

LET'S GO TO THE MOVIES

with Catherine Austin Fitts, publisher of the *Solari Report*
A list of 25 documentaries to inspire you to love fresh food, support and finance the gardeners and farmers who grow fresh food, and encourage the children you love to eat fresh food.

Accessing and creating your own food sources can be fun. Often it involves collaborating with friends and neighbors. What if you were to organize a regular potluck dinner and show documentaries that would inspire others to participate with you in building a local food supply. What would be the documentaries that you would find most valuable? Here is a selection of videos that can help you reinvent your relationship with food and engage friends and family to help you do it!

A Silent Forest – The Growing Threat, Genetically Engineered Trees:

Are you ready for Frankenforests? This award-winning documentary film explores the growing global threat of genetically engineered trees to our environment and to human health.



Dirt! The Movie

This one focuses on soil and will reconnect you with the wonder and the importance of protecting and nurturing the dirt around us. Among other things, it helps you to feel the power of composting.



Dr. Frances Pottinger (Pottinger's Cats)

People go to great lengths to access raw milk. Dr. Pottinger's experiments with cats explain why.



Fat, Sick & Nearly Dead*

Get ready for a truly inspirational experience. Australian Joe Cross restores his health with a juicing diet as he travels across the US engaging Americans in conversation about diet and nutrition. Trucker Phil Staples joins with his own juicing fast in the most compelling description of real economic solutions to the American health crisis.



Food, Inc.

The risks of industrialized foods are laid out in living color. Food, Inc. exposes the American Corporate food processing system. Everyone should see this one.



Fresh

The good guys (Will Allen, Joel Salatin and more) inspire you to reconnect with your fresh food self. Their aim is "to help grow FRESH food, ideas, and become active participants in an exciting, vibrant, and fast-growing movement."



Homegrown Revolution

For over twenty years, the Dervaes family have transformed their home into an urban homestead. They harvest nearly 3 tons of organic food from their 1/10 acre garden while incorporating many back-to-basics practices, as well as solar energy and biodiesel.



Life & Debt in Jamaica

Watch how industrialized agriculture destroys the local economy and takes control of the food system. It is not just happening "there." It is happening "here" too. If consumers refuse to play along and support local farmers, we can protect ourselves and our economy.



Obesity: Killer At Large

Lest you think that the large corporations and the government don't understand that the food system is poisoning the population, particularly children, this one will set you right.



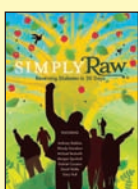
One Man, One Cow, One Planet

Biodynamic New Zealand farmer Peter Proctor inspires a fresh revolution in India and everyone who watches this video. Watch healthy farming restoring people, economies, and communities.



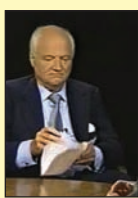
Simply Raw: Reversing Diabetes in 30 Days

Watch six Americans with 'incurable' diabetes switch their diet and get off insulin. This one helps everyone understand that we are what we eat.



Sir James Goldsmith Interview with Charlie Rose*

If you think there is no centralized conspiracy to industrialize agriculture and control the food and seed supply, think again. Listen to one of the most successful businessmen in the world in 1994, risk his life and fortune to warn us about the meaning of GATT and the World Trade Organization.



Sugar: the Bitter Truth

Someone filmed Dr. Robert Lustig giving a lecture to students and faculty at the University of San Francisco on the facts of what sugar does to our body, particularly those of children. The next thing Lustig knew, he was an Internet sensation.



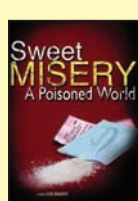
Supersize Me

Morgan Spurlock eats at McDonalds for thirty days, while his doctor warns him that it could cause permanent damage to his organs. This is a good one to help persuade teenagers to give up fast food.



Sweet Misery: A Poisoned World

This documentary describes the risks of aspartame. It even describes Donald Rumsfeld's role in making it legal. You will never drink diet sodas again unless you want to induce seizures.



Tapped

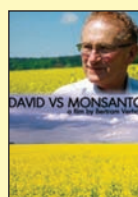
You knew that bottled water was not such a good idea. Here are the details.



The Bertram Verhag Series

Munich filmmaker Bertram Verhag's series on food is a crowning achievement and includes:

David vs. Monsanto tells the story of Canadian farmer Percy Schmeiser's stand against Monsanto.



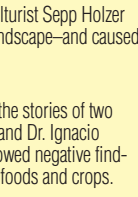
The Agro Rebel

introduces Austrian permaculturist Sepp Holzer who has created an edible landscape—and caused quite a stir in so doing.

Scientist Under Attack

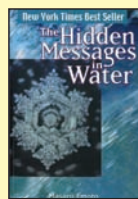
Scientists Under Attack tells the stories of two scientists, Dr. Arpad Pusztai and Dr. Ignacio Chapela, whose research showed negative findings on genetically modified foods and crops.

Life Running Out of Control is a wide-ranging international perspective on the science and ethics of genetic engineering.



The Hidden Messages In Water

If you don't yet understand that we are what we eat and what we think, you should explore the work of Masuru Emoto and the Hado Institute in Japan.



The Oiling of America

This speech by Sally Fallon of the Weston Price Foundation (the epicenter of the food freedom movement) addresses the real truth about fat. The entire war against lard and butter has been based on bad signs, faulty premises and lies. She unpacks the lies about animal and saturated fat.



The Power of Community: How Cuba Survived Peak Oil

This film addresses what happened when the Soviet Union collapsed, and Cuba lost its primary supply of oil. They had to reinvent their agriculture to produce without fossil fuels by going natural and organic. A lot of people had to reinvent themselves as farmers and gardeners. This is an interesting case study about agricultural transition.



The Real Dirt on Farmer John

Food can be fun. Watch a farmer never, never, never give up and find his way to creating and operating a successful CSA (Community Supported Agriculture).



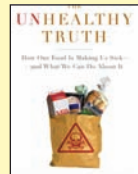
The World According to Monsanto

Monsanto is regularly voted the worst corporation on the planet. Understanding Monsanto and their efforts to destroy and control the seed supply helps you appreciate why shopping in any grocery store has become riskier than rock climbing.



The Unhealthy Truth

Robyn O'Brien was a busy mom, retired from a successful career as a stock analyst. Her painful conversion from septic to fresh food maven is one to which we can all relate. It shows how to get off of the mainstream food system and start to access sources that protect your children.

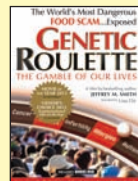


Jeffrey Smith Series*

No one has done more than Jeffrey Smith to warn us of the dangers of GMO. In his

GMO Trilogy he puts together a package of great scenes and experiences, including the story of a school in Wisconsin that switched to fresh, local food that resulted in radical changes in academic performance and behavior from the kids. Smith's latest

Genetic Roulette: The Gamble of Our Lives presents the evidence that points to GM foods as a major contributor to rising disease rates in the US.



Why in the World Are They Spraying*

Global spraying programs are impacting the quality of our food, water and the consolidation of ownership and control of farmland.



Want to really understand the financial system and economy around you? Want to know what they did not teach you in economics class? On the Solari Report Catherine turns to documentaries and movies to explain current events and the "deeper news." Visit <http://solari.com/>

Catherine Austin Fitts is the president of Solari, Inc., publisher of the Solari Report. Catherine served as managing director and member of the board of directors of the Wall Street investment bank, Dillon, Read & Co., Inc. She also served as Assistant Secretary of Housing/Federal Housing Commissioner in the first Bush Administration and was president of the Hamilton Securities Group, Inc.

*Solari Movie of the Year