

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.**

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.

CHERIE SORIA'S RAW FOOD CLASSES:

Forget Cooking: 1993, 1:52;
Kitchen Gardening: 1995, 2:02;
Angel Foods: 1997, 1:05.
Each video \$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 DELICATE BALANCE: The Truth—Aaron Scheibner. Highly regarded researchers disclose dangers to health and the environment from consuming animals. DVD, 2008, 1:24, \$24.95, 3/\$50.00.

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.

A DIET FOR ALL REASONS ●—Michael Klaper, MD. Fine illustrated talk about healthy, environmentally-good vegan fare. Video or DVD, 1992, 1:00, \$22.00.

DIGESTION MADE EASY: A Journey Through Your Amazing Digestive System—Michael Klaper, MD. Entertaining and easy-to-understand lecture illustrates how digestion and

absorption work, how to keep digestion functioning optimally, and how to avoid/and or heal common diseases. DVD, 2011, 0:67, \$20.00.

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 ENGINE 2 KITCHEN RESCUE: Learn to Live Plant-Strong!—Rip Esselstyn. Former Texas firefighter guides two families on how to take control of their own health. Includes recipes and bonus meal. DVD, 2011, 0:52, \$20.00.

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.**

FASTING: Safe and Effective Use of an Ancient, Powerful Healing Therapy—Michael Klaper, MD. Informative and lively presentation explains the benefits and procedures of fasting and names several conditions that a fast can improve or heal. DVD, 2011, 0:55, \$20.00. CD \$15.00

FORKS OVER KNIVES—Lee Fulkerson. Examination of the claim that most degenerative diseases can be controlled, or even reversed, by adopting a vegan diet. Under doctors' supervision, patients with chronic conditions experience challenges and triumphs on their journeys to health. T. Colin Campbell and Dr. Caldwell Esselstyn DVD, 2011, 1:36, \$25.00.

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

GOT THE FACTS ON MILK?—www.milkdocumentary.com. An award-winning humorous yet shocking expose that addresses the truths and myths about this common beverage staple. DVD, 2011, 1:28, \$25.00.

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—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. DVD, 2008, 1:30, \$20.00.

LATEST IN CLINICAL NUTRITION: Volume 3—Michael Greger MD. Yearly compilations of the most important findings from the world's scientific nutrition literature. Description at www.DrGreger.org/DVDs. 2-DVD set, 2009, 3:00 total, \$20.00.

LATEST IN CLINICAL NUTRITION: Volume 4—Michael Greger, MD. Yearly compilations of the most important findings from the world's scientific nutrition literature. Description at www.DrGreger.org/DVDs. 2-DVD set, 2010, 3:00 total, \$20.00.

DVD: LATEST IN CLINICAL NUTRITION: Vol 5, Vol 6, & Vol 7—Michael Greger, MD. Three compilations this year of important findings from scientific studies. See www.DrGreger.org/DVDs. Each: 2011, 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 MCDUGALL 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 MCDUGALL 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**

Selected VIDEOS, DVDs, AUDIOS

Order from American Vegan Society, PO Box 369, Malaga NJ 08328. Phone: 856-694-2887, Fax: 856-694-2288

Updated January 2 2012

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.

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 attractive 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, delicious, non-animal, natural hygienic recipes, 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 delicious 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.

VEGETARIAN COOKING with COMPASSIONATE COOKS: Delicious, Nutritious, Easy-to-Make Dishes—Colleen Patrick-Goudreau, Alka Chandra. The engaging hosts of this informative DVD demonstrate six tantalizing dishes, packing them full of nutritional facts and shopping tips. Includes a helpful segment about finding vegetarian products in the supermarket. 2006, 70 min DVD \$19.95.

VEGUCATED—Marisa Miller Wolfson. Engaging documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks to learn what it's about. Showcases the rapid and at times comedic evolution they go through

in a culture that seems dead set against them changing. DVD, 2011, 1:15, \$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.

EAT LIKE A RAINBOW—Jay Mankita. Songs to encourage healthful sustainable eating. CD \$20.00.

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