

# MOVIE, BOOK & COOKBOOK LIST

- **BONUS POINTS AVAILABLE FOR MOVIES, BOOKS AND ATTENDING COOKING CLASSES** - check the VYHC Program Guide for details.
- **MOVIE ASSIGNMENTS**
  - WEEK 1 MOVIE ASSIGNMENT – Forks Over Knives
  - WEEK 2 MOVIE ASSIGNMENT – That Vitamin Movie
  - WEEK 3 MOVIE ASSIGNMENT – Secret Ingredients
  - WEEK 4 MOVIE ASSIGNMENT – The Game Changers
- **ADDITIONAL MOVIES**
  - Food Matters
  - What the Health
  - Food Choices
  - Just Eat It
  - Fat Sick and Nearly Dead 2
  - Hungry for Change
  - Fed Up
  - Super-Size Me
- **READING LIST**
  - The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Daniel Amen M.D., and Mark Hyman M.D.
  - Orthomolecular Nutrition for Everyone – Megavitamins and Your Best Health Ever by Helen Saul Case
  - UnDo It by Dr. Dean Ornish
  - Cancer Is Not a Disease – It’s a Healing Mechanism by Andreas Moritz
  - Forks over Knives: The Plant Based Way to Health by Gene Stone, T. Colin Campbell, Caldwell B. Esselstyn
  - The Engine 2 Diet by Rip Esselstyn
  - Prevent and Reverse Heart Disease by Dr. Caldwell B. Esselstyn
  - The China Study: Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell, PhD
  - Your Bodies Many Cries for Water by F. Batmanghelidj, M.D.
- **COOKBOOKS LIST**
  - The Daniel Plan Cookbook
  - Forks Over Knives The Cookbook by Del Sroufe
  - Forks Over Knives Flavor! by Darshana Thacker
  - The McDougall Quick and Easy Cookbook by Dr. John McDougall (or any of his cookbooks)
  - Engine 2 Diet Cookbook by Rip and Jane Esselstyn
  - Prevent and Reverse Heart Disease Cookbook by Ann and Jane Esselstyn
  - Eat to Live Quick and Easy Cookbook by Dr. Joel Furhman