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Forks over Knives Review

The movie *Forks over Knives*, directed by Lee Fulkerson in 2011, is focused around in the field of nutrition and physical therapy. The main idea is based on the results of research which indicates that many widespread diseases can be eradicated by simply eliminating the consumption of animal-based and processed foods. The movie presents details on how humans can benefit from eating vegetables, fruit, and grains and eliminating animal and processed foods.

According to the movie, consuming animal fat and protein can lead to cardiovascular, autoimmune, and coronary diseases, as well as diabetes, obesity, and cancer. Moreover, it is also believed that if an individual has already had an incident of these diseases, it is recommended that he or she go on a plant-based diet, which will significantly improve the individual's health, resulting in an increased life expectancy. It may also address issues of depression. What might also persuade people to eat less meat is the number of advertisements from the middle of the 20th century which were made for the purpose of convincing people to eating meat and drink milk, arguing that it was good for them because those were the major sources of protein, which is necessary for our body. Opinion, though, has changed concerning what the body needs and what the best food sources are to satisfy those needs.

The movie has some inspiring moments which may not necessarily convince the viewer to eat less meat, but at least they will surely make one reflect on what is and is not health to consume. One such moment is when Ruth Heidrich, a 74 year old woman who overcame cancer and osteoporosis by eliminating animal products from her diet. She now enjoys a healthier lifestyle, including jogging. This example shows us it is not meat that makes us stronger and healthier. Another good example of how eliminating animal products and processed foods from the diet is

beneficial is Mac Danzig, a recognized mix-fighter. He destroys the stereotypical view that a sportsman needs to eat a lot of meat to get the needed protein for building muscles. In fact, Mac is a vegetarian and is a great example of how a person can be strong and have huge muscles while eating only plant-based food.

However, regardless of how convincing and inspiring the examples were in the movie, the perspective provided appears to be rather one-sided. It seems like the director does not want to detract from the overall message of the movie, leaving his viewer to question whether or not to become a vegetarian. Even individuals in the movie who were not vegetarians were not convincing at all in reference to their views on consuming animal products. They did not appear to be sincere in their testimonies.

In conclusion, with all points considered, the movie is worth viewing. It will not necessarily make a vegetarian out of you but, at least, it seems that it can make people reflect on what they eat, how much they eat, and whether they need to change anything in their diet to become healthier.