



Below is a list of movies that can help you through your wellness journey. Some are available on Netflix, YouTube and Amazon. Some are free of charge and some are for purchase only. Grab a cup of tea or a glass of infused water and enjoy!!

Movies For Your Physical Health

Food Matters
Vitality
Food Inc.
The Shift
Supersize Me
You Can Heal Your Life
Forks Over Knives
Sicko
Fat, Sick & Nearly Dead
The Cure Is
Hungry For Change
Fed Up
The Sugar Film
The Future of Food
What The Health
Fat Head
Bite Size
A Place At The Table
The Beautiful Truth
Food Stamped
Planeat
The Healthcare Movie

Movies for Your Emotional Health

The Shift

You Can Heal Your Life

The Secret

The Compass The Secret 2