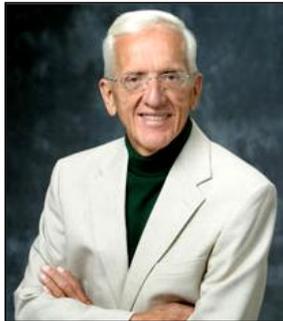


Center for a Livable Future, of Johns Hopkins University will present on December 8<sup>th</sup> - 6:30 pm - Advance Screening & Panel Discussion on the Film Documentary...



The feature film "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.

**President Bill Clinton** recently had heart surgery for the second time in just six years. That helped him to realize that those who follow conventional medical advice for heart disease most often just get worse if they don't make a serious effort to change the way they eat. So Bill read several of the books that his daughter Chelsea recommended, including "Prevent and Reverse Heart Disease", by Cleveland Clinic physician **Dr. Caldwell Esselstyn**, and "The China Study", by **T. Colin Campbell, PhD**. Evidence that these health experts presented so impressed the former president that he decided to go to a completely plant based diet, including no animal products at all. It worked! He dropped 24 lbs. and was back to his old high school weight for Chelsea's wedding. He was elated and has decided to continue the "experiment".



**Nutritional biochemist T. Colin Campbell, PhD**, of Cornell University, was lead scientist in the most comprehensive large study ever completed on diet and health. The Cornell/ Oxford/ China Health Project, best known as the **China Study**, generated massive volumes of detailed data, suggesting that the more animal protein we eat, the greater our risk for heart disease, diabetes, hypertension, kidney disease, osteoporosis, and autoimmune diseases. And Dr. Campbell has concluded, from an eminent research career spanning more than five decades, that animal protein consumption causes more cancers than does any chemical carcinogen.

**Cleveland Clinic physician Caldwell Esselstyn, Jr, MD**, conducted a remarkable long term clinical study in which 17 patients with severe coronary artery disease were placed on a whole foods, low fat diet, free of animal products. Group members had previously experienced 49 cardiac events, and 5 patients had been given less than a year to live. 23 years later, all were still alive and free of heart symptoms. The program is fully detailed in Dr. Esselstyn's book "Prevent and Reverse Heart Disease".



"Forks Over Knives" puts the idea of "food as medicine" to the test, especially with regard to the research of Drs. Campbell and Esselstyn. A 45-minute panel discussion will follow film, with **Dr. Bob Lawrence**, of Center for a Livable Future, **Gene Baur**, of Farm Sanctuary, and **Ronald Shelley**, the principal of the Stadium School in Baltimore. **Event is Free** and open to the public. **Please RSVP** by email with your name and number to [Baltimore@Earthsave.org](mailto:Baltimore@Earthsave.org). Details at [www.EarthsaveBaltimore.org](http://www.EarthsaveBaltimore.org). Online donations to **Food Studies Institute** not required but will be greatly appreciated. Suggested Donation - \$10



**Sheldon Hall - Johns Hopkins Bloomberg School of Public Health,**

615 N Wolfe St, Baltimore MD 21205. School located directly across from Johns Hopkins Hospital, in East Baltimore. Recorded directions available by phone at 410-955-0166. Directions take you to N. Washington Street garage, 1 block from School. Garage located at the intersection with E. Monument St.

**EarthSave Baltimore** helps people make Healthier, Compassionate, Earth friendly food choices. We host a monthly educational dinner series and two Veg Meetup groups. **410-252-3043** [www.EarthsaveBaltimore.org](http://www.EarthsaveBaltimore.org).