

# Sick of diets? Film Diet Plan will help you escape the fat trap

Have you been struggling to lose weight for years? This is one of those moments in life when you came to the right place at the right time.



This diet plan allows you to unlock good and bad secrets that are likely to make you both angry and ecstatic. You don't have to count calories, but you do have to follow the simple plan. Over the next few weeks and months, you will begin to feel like a blind person miraculously regaining sight.

Most diet plans focus on changing your eating or exercise habits. But your weight challenge isn't only about what you eat or [how often you go to the gym](#), it has a lot to do with what you've been taught through your family and culture. And it has a lot to do with how much you think or don't think about what you eat.

**Dr. Lorraine's Film Diet Plan** will bring on a paradigm shift in the way you think about food. You'll finally understand why you've been unable to escape from a seemingly hopeless trap.

Big corporations that stock grocery stores and supply fast food chains are exploiting you and everyone else who eats their bait. They've ambushed every industry in the process: farmers, slaughterhouses, packers, migrant farmworkers,

supermarkets, and fast food chains. And they're doing an equal amount of damage to the people who consume their addictive, harmful, imitation food-like substances that come in plastics, Styrofoam, cans and other packages that pollute our environment.

If fat seems to be hanging a little lower each month, then your low fat diet is working just the way they want it to. [DW](#).

To them it's a money game. You pay a rather small financial price to participate in the beginning, but in the long run you put your health and life at stake.

These corporations have successfully programmed you through advertisements, the media, internet, doctors, politicians and special interest groups. They sell addictive food-like chemical concoctions that tease your taste buds while wreaking havoc on your health. Each time you open up your wallet and pay for their junk, you're one bite closer to sickness. Perhaps it's already eating away at you.



You can begin your escape from the fat trap by avoiding these types of grocery stores that are only concerned about their profit and have no interest whatsoever in your health.

Shop at grocery stores that specialize in more healthful organic foods such as [The Fresh Market](#), [Sprouts Farmers Market](#), [Whole Foods Market](#), and local [farmer's markets](#). They

filter out tons of junk, literally, that you don't want to put in your body. When you go, take your time and ask lots of questions. These are the types of places where you can find people who tend to eat healthier whole foods. They can help to steer you in the right direction and give you some great recipe ideas.

What can you make with beans and onions? Tear Gas. [Jokes4Us](#)

## **Here's how Dr. Lorraine's Film Diet Plan works.**

Watch one or two of the following films each week for the next several months until you've seen all of them at least once. It's that simple. The films are listed alphabetically, but you can watch them in any order. Choose the film you feel most drawn to next. That's what will work best for you. It's like choosing what you want to eat from a menu, except you're choosing what you want to watch.

When you watch them, you must give your full attention to each one. Take notes if you want. Every time you're buying or eating food, think about the films and make your choices accordingly. Your subconscious is astoundingly powerful. Once you gain awareness, you will have the confidence, will-power and strength you need to succeed.



In the upcoming months, do not allow skeptics to derail or discourage you. Decrease your time with nay-sayers and increase your time with encouragers. As you progress on the Film Diet, you'll find it easier and easier to go out of your *weigh* to change eating habits in ways you never imagined.

If you regularly eat with your spouse, kids or others who live

with you, it's helpful if you do the Film Diet as a team. But regardless of whether or not others join you, you can do this on your own. Just as you feed your body each day, you can and must feed your mind each week.

Begin the Film Diet Plan today. Later you will look back and know that it was one of the best decisions you ever made in your life. Dim the lights. The show is about to begin. And you're the star.

Following is the list of films along with trailers and links to where you can find them. Your mind meal is about to begin. You're about to tap into a new energy source that's just as important as food. It's time for you to choose something from the menu:

### **A Delicate Balance (2008)**

Learn more about the film and watch it for free at [ADelicateBalance.com.au](http://ADelicateBalance.com.au).

### **All Jacked Up (2008)**

[Click here to get the All Jacked Up DVD](#). Learn more about the film at [AllJackedUp.com](http://AllJackedUp.com).

### **A River of Waste: The Hazardous Truth About Factory Farms (2009)**

[Click here to get River of Waste](#). Learn more about the film at [ARiverOfWaste.com](http://ARiverOfWaste.com).

### **Bad Seed: The Truth About Our Food (2006)**

[Click here to get Bad Seed](#). Learn more about the film at [BadSeed.info](http://BadSeed.info).

## **Dirt! The Movie (2009)**

[Click here to get Dirt! The Movie.](#) Learn more about the film at [TheDirtMovie.org](http://TheDirtMovie.org).

## **Earthlings (2005)**

[Click here to get Earthlings.](#) Learn more about the film at [Earthlings.com](http://Earthlings.com).

## **Farmageddon (2011)**

[Click here to get Farmageddon.](#) Learn more about the film at [FarmageddonMovie.com](http://FarmageddonMovie.com)

## **Fast Food Nation (2006)**

[Click here to get Fast Food Nation.](#)

## **Fat, Sick & Nearly Dead (2010)**

[Click here to get Fat, Sick & Nearly Dead.](#) Learn more about the film at [FatSickAndNearlyDead.com](http://FatSickAndNearlyDead.com).

