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Overfed & Undernourished: 11-Year-Old Boy Delivers Important Dietary and Lifestyle Lessons in New Documentary

World Health Organization predicts one billion people will be obese by 2030 if current health trends continue

Overfed and Undernourished is an upcoming feature documentary exploring the underlying causes of most modern health issues and the astonishingly simple solution everyone can benefit from. Produced by Australian-based film company Evolvee, it follows the journey of 11-year-old Liam after the death of his mother and the struggles and ultimately successes to regain his health.

With help from his Aunty and Uncle, this inspiring young boy makes some transformational life changes, from moving away from home and changing schools to getting back to basics by learning to move his body, express his emotions, and fuel himself with wholesome organic foods.

Following the lead of such influential health films as Hungry for Change, Food Matters, and Forks Over Knives, Australian director Troy Jones hones in on their shared idea of a great societal need to reconnect to the natural world.

With 25% of children and 67% of adults in Australia obese or overweight, Liam’s problem is not uncommon, but, as the film illustrates, the treatment is more readily attainable than most people think. Speaking with leading experts in health and nutrition, such as influential international speaker Don Tolman, filmmaker Joe Cross (Fat Sick & Nearly Dead), and doctors Dr. John Demartini, Dr. Anthony Gollé and Dr. Arne Rubinstein, we are told we need to stop consuming processed factory-made foods and start living off the land again to reclaim our health.

"If you eat too much food made by people in white coats… you end up seeing people in white coats,” says Joe Cross, who has dedicated himself to the cause since his personal success of treating his severe health issues with wholesome foods and a now famous health trend known as “juicing.”

Obesity has more than doubled in Australia since 1989, making the country’s unprecedented rise in obesity related health issues an epidemic. The experts in Overfed and Undernourished believe the causes are primarily due to the foods we eat, the reasons we eat, and the loss of connection we have to each other – People are too often connecting to their smartphone, tablet, or game console than to other human beings.

Dr. John Demartini, a leading human behaviour specialist and author, identifies the psychology behind the emotional and physical health issues most people face. Talking of food specifically, he points out the obsession society has with it: "I'm amazed at how many people, while they're having lunch, are already thinking about what they're going to do for dinner… They're basically living from food to food instead of living their life and using food to sustain what's inspiring to them.”
Our modern fast-paced technology-obsessed society might defy the concept, but most of the film’s speakers stress the importance of grass-roots actions, with inspirational speaker Don Tolman saying, "One of the healthiest things we can do for ourselves and the generations that are coming up is to get them involved in planting, growing and harvesting foods from their own garden."

Watching Liam’s transformation we are shown real examples of this advice being followed and are moved by the positive changes taking place his life. Through these changes the film encourages the audience to question the quality of their own diet, lifestyle, and personal bonds, asking us the fundamental question - Are you really nourishing yourself?

Whether you’re already health-conscious or not, you will walk away from this film inspired to reconnect with your body, your relationships, and your world.

Overfed and Undernourished will be released worldwide May 2014. For more information about the film go to http://www.overfedandundernourishedmovie.com/

ABOUT EVOLVEE
Evolvee is an Australian-based film & television company that produces, markets and distributes entertaining and informative content across multiple platforms around the world.

ABOUT TROY JONES
Troy Jones is an Australian, Gold Coast-based film director and producer at Evolvee, currently working on social impact films in the health and wellness documentary genre. http://linkedin.com/in/troyjones71

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