

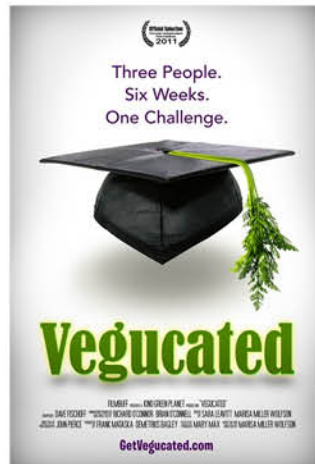


Getting a Vegucation

By Candice Schreiber

DURING THE FESTIVITIES OF THE VEGETARIAN FOOD FAIR IN TORONTO, the veg savvy documentary

Vegucated was premiering at the Toronto Independent Film Festival. The movie features three test subjects challenged to go Vegan for 6 weeks. The film was written and directed by Marisa Miller Wolfson, a passionate food activist. The opening scene is a comical and informative piece describing exactly what a vegan is and a bit about why Marisa went vegan. It then follows three test subjects from all different backgrounds; Ellen, a single mother of two, Tesla, a Honduran college student who loves her dad's meaty meals, and Brian, a meat loving bachelor. The subjects are followed through their individual experience with going vegan. Their health is monitored by world renowned plant based enthusiast Dr. Joel Fuhrman. In addition, facts and figures are given regarding the effects of factory farming on the planet as well as how the overall health of westerners has declined in direct correlation to increased meat and dairy consumption, and movement away from a plant based diet. The documentary has an overall jovial tone but there are difficult scenes depicting the suffering and mistreatment of animals. The documentary is on par with Forks Over Knives for getting people to look at their food differently. Marisa feels that "Even if viewers don't feel like they can go from zero to vegan right away, they can still be part of the solution by going more plant-based". Her "hope is that there will be people who see this film, have a good time, learn a thing or two, be inspired, then share it with friends, family, and their community." **JE**



SET YOUR INTENTION
immerse yourself

10 DAYS UNLIMITED YOGA \$20*



The Yoga Sanctuary

College St
Toronto Central
416.928.3236

Danforth Ave
Toronto East
416.461.6161

Richmond Hill
905.508.9642

Oakville
905.842.9642

theyogasanctuary.net

*Offer is for first time students only.