## **Fed Up! (2002)**

[Click here to get Fed Up!](#)

## **Food, Inc (2008)**

[Click here to watch Food, Inc. on Documentary Addict.](#)

## **Food Fight (2008)**

[Click here to watch Food Fight for free on Films for Action.](#)  
Learn more about the film at [FoodFightTheDoc.com](http://FoodFightTheDoc.com)

## **Food Matters (2008)**

[Click here to get Food Matters.](#) Learn more about the film at [FoodMatters.tv](http://FoodMatters.tv).

## **Forks Over Knives (2011)**

[Click here to get Forks Over Knives.](#) Learn more about the film at [ForksOverKnives.com](http://ForksOverKnives.com).

## **Fowl Play (2008)**

[Click here to get Fowl Play.](#) Learn more about the film at [FowlPlayMovie.com](http://FowlPlayMovie.com)

## **Frankensteer (2005)**

[Click here to watch Frankensteer for free at Films For Action.](#) Learn more about the film at [BullFrogFilms.com](http://BullFrogFilms.com).

## **Fresh (2009)**

[Click here to get Fresh.](#) Learn more about the film at [FreshTheMovie.com](http://FreshTheMovie.com).

## **Genetic Roulette: The Gamble of Our Lives (2012)**

[Click here to watch Genetic Roulette for free on YouTube.](#) Learn more about the film at [GeneticRouletteMovie.com](http://GeneticRouletteMovie.com).

## **Hungry for Change (2012)**

[Click here to get Hungry for Change.](#) Learn more about the film at [HungryForChange.tv](http://HungryForChange.tv).

## **Ingredients (2009)**

[Click here to get Ingredients.](#) Learn more about the film at

[IngredientsFilm.com](http://IngredientsFilm.com)

## **Killer at Large (2008)**

[Click here to get Killer at Large](#). Learn more about the film at [KilleratLarge.com](http://KilleratLarge.com).

## **King Corn (2007)**

[Click here to get King Corn](#). Learn more about the film at [KingCorn.net](http://KingCorn.net).

## **Mad Cowboy (2006)**

[Click here to watch Mad Cowboy for free on YouTube](#). Learn more about the film at [MadCowboy.com](http://MadCowboy.com).

## **McLibel (2005)**

[Click here to get McLibel](#).

## **Peaceable Kingdom: The Journey Home (2012)**

[Click here to get Peaceable Kingdom](#). Learn more about the film at [PeaceableKingdomfilm.org](http://PeaceableKingdomfilm.org).

## **Planeat (2010)**

[Click here to watch Planeat](#). Learn more about the film at [Planeat.tv](http://Planeat.tv).

## **Processed People (2009)**

[Click here to get Processed People](#). Learn more about the film at [ProcessedPeople.com](http://ProcessedPeople.com).

## **Seeds of Death: Unveiling the Lies of GMOs (2012)**

[Click here to watch Seeds of Death free on YouTube.](#)

## **\$tatin Nation: The Great Cholesterol Coverup (2012)**

[Click here to get \\$tatin Nation.](#) Learn more about the film at [StatinNation.net](http://StatinNation.net).

## **Supersize Me (2004)**

[Click here to watch Supersize Me for free on YouTube.](#)

## **Sustainable Table: What's on Your Plate? (2006)**

[Click here to get Sustainable Table.](#) Learn more about the film at [SustainableTableMovie.com](http://SustainableTableMovie.com)

## **Sweet Misery: A Poisoned World (2004)**

[Click here to watch Sweet Misery for free on YouTube.](#)

## **The Future of Food (2004)**

[Click here to get The Future of Food.](#) Learn more about the film [TheFutureofFood.com](http://TheFutureofFood.com)

## **The Harvest (2011)**

[Click here to get The Harvest.](#) Learn more about the film at [TheHarvestFilm.com](http://TheHarvestFilm.com)

## **The Perfect Human Diet (2012)**

[Click here to watch The Perfect Human Diet on YouTube.](#) Learn more about the film at [PerfectHumanDiet.us](http://PerfectHumanDiet.us).



## Vegucated (2010)

[Click here to get Vegucated](#). Learn more about the film at [GetVegucated.com](http://GetVegucated.com).

The Film Diet Plan is a good partner to other healthy diet plans. If you have friends or family members who are struggling with their health or weight, pass this on. You'll reach your goals quicker if you discuss the films with them. The more you talk, the better. It keeps your mind and mouth occupied with talking rather than eating. [DW](#)

Did you know the US has [more attorneys per capita than any other country in the world](#)? For those of you who live in the United States of American Lawyers, I need to include a disclaimer. So here's your warning. Please consult with your doctor before starting any diet plan. In this case, please consult with your optician before watching any of these films.

If you have any questions about the Film Diet Plan, feel free to contact me privately or leave a comment below. Check back regularly for updates on the films or the diet plan. And please keep me posted on how you're doing. Don't rush through the films or your meals. A slower pace will help you reach your goals quicker.



SlowFoodUSA.org  
g