

Recent **VIDEOS/DVDs:**

LATEST IN CLINICAL NUTRITION 2008

Michael Greger MD.

Yearly compilations of the most important findings from the world's scientific nutrition literature.

Descriptions at

www.DrGreger.org/DVDs.
DVD, 2008, 1:30, \$20.00.

**The MCDOUGALL ADVANCED
STUDY SERIES –T. Colin
Campbell PhD. Chapter 1: The
China Study, Chapter 2: Hidden
Hazards of Animal Protein. DVD,
2008, 2:22, \$20.00.**

**The MCDOUGALL ADVANCED
STUDY SERIES: Chapter 1 –
Caldwell B. Esselstyn Jr. MD.
Arrest and Reversal –The
Preferred Treatment of Coronary
Artery Disease. Chapter 2 –
Caldwell B. Esselstyn Jr. MD. The
Metabolic Dynamo–The Living
Cells of the Arteries. Chapter 3–
Ann Crile Esselstyn. Delicious
Eating on the Healthy Heart
Esselstyn Program. DVD, 2009,
2:54, \$20.00.**

Recommended: **VIDEOS & DVDs**

All videos are NTSC (U.S.) format, SP (Standard Play) speed for maximum fidelity, except as noted. **Below with dot ● also in PAL overseas format, same price as U.S. version (VHS only):**

ABSOLUTELY TOFU (1 & 2) Chefs' step-by-step demo making many tasty vegan dishes. Incl. recipe booklet. **Video 1:** 7 recipes, plus visit to tofu factory. **Video 2:** 6 other flavorful dishes; meet some folks who grow food "organically." Video, 1996, 1:00. Specify *Tofu #1* or *Tofu #2*, \$24.95 each; **SET/\$44.50.**

CHERIE SORIA'S RAW FOOD CLASSES:

Forget Cooking: 1993, 1:52;

Kitchen Gardening: 1995, 2:02;

Animal Foods: 1997, 1:05.

Each video \$12.00.

CELEBRATING the LIFE of H. JAY DINSHAH (1933 – 2000)

Reminiscences. Plus Jay: *WHAT THEY MIGHT HAVE SAID; Quotes from Famous People Had They Been Vegetarian.* Video, 2000, 1:46, \$12.00.

**Conference on CHINESE PLANT-
BASED NUTRITION & CUISINE,**
Philadelphia 2/2002. T Colin Campbell,
Kushi, Cohen, Foster, Chen, Grogan,
Reeser, Tseng, Fuhrman, Sciarappa and
others. Set of 4 videos, 2002, 6:15,
\$35.00.

A DIET FOR ALL REASONS ● –Mi-
chael Klaper, M.D. Fine illustrated talk
about healthy, environmentally-good
vegan fare. Video or DVD, 1992, 1:00,
\$22.00.

**DIET FOR A NEW AMERICA Your
Health, Your Planet** –John Robbins.
American diet is a recipe for personal
and environmental disaster. How one can
make a difference. DVD only, 1991,
1:00, \$24.95.

**EARTH VOICE FOOD CHOICE:
Health. Environment. Global Survival.
What's the Connection?** –Todd
Winant. (See book listed.) DVD, 2006,
39:00, \$19.95.

EATING (2nd Edition-Plus): "It's the
biggest cause of disease, disabilities and
death in the U.S. today" –Michael
Anderson. Discover why people eat and
die as they do. Learn how to change
eating habits and reverse damaged
health. Introduces the RAVE diet. (See
book listed.) DVD, 2005, 1:50, \$12.95.

**The EVERYDAY DISH: Vegetarian
and Vegan Meals for Everyone**
–Bryanna Clark Grogan, Dreena Burton,
Julie Hasson. Accomplished cooks share
15 favorite vegan recipes from family
friendly meals, comfort foods, to
desserts. Bonus and printable recipes.
DVD, 2007, 2:00, \$19.95.

FASTING CAN SAVE YOUR LIFE:
For serious conditions; actual 30-day
fasts; interviews: –Drs. Goldhamer,
Cridland, other DC's & MD's. Video,
1998, 1:07, **SALE \$10.00.**

FOOD WITHOUT FEAR A powerful
message, meat's impact: health, animals,
environment, famine. VSUK Video, 1989,
0:20, \$23.50.

The GREATEST DIET ON EARTH –
Joel Fuhrman, MD. Preventing and
reversing disease through nutritious
vegan diet and natural methods. DVD,
2004, 1:50, \$14.95.

