

MOVIES RECOMMENDED BY MARZ

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I have selected the movies below as educational tools to learn more about food, medicine, environmental issues, politics, history and generally the survival of the human species. Some of these movies can be in the form of a documentary, a docu-drama, an interview, a biography, or a semi-fictional educational experience. For the most part they are entertaining and educational in the very least. There are some science fiction movies included as well that bring up important issues and allow for thought provoking ideas.

The following movies I recommend to see in the following chronological order:

Hidden Wars of Dessert Storm (about the history of oil and important info on depleted uranium and “Gulf War Syndrome”)

Why we fight very informative film about why we fight wars today

The Oil Factor- '04 Ungerman & Brohy (has chaps on depleted uranium, oil & agric)

The Seeds of Deception (3 CD collection) by Jeffrey Smith concerning the history and deleterious effects of genetically modified foods.

The Future of Food 2005 by Debra Garcia (a very informative film about our food supply, the nature of genetically modified foods and how they may effect the biodiversity of our food supply. This film includes info on, the loss of small farms, the growing dependence upon oil for agriculture and how Monsanto Corp is trying to patent and control various foods such as corn.

Read **The Botany of Desire** and **The Omnivores Dilemma** by Michael Pollen for great followup.

The Real Dirt On Farmer John 2006 (about a Midwest farmer’s story and local farming vs agribusiness) There is also a book to compliment the movie with more information.

The End of Suburbia Kinsler an excellent film on peak oil and how and why and we have set up towns in unsustainable ways to accommodate cars and oil companies. The discusses ways we can create towns in more environmentally sustainable ways that don’t make us beholden to the oil industry.

Interview with Richard Heinberg about his book **Powerdown** peak oil, sustainability of our culture and the end of the carbon based society. He Also wrote **The Party’s Over War, Oil, and the Fate of Industrialized Nations 2005** and **Peak Everything: Waking Up to the Century Of Declines**. The movie and these books address many of the cultural, psychological and practical changes we will have to make as nature rapidly dictates our new limits.

Bowling for Columbine Michael Moore get the dvd, it has 4 more hrs of great interviews especially with the research people who did much of the research work for the film.

An Inconvenient Truth Al Gore 2006 This is an extremely well researched film on Global warming and the facts on our current global situation.

The Tomato Effect by Faun Kime This movie concerns the death of on environmentalist and physician Jeff Kime, who belonged to the AAEM (American Academy of Environmental Medicine). Jeff was on the cutting edge of defending the practice of environmental medicine before his untimely death. This film is done by Dr. Kime’s daughter Faun who researches the death of her father and discusses the fate of other physicians who are involved in environmental medicine.

Call of Life: Facing the Mass Extinction (2007) a documentary narrated by Peter Coyote on how humans are causing the greatest mass extinction since a comet hit the earth 63 million years ago.

The 11th Hour- Leo Dicaprio excellent documentary on the “big picture”, and how humans need to wake up to the fact that they are causes dramatic changes in the health of the planet and how they may be causing permanent damage to ecosystems that may never recover. Solutions and possible answers are discussed in relation to these daunting problems humans face.

Go to <http://wip.warnerbros.com/11thhour/mainsite/site.html> check out each of the scientists

The Power of the Sun-2007 a documentary film about using solar energy. The amount of energy that hits the earth from the sun for 1 hour provides enough energy to power the entire earth's requirement for 1 year!

The Corporation-2007 a documentary about how and why corporations have come about and how they have effected the environmental health of the planet.

Political movies

Good Night and Good Luck George Clooney (about McCarthyism in the 50-60's censorship)

Lord of War Nicolas Cage about global arms trade and U.S. & Russia

The Quiet American (Michael Caine, Brandon Frasier beautiful movie cinematography Vietnam 1952 a real feel of what life was like with imperialist France and U.S. waiting in the wings, the movie was cut short for political reasons- a love story in the midst of political upheaval)

The Atomic Café a humorous and not so funny look about the history of atomic bombs

The Hidden Wars of Desert Storm about the history of oil in Iraq and how the U.S. has been involved with the oil industry around the world but it especially traces the history of Iraq and how the U.S. became involved.

The Day After Trinity, Jon Else 1981 A biography of Robert Oppenheimer and the story of the first Atomic bomb (Manhattan Project) & the life of one of the great geniuses of our time.

The constant Gardener Fines

"Robert Newman's The history of oil" 2003 Go "Google" on line and type in the title. This is a brilliantly humorous stand up comic Robert Newman who is a both a historian and a comic. The information is very thought provoking. The production is very eco conscious powering the show thru bicycle power.

