. Brian recruited a veteran award-winning production team and spent nearly two years producing FORKS OVER KNIVES, his first feature film.

Lee Fulkerson, Writer and Director

Lee Fulkerson has written, produced, directed or supervised nearly 170 hours of documentary programming, and has won 19 international awards for his work. These include the prestigious CINE SPECIAL JURY AWARD for Best Broadcast Historical Program of 2003, network or cable, awarded for his pilot episode of the series, THE COLOR OF WAR. Most recently Lee wrote SEVEN SIGNS OF THE APOCALYPSE, a two-hour documentary special for the History Channel. Previously, he was Executive Producer and head writer of the seven-hour series SHOWDOWN: AIR COMBAT for the Discovery Military Channel. Lee was the Series Producer of the 17-hour THE COLOR OF WAR series and the 35-hour THE GREAT SHIPS series for the History Channel. He wrote, produced and directed the 90-minute special THE CRASH OF FLIGHT 191 for the History Channel, and co-wrote THE LONG MARCH, a two-hour special for History International. Lee also wrote or produced 11 episodes of the Biography series for A&E, including programs on MICHELANGELO, GEORGE WASHINGTON and BENJAMIN FRANKLIN. In the realm of fiction, Lee co-wrote the screen story Ascent in the television drama series THE DEAD ZONE for the USA Television Network.

John Corry, Producer

John Corry's feature film credits include Universal's THE RUNDOWN, THE TEN COMMANDMENTS and THE FACE OF EVIL: REINHARD HEIDRICH. John has produced over 200 documentary programs, most recently THE WILD YAK PATROL for Animal Planet and THE LONG MARCH for History International. He created and supervised a number of popular long-running documentary television series including SAFARI TRACKS for FOX in syndication, THE COLOR OF WAR and SWORN TO SECRECY for the History Channel, CELEBRITY WINGS for Discovery Networks and WEAPONS AT WAR for A&E Network. John recently produced several celebrity narrated short films for IFAW (the International Fund for Animal Welfare), campaigns on WHALE HUNTING, THE CANADIAN SEAL HUNT, COMPANION ANIMAL RESCUES and KENYA'S TSAVO WILDLIFE SANCTUARY. His three-hour television special THE LAST DAYS OF WWII was nominated for an Emmy and his acclaimed all-color WWII series THE COLOR OF WAR was recognized with the CINE SPECIAL JURY AWARD as the Best Broadcast Historical Program of 2003, network or cable.

Allison Boon, Co-Producer

Allison Boon began working on documentaries in 2003 as an Associate Producer on the long-running TRUE HOLLYWOOD STORY series at E! Networks. Allison went on to Actuality Productions' award-winning History Channel series MODERN MARVELS. Within a year, she became Director of Research and helped develop over 100 hours of programming for networks like History Channel, National Geographic and Bravo. She began writing and producing MODERN MARVEL episodes in 2007 including MEASURE IT, HALLOWEEN TECH, TRAPS and IT CAME FROM OUTER SPACE. That same year Allison joined the field team on Universal's breakout comedy feature BRUNO.

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MAIN EXPERTS

T. Colin Campbell, Ph.D.

Professor Emeritus of Nutritional Biochemistry, Cornell University; Project Director of the China-Oxford-Cornell Diet and Health Project; author of more than 300 research papers and recipient of more than 70 grant-years of peer-reviewed research funding; served on several grant review committees and actively participated in the development of national and international nutrition policy; internationally known lecturer and co-author of *The China Study*.

Caldwell B. Esselstyn, Jr., M.D.

Former internationally known surgeon at the Cleveland Clinic; served as President of the American Association of Endocrine Surgeons and Chairman of the Cleveland Clinic's Breast Cancer Task Force; written over 150 scientific publications including his bench mark long-term nutritional research on arresting and reversing coronary artery disease in severely ill patients; author of *Prevent and Reverse Heart Disease*.

[Extended biographies](#)

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PROFESSIONAL APPEARANCES

FORKS OVER KNIVES was filmed all over the United States, and in Canada and China. It features professional appearances by:

Neal Barnard, M.D.

Adjunct associate professor of medicine at the George Washington University School of Medicine; founder and president of Physicians Committee for Responsible Medicine; author of *Dr. Neal Barnard's Program for Reversing Diabetes*, and others.

Junshi Chen, Ph.D.

Senior Research Professor, Center for Disease Control and Prevention, Beijing, China

Connie B. Diekman, MEd, RD, FADA

Director of University Nutrition, Washington University, St. Louis, Missouri, and former President of the American Dietetic Association

David Klurfeld, Ph.D.

National Program Leader, Human Nutrition, USDA

Matthew Lederman, M.D., and Alona Pulde, M.D.

Physicians, Authors, *Keep It Simple, Keep It Whole: Your Guide to Optimum Health*, and Founders of Exsalus Health and Wellness Center, Los Angeles, California

Doug Lisle, Ph.D.

Psychologist, Co-Author, *The Pleasure Trap*, and Director of Research, TrueNorth Health Center, Santa Rosa, California

Terry Mason, M.D.

Commissioner, Department of Public Health, Chicago, Illinois

John McDougall, M.D.

Physician, founder of Dr. McDougall's Health and Medical Center, Santa Rosa, California; author of *The McDougall Plan*, and others.

Pam Popper, N.D.

Founder and Executive Director of the Wellness Forum, Columbus, Ohio

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ALSO FEATURING

Joey Aucoin

A landscaping company owner, Joey was diagnosed in 2006 with dangerously high cholesterol and type 2 diabetes. Taking numerous medications, Joey visits Drs. Matthew Lederman and Alona Pulde.

Gene Baur

Founder, Farm Sanctuary, Watkins Glen, New York and author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*. Farm Sanctuary is a shelter for farm animals that have been abandoned or abused.

Mac Danzig

A mixed martial artist and Ultimate Fighting star, Mac has held several world titles. In 2007 he won the competition reality program *The Ultimate Fighter 6* on SpikeTV.

Rip Esselstyn

Rip, son of Dr. Caldwell Esselstyn, was a collegiate All-American swimmer. After competing professionally in triathlons for 10 years, Rip joined the Austin fire department in 1997. Several years later, he discovered dangerously high cholesterol levels of his firefighter comrades, and led a station revolution of dietary change and markedly better health. Rip is author of *The Engine 2 Diet*.

Ruth Heidrich

Ruth is a six-time Ironman Triathlon finisher who has won more than 900 medals in races around the world, including more than 60 marathons. Now in her 70s, Ruth was diagnosed with breast cancer in her 40s.

San'Dera Nation

Living and working in Cleveland, Ohio, San'Dera visits Dr. Esselstyn for to have her diabetes and hypertension treated.

Evelyn Oswick

After a second heart attack, Evelyn's severe condition was deemed untreatable by her tending physician. Evelyn agreed to take part in Dr. Esselstyn's research study at the Cleveland Clinic.

Anthony Yen

After quintuple bypass surgery failed to resolve his cardio-vascular disease, Anthony became part of Dr. Esselstyn's study at the Cleveland Clinic.

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