

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 – What the Health
 - WEEK 4 MOVIE ASSIGNMENT – Secret Ingredients
- **ADDITIONAL MOVIES**
 - The Game Changers
 - Cancer Can Be Killed – a Jeff Witzeman film
 - 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
 - Doctor Yourself – Natural Healing That Works by Andrew W. Saul, Ph.D.
 - 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
 - Water - Your Bodies Many Cries for Water by F. Batmanghelidj, M.D.
 - Curing the Incurable – Vitamin C, Infectious Diseases, and Toxins by Thomas E. Levy.
 - The Amazing Liver and Gallbladder Flush by Andreas Moritz
- **COOKBOOKS LIST**
 - The Daniel Plan Cookbook
 - Forks Over Knives The Cookbook by Del Sroufe
 - Engine 2 Diet Cookbook by Rip and Jane Esselstyn
 - Prevent and Reverse Heart Disease Cookbook by Ann and Jane Esselstyn
 - The China Study Cookbook by Colin Cambell