

## Forks Over Knives

Film Streams and Whole Foods Market Omaha will present a special one-time screening of the provocative new documentary about how the foods we eat are making us sick.

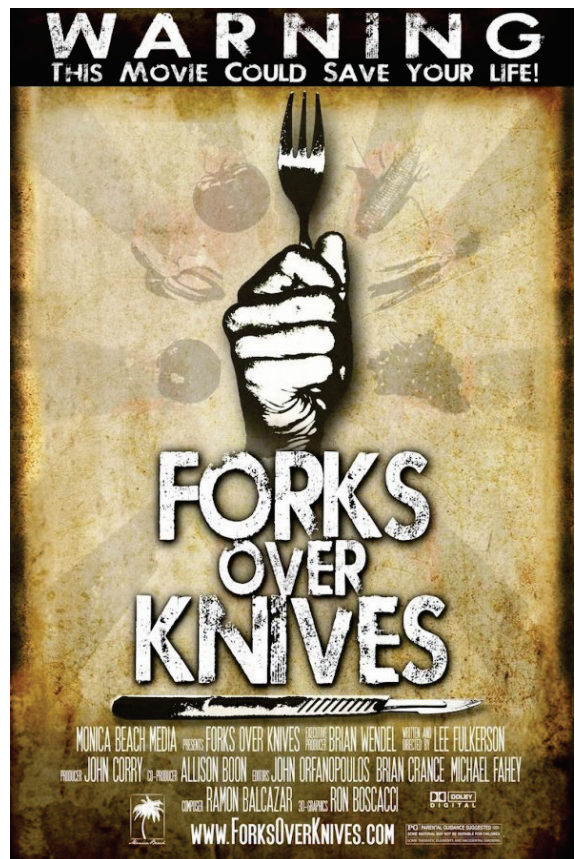
OMAHA (8/2/11) – On Tuesday, August 30 at 7 p.m., Film Streams and Whole Foods Market Omaha will present a special one-time screening of FORKS OVER KNIVES, a new documentary that examines the relationship between the food we eat and the illnesses that ail us.

Tracing the personal stories of a pair of researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn, FORKS OVER KNIVES explores a profound claim: that most, if not all, degenerative diseases can be controlled, or even reversed, by rejecting animal-based and processed foods in favor of a whole foods, plant-based diet.

The one-time screening of FORKS OVER KNIVES will take place at Film Streams' Ruth Sokolof Theater, located at 1340 Mike Fahey St. Tickets are at Film Streams' regular prices: \$9 general, \$7 for students, seniors, teachers and military, and \$4.50 for Film Streams Members.

**Complimentary food will be served prior to the show, courtesy of Whole Foods Market Omaha.**

The special one-time screening of FORKS OVER KNIVES is part of Film Streams' Community Development Program, which facilitates partnerships with other nonprofits and different community groups on film-related events that speak to their missions and programming.



**"Here is a film that could save your life... a documentary in which [director] Lee Fulkerson enacts a mirror image of the journey taken by Morgan Spurlock in SUPERSIZE ME. Instead of eating only at McDonald's for a month and nearly killing himself, he eats a plant-based whole food diet for six months, gets off all of his cholesterol and blood pressure medications, drops a lot of weight, sleeps better and has more energy."**

– Roger Ebert

In FORKS OVER KNIVES, the filmmakers travel with Drs. Campbell and Esselstyn on their separate but similar paths, from their childhood farms where they both produced "nature's perfect food," to China and Cleveland, where they explored ideas that challenged the established thinking and shook their own core beliefs.

The idea of food as medicine is put to the test. Throughout the film, 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.

Along the way, FORKS OVER KNIVES director Lee Fulkerson changes his own diet and tracks the positive impact on his own health—a reversal, as some critics have noted, of Morgan Spurlock's personal experiment in SUPERSIZE ME.

More information about FORKS OVER KNIVES can be found at the official film site: [www.forksoverknives.com](http://www.forksoverknives.com).

Advance tickets to the August 30 screening at Film Streams' Ruth Sokolof Theater are on sale now, available either in person at the box office or online at [www.filmstreams.org](http://www.filmstreams.org).

For questions, requests, or more information, please contact Casey Logan at (402) 933-0259 or [casey@filmstreams.org](mailto:casey@filmstreams.org).

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Founded in 1980 in Austin, Texas, **Whole Foods Market** ([wholefoodsmarket.com](http://wholefoodsmarket.com), NASDAQ: WFM) is the leading natural and organic food retailer. As America's first national certified organic grocer, Whole Foods Market was named "America's Healthiest Grocery Store" by Health magazine. The company's motto "Whole Foods, Whole People, Whole Planet"™ captures its mission to ensure customer satisfaction and health, Team Member excellence and happiness, enhanced shareholder value, community support and environmental improvement. Thanks to the company's nearly 60,000 Team Members, Whole Foods Market has been ranked as one of the "100 Best Companies to Work For" in America by FORTUNE magazine for 14 consecutive years. In fiscal year 2010, the company had sales of more than \$9 billion and currently has more than 300 stores in the United States, Canada and the United Kingdom.



**Film Streams** is a 501(c)3 nonprofit organization dedicated to enhancing the cultural environment of the Omaha-Council Bluffs area through the presentation and discussion of film as an art form. For more information, visit [www.filmstreams.org](http://www.filmstreams.org).

Film Streams is grateful for the wonderful support of our members, individual donors, corporations, foundations, and government organizations who make our programming possible, including support from:

