



“A POWERFUL FILM”

CHEF AJ, HOST OF CHEF AJ LIVE



**“BEST PLANT-BASED
FILM OUT THERE”**

HANS DIEHL, FOUNDER OF CHIP



**“COULD TRANSFORM
YOUR LIFE”**

DEREK MORRIS, PRESIDENT, HOPE CHANNEL INTERNATIONAL



**“INSPIRING
AND MEANINGFUL”**

T. COLIN CAMPBELL, CO-AUTHOR, *THE CHINA STUDY*



**“A COMPELLING CASE
FOR EATING PLANTS”**

RIP ESSELSTYN, BEST-SELLING AUTHOR



PLANTWISE

PRESS KIT



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ABOUT THE FILM



Genre: Documentary
Language: English
Run Time: 48 minutes
Release: November 2021

Log Line (17 words):

When individuals struggling with debilitating health conditions embrace a whole-food, plant-based diet, their lives are transformed forever.

Short Synopsis (34 words):

When six individuals struggling with debilitating health conditions embrace a whole-food, plant-based diet, their lives are transformed forever. National experts reveal the benefits of this powerful lifestyle. *PlantWise* inspires hope for a better life!

Medium Synopsis (69 words):

PlantWise follows the stories of six individuals struggling with debilitating health conditions caused by unhealthy dietary choices. Unable to enjoy life because of their illnesses, they search for a solution. As each embraces a whole-food, plant-based diet, their lives are forever transformed. National lifestyle medicine experts expose the results of unhealthy food choices and reveal the powerful benefits of eating whole plants. *PlantWise* inspires hope for a better life!

Long Synopsis (144 words):

PlantWise follows the inspiring stories of six people struggling with debilitating health conditions caused by unhealthy dietary choices. They learn that the Standard American Diet is the culprit. High in fat, sugar, and salt. Low in fiber and nutrients. It's wreaking havoc and creating chronic illness in much of our society. With hope, they discover this epidemic of diseases—heart disease—type 2 diabetes—obesity—high blood pressure—is largely reversible.

The solution? Each discovers the benefits of a whole-food, plant-based diet and chooses to embrace it. They reverse their chronic conditions and experience a health transformation. They find renewed energy and vitality that they thought they had lost forever. *PlantWise* features nationally recognized experts in lifestyle medicine revealing that what we choose to eat every day often determines our health destiny. Stories and science are woven together in an inspiring message of hope!

Cast:

The film features twenty-four cast members. Six patients with life-transforming stories and eighteen lifestyle medicine experts from fourteen specialties or disciplines.

VISION STATEMENT

When we set out to create the film *PlantWise*, we had several goals in mind. While the benefits of eating whole plant foods has been documented in a number of popular films, we wanted to create a film that would focus on:

- 🌿 Transformative patient stories
- 🌿 Solutions to chronic health conditions
- 🌿 Supporting physician-patient engagement

The reality is, many patients and physicians may not be aware of the power of plants to effect health changes. Or if they are, it is often difficult to motivate lifestyle changes. What if there was a resource that doctors could use to inspire their patients to make dramatic changes? What if there was a tool that presented powerful stories and evidence about a compelling path to a healthier life? What if there was a film that patients could watch with their whole family that would motivate them to make changes together? Such a resource would be invaluable. This was our goal for *PlantWise*.

We wanted this film to be short, compelling, and easy for professionals or groups interested in promoting lifestyle change to prescribe it, including:

- 🌿 Private practice physicians
- 🌿 Medical clinics
- 🌿 Hospital systems
- 🌿 Educational institutions that train medical personnel
- 🌿 Groups interested in promoting healthy lifestyle choices.

Beyond that, we hope *PlantWise* will inspire millions around the world to adopt a healthier lifestyle. We want people to become *plant-wise*. To embrace whole-food, plant-based eating and experience the transformation of increased energy, healing, and vitality that happens when you give your body the best fuel for its needs.



CREATIVE TEAM



DIRECTOR, PRODUCER: PAUL DAVID KENNAMER, JR.

As a 35-year industry veteran and award-winning Director/Producer, Paul David Kennamer's technical expertise and creative artistry in cinematography and sound is widely appreciated by a client list that includes HBO, Chrysler, NASA, SpaceCamp, Good Morning America, and The Disney Channel, just to name a few. His WFPB journey began in February of 2014 after viewing the documentary *Forks Over Knives*. Within six weeks, Kennamer's personal story included a 45-pound weight loss, increased energy, the elimination of joint pain, and a deep desire to share the benefits of WFPB living with others. This desire led to the broad theatrical release and distribution of *Eating You Alive*, which he directed and produced.



PRODUCER: MERRILEE JACOBS

Merrilee is co-producer of the documentary *Eating You Alive* (2018) and currently serves as Trustee for EatingYouAlive.org, a 501(c)(3) nonprofit committed to promoting the chronic disease reversing power of a whole-food, plant-based lifestyle through educational and inspirational films, television, and online platforms.



EXECUTIVE PRODUCER: TODD CHOBOTAR

Todd Chobotar is the editor-in-chief and publisher for AdventHealth Press. During his 20 years of service at AdventHealth, Chobotar managed the development of ten television specials and is the author or coauthor of four books with a total of over 1 million copies in print. He has also served as editor on dozens of publications. Chobotar began his WFPB journey after editing and publishing the book *Eat Plants Feel Whole* by Dr. George Guthrie. He followed the recommended plan for six months during which he lost 35 pounds, experienced increased energy, improved mental clarity, and better sleep. Empowered by the experience, Chobotar sought to share these lifestyle benefits through the film *PlantWise*.



CO-EXECUTIVE PRODUCER: DENISE PUTT

Denise Putt serves as managing editor of AdventHealth Press, where she is involved in life-changing publications, courses, and film projects. Communicating the power of a healthy lifestyle—whether in publications, film, or in person—and seeing lives transformed, is her passion. As a health educator and proponent of whole-food, plant-based eating, she has conducted classes in Puerto Rico, Canada, and the United States. Understanding the power of film to motivate positive change, she sees *PlantWise* as a dynamic tool to transform the lives of those who embrace its message.

SPONSORS



AdventHealth is a connected network of care that promotes hope and healing through individualized care that touches the body, mind, and spirit to help you feel whole. Our hospitals and care sites across the country are united by one mission: *Extending the Healing Ministry of Christ*. This faith-based mission guides our skilled and compassionate caregivers to provide expert care that leads the nation in quality, safety, and patient satisfaction.

Over 5 million people visit AdventHealth each year at our award-winning hospitals, physician practices, outpatient clinics, skilled nursing facilities, home health agencies and hospice centers to experience holistic care for any stage of life and health.



Ardmore Institute of Health works for a future where healthy lifestyles will be the preferred method to prevent, treat and reverse chronic diseases such as diabetes and obesity. AIH provides grants to establish Lifestyle Medicine as a foundational component of the delivery of care in the US healthcare system and to support local organizations with demonstrated leadership success in progressing initiatives aimed at improving healthy lifestyles.



The American College of Lifestyle Medicine is the medical professional society providing quality education and certification to those dedicated to clinical and worksite practice of evidence-based Lifestyle Medicine as the foundation of a transformed and sustainable health care system. ACLM educates, equips, empowers, and supports its members as they provide evidence-based Lifestyle Medicine as the first treatment option in clinical practice and worksite settings through live and online CME- and CE-accredited events and educational offerings, certification, clinical practice tools, patient education resources, economic research, networking opportunities, and advocacy efforts. ACLM members are united in their desire to identify and eradicate the root cause of disease and restore health. Lifestyle Medicine is the use of evidence-based therapeutic lifestyle interventions—including a whole-food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—to treat, at times reverse, and prevent chronic disease.



EatingYouAlive.org is a non-profit 501(c)(3) committed to promoting the power of a whole-food, plant-based lifestyle through films, television and online platforms. With a fresh and passionate perspective, its mission is to produce film, print and online content that educates and inspires audiences toward a whole-food, plant-based lifestyle which has been proven, through science and experience, to help prevent and reverse disease, support environmental sustainability, and encourage compassion in the global community.



FEATURED PARTICIPANTS

Listed in order of appearance



SUSAN WEINICK

Susan weighed 380 pounds and was on medication for type 2 diabetes and hypertension. She lost 220 pounds, her diabetes and hypertension were reversed, and she was able to stop taking medications.



ERIC ADAMS

President, Brooklyn Borough

Eric saw five experts who all told him diabetes was in his DNA because his mother was diabetic, and his family was diabetic. Eric reversed his diabetes “through breakfast, lunch, and dinner.”



ANGELA HARDIN

Angela wanted to be healthy at 36 and enjoy her children. She lost 102 pounds, and now has no more gallbladder issues, runs five miles a day 5-6 days a week, and takes no medications.



MARC RAMIREZ

Marc’s mother and siblings all had diabetes, many were on dialysis, and his mother and brother had passed away. He was placed on medications for diabetes, cholesterol, and blood pressure and needed insulin shots. Then he reversed his psoriasis, heartburn, high cholesterol, and high blood pressure. He now has normal A1C and was able to stop all five medications.



KARENE BEJARANO

Karene grew up vegetarian but developed thyroid issues and then gestational diabetes which developed into type 1 diabetes. By adopting a whole-food, plant-based diet, she was able to stop blood pressure and cholesterol medicines as well as medications for acid reflux and allergies. Even her thyroid and type 1 diabetes improved, and medication doses were lowered.



ASHLEY CHAPMAN, DO

As a medical resident, Ashley gained weight and was breathless. She switched to whole-food, plant-based eating and lost 40 pounds in four months while her breathing, sinuses, and skin all improved.

MEDICAL EXPERTS

These leading experts explain the transformative power of eating a whole-food, plant-based diet. Listed in alphabetical order by last name.



SAADIA ALVI, MD

Endocrinology; Internal Medicine; Endocrinologist,
AdventHealth Diabetes Institute



MARIA ANDERSON, MD, FACC

Interventional Cardiology, Internal Medicine, Clinical Cardiac Electrophysiology,
Boulder Community Health



NEAL BARNARD, MD, FACC

Psychiatrist; Adjunct Associate Professor of Medicine, George Washington University School of Medicine; President, Physicians Committee for Responsible Medicine; Author, *Your Body in Balance*, *Dr. Neal Barnard's Program for Reversing Diabetes*, and *Power Foods*



LUISA OLIVER-CORDERO, RDN, LDN

Registered Dietitian Nutritionist; Diabetes Instructor;
Plant-based Speaker, Teacher



JARIK CONRAD, EDD, MBA, SPHR, SHRM-SCP

Human Resources Consultant; Senior Director, Human Insights & HCM Evangelism Ultimate Software, UKG (Ultimate Kronos Group); President and CEO, Sprouted Bean; Award-winning Author, *The Fragile Mind: How It Has Produced and Unwittingly Perpetuates America's Tragic Disparities*

MEDICAL EXPERTS (Continued)



TED CRAWFORD, DO

Public Health & General Preventive Medicine, Family Medicine, Occupational Medicine



CALDWELL ESSELSTYN JR., MD, FACS

General Surgery; Director, Cardiovascular Prevention & Reversal Program, Cleveland Clinic Wellness Institute; Featured expert in the award-winning documentary *Forks Over Knives*; NYT Bestselling Author, *Prevent and Reverse Heart Disease*



ANGELA FALS, MD, FAAP, CCMS

Pediatrics, Obesity Medicine; Medical Director, Pediatric Weight and Wellness, AdventHealth Medical Group; Diplomate, American Board of Obesity Management; Co-author of *Eat Plants Feel Whole Cookbook*



MICHAEL GREGER, MD, FACLM

Clinical Nutrition; Internationally Recognized Speaker on Nutrition, Food Safety, and Public Health Issues; Chief Science Officer and Founder, NutritionFacts.org; NYT Bestselling Author, *How Not to Die*, *How Not to Diet* and *The How Not to Die Cookbook*



GEORGE GUTHRIE, MD, MPH, CDE, FAAFP, FACLM

Family Medicine; Member, Academic Program at AdventHealth Center for Family Medicine; Past President, American College of Lifestyle Medicine; Author, *Eat Plants Feel Whole*, *Eat Plants Feel Whole Journal* and co-author of *Eat Plants Feel Whole Cookbook*

MEDICAL EXPERTS (Continued)



DOUGLAS J. LISLE, PHD

Clinical Psychologist, True North Health Center; Author, *The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness*



JOHN MCDUGALL, MD

Internal Medicine, Founder, McDougall Program; Best-selling Author, *The Healthiest Diet on the Planet*, *The Starch Solution*, and *The McDougall Program for Maximum Weight Loss*



AMANDA E. MCKINNEY, MD, CPE, FACLM, FACOG

Obstetrics-Gynecology, Founder/Executive Director, Institute for Human and Planetary Health, Doane University; Assistant Professor of Health Sciences



DEAN ORNISH, MD

Internal Medicine, Founder & President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California San Francisco and UC San Diego; NYT Bestselling Author, *UnDo It!*, *Eat More Weigh Less* and *Dr. Dean Ornish's Program for Reversing Heart Disease*



WENDY PERROTT, MD, FACOG, DIPABLM

Obstetrics-Gynecology; Certified in Lifestyle Medicine and Culinary Medicine, Healthy Choices ObGyn; Staff Physician, AdventHealth Waterman

MEDICAL EXPERTS (Continued)



DUSTIN RUDOLPH, PHARMD, BCPS

Pharmacy, Pharmacotherapy ; Hospital-based Clinical Pharmacist and Pharmacotherapy Specialist; Author, *The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Danger of Drugs and the Healing Powers of Food*



SCOTT STOLL, MD

Physical Medicine & Rehabilitation; Co-Founder, The Plantrician Project, The International Plant-Based Nutrition Conference, and *The International Journal of Disease Reversal and Prevention*; Author, *Alive!*, *The Change*, and *The Change Cookbook*



DEXTER SHURNEY, MD, MBA, MPH, FACLM, DIPABLM

General Surgery, Lifestyle Medicine, Preventive Medicine and Wellness; President, Blue Zones Well-Being Institute; Chief Medical Officer, Adventist Health Well-Being Division



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ENDORSEMENTS

*“Best plant-based film out there!
Arresting, energizing, and deeply moving.”*

– Hans Diehl, Bestselling Author and Founder of CHIP

*“This hard-hitting, captivating film can
totally transform your health.”*

– Chef AJ, Bestselling Author and Host of *Chef AJ Live*

*“Inspiring and meaningful.
Exactly what people should see!”*

– T. Colin Campbell, PhD, Co-author of *The China Study* and *The Future of Nutrition*

*“This film should air in every hospital
bed in America!”*

– Rip Esselstyn, Author of *The Engine 2 Diet* and *Plant-Strong*

*“A first-class documentary revealing a
path to freedom, healing, and wholeness.”*

– Derek Morris, President, Hope Channel International



PRESS RELEASE

New Documentary Explores the Disease-Reversing Power of Plants

Film Celebrates Six Patients Who Share Their Personal Transformation Stories

ORLANDO, FL – Inspired by the idea that a diet of whole-food, plant-based food can correct certain medical conditions and provide people with a healthier and more fulfilling life, a team of nationally renowned lifestyle medicine professionals produced the film *PlantWise: Eat for Health, Eat for Life*. Some physicians believe so strongly in the science presented in the film that they now prescribe certain patients to watch it as part of their treatment.

PlantWise is a timely film exploring the health transforming benefits behind the growing plant-based lifestyle. This lifestyle is bringing hope to so many people diagnosed with chronic health conditions, many of whom have been able to reverse their conditions and stop their reliance on pharmaceuticals to maintain their health. In addition, plant-based foods are becoming increasingly common and more available, even in four-star restaurants.

The President and CEO of Ardmere Institute of Health, Dr. Ron Stout, said, “This film provides hope and a roadmap to healing for those suffering from chronic disease due to the effects of eating the Standard American Diet. The need for physician-prescribed pills, potions, and procedures can be dramatically decreased by a delicious plant-slanted diet.” The Ardmere Institute of Health is one of the primary sponsors of the film, along with AdventHealth, American College of Lifestyle Medicine, and Eating You Alive.org.

PlantWise showcases solutions to chronic health problems and gives both patients and doctors a resource to inspire patients to make dramatic lifestyle changes.

“The goal of this documentary is to showcase real-life stories of using food as medicine to treat—and even reverse—the chronic, degenerative diseases that are robbing years from lives and life from years. Central to lifestyle medicine is prescribing a whole-food, plant-predominant diet, as *PlantWise* so compellingly depicts as efficacious for anyone suffering from metabolic diseases including type 2 diabetes, heart disease, high blood pressure, and obesity. The compelling stories of real-life patients who have experienced health restoration will inspire others in knowing that they, too, can take far greater control of their health destinies with each and every bite they take!” said Susan Benigas, Executive Director of the American College of Lifestyle Medicine.

The film features six patients with life-transforming stories and eighteen leading lifestyle medicine experts from fourteen specialties and disciplines. Medical experts include Neal Barnard, MD, FACC, Caldwell Esselstyn, Jr., MD, FACS, Angela Fals, MD, FAAP, CCMS, Michael Greger, MD, FACLM, George Guthrie, MD, MPH, DCE, FAAFP, FACLM, John McDougall, MD, Amanda E. McKinney, MD, CPE, FACLM, FACOG, and Dean Ornish, MD.

“It is my hope that *PlantWise* will inspire millions around the world to adopt a healthier lifestyle and experience the transformation of increased energy and vitality that happens when you give your body the best fuel,” said Paul David Kenamer, Director of *PlantWise*.

“Our approach to whole-person care calls us to support the health and wellbeing of people, encouraging and supporting them in making positive, lasting changes. What if there was a resource that doctors could use to inspire and educate their patients on how to make dramatic changes? Such a resource would be invaluable. That’s our goal for *PlantWise*,” said Ted Hamilton, MD, MBA, Chief Mission Integration Officer, AdventHealth.

A trailer of the film is available for preview at PlantWiseFilm.com.

The release date of the movie is November 8, 2021, at PlantWiseFilm.com.

CONTACT US

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