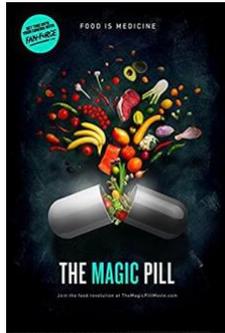


Kanopy & Hoopla Presents:

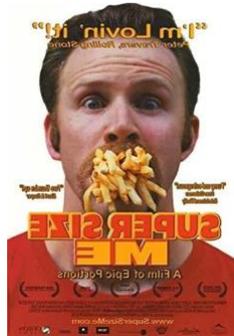
Health & Wellness Documentaries



The Magic Pill

People around the globe are combating illness through a paradigm shift in eating. And this simple change, embracing fat as our main fuel, is showing profound promise in improving the health of people, animals and the planet.

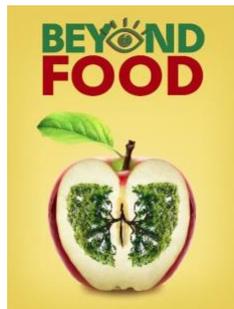
TV-14 | Documentary | 2017 | 1h 31min



Super Size Me

While examining the influence of the fast food industry, Morgan Spurlock personally explores the consequences on his health of a diet of solely McDonald's food for one month.

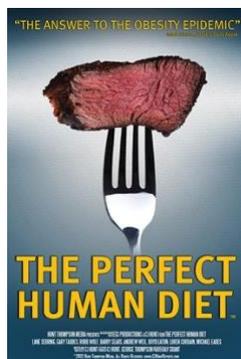
PG | Documentary, Comedy, Drama | 2004 | 1h 40min



Beyond Food

Filmmakers Juan Paredes and Tomas Reyes travel all over the US on a mission to interview a group of extraordinary people. Courageous pioneers challenging mainstream health advice are sat down and questioned in-depth, making for mind-expanding interviews sure to benefit us all.

TV-PG | Documentary | 2017 | 1h 30min



The Perfect Human Diet

Journalist C.J. Hunt's global quest for a solution to the obesity epidemic and diet related disease. It explores modern dietary science, previous historical findings, ancestral native diets and the emerging field of human dietary evolution.

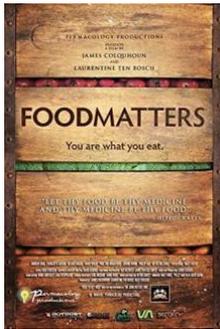
Not Rated | Documentary, History | 2012 | 1 hr 30min



Hungry For Change

Hungry for Change exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve.

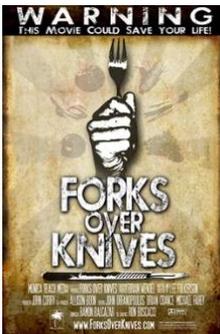
Not Rated | Documentary | 2012 | 1h 29min



Food Matters

Food Matters examines how the food we eat can help or hurt our health. Nutritionists, naturopaths, doctors, and journalists weight in on such topics as organic food, food safety, raw foodism, and nutritional therapy.

Not Rated | Documentary | 2008 | 1h 20min



Forks Over Knives

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 our present menu of animal-based and processed foods.

PG | Documentary | 2011 | 1h 30 min



Food, INC.

Reveals surprising and often shocking truths about what we eat, how it's produced, and who we have become as a nation. Includes celebrity PSAs, deleted scenes and Nightline segment.

PG | Documentary, News | 2008 | 1h 34min



Mindfulness: Be Happy Now

Mindfulness: the art of simply being present. From Oprah to Phil Jackson to Anderson Cooper, it has been embraced by some of the world's most successful people. Featuring testimonies from Deepak Chopra, Thich Nhat Hanh, Sharon Stone, Oliver Stone, and more, this documentary shows you how to embrace mindfulness in your own life. Like mindfulness itself, the film is simple, direct, and effective.

Not Rated | Documentary | 2015 | 1h 24min