**LATEST IN CLINICAL
NUTRITION 2007**–Michael Greger
MD. Yearly compilations of the most
important findings from the world's
scientific nutrition literature.
Descriptions at
www.DrGreger.org/DVDs. DVD, 2007,
1:30, \$20.00.

**MAD COWBOY: The Documentary –
Voice for a Viable Future.** Based on the
book by Howard Lyman with Glen
Merzer. See what's happening to farms
in Montana and elsewhere. Meet
Howard's wife, Willow Jean, his best
asset! Listen to activists throughout the
world. DVD, 2005, 0:58, \$19.95.

**The PLEASURE TRAP: Mastering
the Hidden Force that Undermines
Health and Happiness** –Douglas J.
Lisle PhD. (Based on the book by Dr.
Lisle and Alan Goldhamer DC) Three
lectures show how smart people become
saboteurs of their own well-being, how
to get along without going along. DVD,
2004, 2:45, \$24.95.

TRUTH OR DAIRY –Powerful outline
of non-animal living; especially attrac-
tive to modern generation. Video, 1994,
0:22, \$17.95.

VEGAN CUISINE –From the kitchen
of the Center For Conservative Therapy,
C.J. Clark demos many healthful, deli-
cious, non-animal, natural hygienic reci-
pes, prepared with minimum of fuss and
work. Video, 1998, 1:29, **SALE \$10.00.**

**VeganGal.com: CHANGE YOUR
FOOD, CHANGE YOUR LIFE** –Jill
Ovnik. See how a *fat gal* got in shape by
choosing the best fuel for her body. Go
shopping with Jill. Get meal planning
pointers, kid tips, and an eating-out
guide. Watch Jill prepare recipes you
will enjoy. Get motivated! DVD, 2005,
1:20, \$22.95. **SALE: \$18.00.**

The VEGETARIAN CHEF –Elaine
French and other chefs preparing 15 deli-
cious vegan low-fat, no-cholesterol
recipes. Middle speed (LP); runs about 3
hours. [Note: can't play on some VCR's.
Check yours before ordering.] Video,
\$19.95.

AUDIOS

ANIMAL SONGS—Will Tuttle (Composer, pianist) An inspiring presentation of his original piano music blended with voices of animals and nature. 12 songs, CD, 1997, 60:45, \$15.00.

FAMILY HEALTH LIBRARY

Dr. Michael Klaper's set of 7 cassettes, in album (incl. laminated nutrition chart), 1993, \$49.95; SINGLE tape \$8.00; (specify title desired):

Weight Loss I & II

Diabetes & Hypoglycemia; Cancer Healthy Pregnancy; Healthy Child Osteoporosis; Sex & Impotence Exercise; Stress Management Arthritis; Allergies & Auto-Immune Healthy Heart & Arteries I & II

NOW AVAILABLE: 4-CD set \$23.50 (single CDs not available, laminated nutrition chart add \$3.00)

THE GOLD STANDARD DIET: How to Live to be 100—Charles R. Attwood, MD. (author: *Dr. Attwood's Low-Fat Prescription For Kids*). Health for the whole family, with accent on low-fat non-animal diet. 2 cassettes/neat attractive package, 1996, \$17.95.

LIVING IN HARMONY WITH ALL LIFE: A Discourse on the World Peace Diet—Will Tuttle, PhD. (See book **The WORLD PEACE DIET: Eating for Spiritual Health and Social Harmony**—Will Tuttle, PhD. \$20.00 under *Veganism*.) CD, 2005, 1:17, \$5.00.

VEGETARIANISM IN A NUTSHELL—Bruce Friedrich, PETA. Argues that only the vegan diet can seriously deal with health, and environmental problems. Cassette or CD, 1989, 1:07, \$5.00.

VICTOR THE VEGETARIAN Saving The Little Lambs, and VICTOR'S PICNIC 2 stories, with songs. Cassette, 1996, \$2. Or, buy both Victor books (\$13.90 together—see in the section of **Books For The Young**), and the cassette is given free.

The WORLD PEACE DIET: Eating for Spiritual Health and Social Harmony—Will Tuttle, PhD. Audio

Book. Examines cultural traditions and has vignettes of personal experience. Author is musician, philosopher, and teacher. MP#3 CD, 2008, 13:26, \$20.00

A complete listing of our videos, audios, CDs & DVDs is available upon request. Includes videos from past conventions. List: \$1.00