Children of Men (2007) – sci fi- about the loss of fertility among women and the possibility of the end of our species. Clive Owen, and Michael Caine

Sicko Michael Moore's movie about our current health care system, pharmaceuticals and the health insurance industry in the U.S.

Additional documentaries

Life After People (History Channel) (2008)

Clash of the Cavemen between Neanderthal & Cro Magnon.

The little ice age the big chill 2008 history channel

Additional movies

Fahrenheit 9/11 Michael Moore 2004- award winning [documentary film](#) that presents a critical look at the presidency of [George W. Bush](#), the "War on Terrorism", and its coverage in the American news media which were "cheerleaders" for the [2003 invasion of Iraq](#) and did not provide an accurate and objective analysis of the [rationale for the war](#) or the resulting [casualties](#) there.

The Fog of War talks with Robert MacNamara, when he was defense secretary (and previous CEO of Crystler Motor Corp.), and how the U.S. become so involved in the Vietnam war and how close we came to nuclear war in the early 60's.

"Mind Walk"-1990 a A US politician (Sam Waterston) visits his poet friend (John Heard) in Mont. St. Michael, France. While walking through the medeival island discussing their philosophies of life they happen upon Sonja (Liv Ullman), a scientist in recluse, who joins in their conversation. The two men listen to the ideas of this brilliant woman and discuss how her ideas can work in their own politician and poet lives.bout the nature of physics and our universe

Motorcycle Diaries-2004 The Motorcycle Diaries is an adaptation of a journal written by Ernesto "Che" Guevara de la Serna when he was 23 years old. He and his friend, Alberto Granado are typical college students who, seeking fun and adventure before graduation, decide to travel across Argentina, Chile, Peru,

Colombia, and Venezuela in order to do their medical residency at a leper colony. Beginning as a buddy/road movie in which Ernesto and Alberto are looking for chicks, fun and adventure before they must grow up and have a more serious life. As is said in the film itself, it's about "two lives running parallel for a while." The two best friends start off with the same goals and aspirations, but by the time the film is over, it's clear what each man's destiny has become

Additional books

Garbage Land: On the Secrete Trail of Trash (book) Elizabeth Royte-
Cultures of Habitat On Nature, Culture & Story Nabhan 1997
Ecological Medicine Healing the Earth & Ourselves Ausubel 2004
Fateful Harvest Wilson 2002
Hope's Edge The Next Diet for a Small Planet Lappe 2003
Our Stolen Future Colborn, Dumanoski, Myers 1997
The Sacred Balance Suzuki 1997
Nature's Operating Instructions: The True Biotechnologies
The Lost Language of Plants The Eco Importance of Plants Buhner

Nutritional general

Diet and Nutrition, Rudolph Ballentine, M.D.
Dr. Wright's Healing with Nutrition Jon Wright, M.D
Genetic Nutritioneering '99 Nutra-aerobics / Jeff Bland, PhD
Nutrition Against Disease Roger Williams, Ph.D.
The Complete Food Handbook Doyle and Redding
Your Health Under Siege: Using Nutrition Bland, PhD
Hungry Planet What the World Eats Menzel & D'Aluisio 2005
Pottingers Cats by Francis Pottinger
The Healing Factor, Vit C against Disease Irwin Stone

Longevity

Beyond the 120 year Diet 2000 Roy Walford
Formula for Life The Definitive Book on Correct Nutrition,, Antioxidants, and Vitamins, Disease Prevention, and Longevity
by Kronhausen, Ed. D. & Demopolis, M.D.
Living to 100 Lessons in Living to Your Max Potential Perls, '99
Longevity Fullfilling our Bio Potential Pelletier, Ph.D
Maximum Lifespan Walford, Ph.D
Stealing Time: The New Science of Aging Warshofsky 1999
The Anti-Aging Plan 1994 Roy & Lisa Walford
The Okinawa Program, 2001 Willcox, Willcox & Susuki
Health and Light John Ott, Ph.D.
Bioimicry Inovation by Nature Janine Benyus

MEDICAL MOVIES

Crazy Cancer

The Doctor 1991 William Hurt He was a doctor who thought he knew it all... until he became a patient.

Hoxy, the Quacks that Cures Cancer narrated by Peter Chokra

Patch Adams Robin Williams

Lorenzo's Oil Susan Sarandon and Nick Nolte give brilliant performances as parents trying to save the life of their son from adrenoleukodystrophy (ALD), a rare and incurable nerve disease that is always fatal. Based on a true story parents research essential oils to try and save their son.

Please note that this movie list is continually being updated and some of the titles may not be exactly correct so you might have to check into the references further. You may email me at marznd@mac.com for further updates. Thanks for watching!!!