

FOR IMMEDIATE RELEASE



**YOUR HEALTH IS IN YOUR HANDS: “HUNGRY FOR CHANGE”
RELEASES OCTOBER 2 ON DIGITAL AND DVD**

“This inspiring film has the power to transform your health!”—Tony Robbins

September 20, 2012 – New York, New York – What is preventing us from having more energy, an ideal body and beautiful, younger-looking skin? Do diets really work and how do we live a healthier lifestyle?

From the creators of the best-selling documentary *Food Matters* comes a hard-hitting film certain to change everything you thought you knew about food and nutrition. **HUNGRY FOR CHANGE** exposes secrets the diet, weight loss and food industries don't want you to know about strategies designed to keep you coming back for more. Today, more than two-thirds of U.S. adults are obese or overweight and the film addresses the dangers behind sugar and fad diets that are increasing the obesity rate around the country.

Cinedigm Entertainment Group's Docurama Films will release **HUNGRY FOR CHANGE** on DVD and digital on October 2. The film features leading experts in nutrition and natural medicine and challenges our views on weight loss strategies and the foods we eat.

HUNGRY FOR CHANGE presents new lessons on the basics of health and nutrition and provides surprising facts and statistics from health experts and those who have transformed their bodies and improved their health. Highlights from the film include:

- Overcoming food addictions and cravings
- The truth behind “diet” and “fat-free” products
- Dangerous chemicals in food and how to read labels in the supermarket
- Deceptive marketing and its contribution to the obesity epidemic
- The dangers of sugar and why it acts as a drug
- The truth about diets and why fad diets don’t work
- The benefits of detoxification and cleansing with juices
- Visualization and the power behind your thoughts

The film includes an excerpt from Jamie Oliver’s talk about childhood obesity and sugar at the 2010 Technology, Education, Design (TED) conference and features interviews with Dr. Alejandro Junger (*Clean*); Dr. Christiane Northrup, best-selling author (*Women’s Bodies, Women’s Wisdom*); David Wolfe, author (*Eating for Beauty*); Daniel Vitalis, leading expert on wild foods and natural medicine; Dr. Joseph Mercola, author and osteopathic physician; Jason Vale, author (*7lbs in 7 days*); Jon Gabriel, best-selling author (*The Gabriel Method*); Kris Carr, best-selling author (*Crazy Sexy Diet*); Mike Adams, editor and founder of NaturalNews.com; Evita Ramparte, health journalist; Frank Ferrante, subject of the film, *May I Be Frank* and Joe Cross, director of *Fat, Sick and Nearly Dead*.

A companion book, *HUNGRY FOR CHANGE: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health*, (HarperOne; October 2012; Hardcover) releases day-and-date with the DVD. Written by filmmakers James Colquhoun and Laurentine ten Bosch, the book features many of the health experts from the documentary, patient success stories and more than 100 delicious, healthy recipes.

HUNGRY FOR CHANGE is directed by James Colquhoun and Carlo Ledesma; executive produced by James Colquhoun, Laurentine ten Bosch and Enzo Tedeschi; featuring music by The John Butler Trio; edited by Enzo Tedeschi and cinematography by James Colquhoun. Bonus features include extended interviews, the “Food Matters” and “Hungry for Change” trailers, and an 8-page excerpt from the book, written by James Colquhoun.

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| Pricing: | \$29.95 US |
| Runtime: | 89 mins. + extras |
| Rating: | NR |
| Catalog #: | NNVG278621 |
| Language: | English |
| Color: | Color |
| Audio Format: | Dolby Digital 2.0 Surround |
| Genre: | Documentary |

About Docurama Films

In 1999, **Docurama Films®** launched with the first feature documentary ever available on DVD: D.A. Pennebaker's "Bob Dylan: Dont Look Back." Twelve years and 300 award-winning, highly-acclaimed titles later, Docurama continues to discover and release the greatest non-fiction films of our time while spreading the word about filmmakers who are taking the form to new heights. Docurama's catalog features the performing and visual arts, history, politics, the environment, ethnic and gender interests, and all-time favorites including "The Wild Parrots of Telegraph Hill," "Andy Goldsworthy: Rivers and Tides" and "King Corn." Recent titles include the Oscar®-nominated films "Gasland," "Hell and Back Again" and "Paradise Lost 3: Purgatory." www.docuramafilms.com

About Cinedigm Entertainment Group

Cinedigm Entertainment Group, a division of Cinedigm Digital Cinema Corp. is a state of the art digital distributor of award-winning independent films and alternative content. CEG has released close to 200 independent films and alternative content events over the last few years, with past releases ranging up to 1,000 screens based on content and audience footprint. Films released by Cinedigm include: "Life In A Day," directed by Kevin McDonald; "The Ward," directed by John Carpenter; "Smell of Success," featuring Billy Bob Thornton, Téa Leoni and Ed Helms; Foo Fighters documentary, "Back & Forth," directed by Oscar® winner James Moll; and Peter Bogdanovich's "Runnin' Down A Dream," with Tom Petty and the Heartbreakers. Current and upcoming CEG films include "No Room For Rockstars," Parris Patton's documentary chronicling the Vans Warped Tour; "Like Water," directed by Pablo Croce; "The Invisible War," directed by Kirby Dick; "Citadel," directed by Ciaran Foy; "In Our Nature," starring John Slattery; and "22 Bullets," starring Jean Reno and produced by Luc Besson.

Additionally, Cinedigm delivers feature films, TV programs and web originals via digital download, streaming, video-on-demand, Blu-ray, and DVD. The company's library includes award-winning documentaries from Docurama Films®, next-gen indies from Flatiron Film Company®, including international blockbuster "Elite Squad: The Enemy Within," and acclaimed independent films and festival picks through partnerships with the Sundance Institute and Tribeca Film. Cinedigm is proud to distribute many Oscar®-nominated films including "Hell and Back Again," "GasLand," "Waste Land," "The Secret of Kells," "Paradise Lost 3: Purgatory" and "Chico & Rita." Cinedigm™ and Cinedigm Digital Cinema Corp™ are trademarks of Cinedigm Digital Cinema Corp and Cinedigm Entertainment Group. [CIDM-G] www.cinedigm.com.

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For Box Art:

<http://www.newvideo.com/docurama/hungry-for-change/>