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Research Paper

Fat, Sick, and Nearly Dead is an interesting documentary about a man from Australia comes to America to try to lose weight. The documentary begins with a man named Joe Cross. Joe is overweight and suffering from an autoimmune disease that affected his skin. Joe wanted to change his life and his eating habits, by doing this he decided to do a Juice Cleanse. The only thing Joe could eat for 60 days was fruits and vegetables. He wasn’t allowed to consume meat, carbohydrates, and dairy products for 60 days. As you watch the documentary you can tell he is losing the weight and he doesn’t look as sick as he did at the beginning of the film.

Not only does the film focus on Joe Cross, but it also focuses on a man a named Phil Staples. When Joe met Phil he was an overweight truck driver from Iowa who had the same autoimmune disease as Joe. Later on in the film, Joe had gone back to Australia and receives a phone call from Phil saying that we wanted to change. He wanted to try the juice cleanse and feel better and not sick all time. Joe goes back to America and helps Phil lose weight. By the end of the film, both men look impeccable and have really changed their lives for the better.

The reason why I chose this documentary is because I have heard of juice cleanses and I was curious about the effects it has on the body. When you go without certain foods your body is not getting the nutrients it needs and I wanted to see how it affected Joe’s body. You have this man who loved to eat junk food and didn’t exercise. What intrigued me the most about Joe is the fact that he wanted to change. He wanted to change himself for the better. He was also wanted to speed up the process of change. Most people take it slowly, but Joe plunged himself into the challenge and was able to lose large amount of weight and in the process help other people around him.

The writer and director of the film/documentary is a man named Joe Cross. Joe didn’t have much a nutritional background. He was an overweight Australian that wanted to change himself for the better. He decided to do a documentary to show his journey through the experience of losing weight and impacting other people. I think Joe before he began his journey had to do some research. In the documentary he went a saw different physicians and experts to help him along in his journey. He also had those experts speak in the documentary to support him in the film.

This documentary was produced in the year 2010. It was only about 7 years ago when the movie first came out. I don’t think times have changed that much. There are plenty of information now to help people with losing weight. I also think that we have more information on the interest about the importance of eating healthy and the consequences of not taking care of yourself. Although, there are plenty of information about eating healthy and juice cleanse there are also more ways to lose weight in an unhealthy manner, like diet pills and fad diets to help you lose weight quickly. This can be very harmful on your body.

In the video they far exceed the recommended intake of fruits and vegetables. It is recommended in the textbook that people should consume at least 5 servings of fruits and vegetables a day (Wardlaw, Smith, and Collene 339).

In the book it also says to increase intake of low-fat dairy products such as skim milk. The book also says to increase intake of whole grains. In the movie they practically cut out all dairy, grains, and meat products from their diets. But only for about 60 days and then it is recommended to slowly add the other nutrients back into your diet and to stay away from processed foods.

 In the movie they also talk about exercise along with juicing to help keep the weight off and get tin the habit of exercising. But it doesn’t talk about what kind of exercise and how often we should be doing it. In the book it said that adults should be doing 150 minutes of moderate intensity and 75 minutes of vigorous exercise (Wardlaw, Smith and Collene 48). I think this movie was mainly focused on the food intake rather than exercise but it did mention that it is important.

While watching this documentary I gained a new perspective on people. People know they are overweight and some of them want to change they just don’t really know how or where to start. Joe took it upon himself to help himself lose weight and he had the willpower to do so. By doing so he was able to help other people like Phil Staples. Phil knew that he was overweight and didn’t feel good most of the time, but he didn’t know where to begin or where to receive the help he needed. With Joe’s influence he realized that he could help himself and change his life for the better. I realize now you can’t force healthy eating upon other people. Joe never forced Phil to eat healthy he just simply suggested that cleanse would help him feel and look better. Joe helped people realize that they needed to help themselves and nobody else can help them until they make that decision for themselves.

I admit after watching this documentary I wanted to jump right into a juice cleanse. He made me excited about drinking juice at every meal. I saw the change it made on Joe and Phil and how they looked and felt about themselves changed. Their countenance changed. I think having a good amount of fruits and vegetables are very good for you, but I don’t think we should cut out all other food groups’ together. I think everything in moderation. Carbohydrates, meat, dairy products, and good fats are still important and needed for your body to be healthy. I think as society we should not consume so much processed food and try to be as natural as possible. But it’s not only the food that matters, it’s also the physical exercise out bodies need. Not only did Joe and Phil change their eating habits, but they also changed how physically active they are. You see Phil in documentary begin running. He didn’t start running marathons but he did start swimming and running to help lose and keep off the weight.

 It think this video really changed how I look at myself and other people. We’re all trying to make it in life and if we want to we can change our lives for the better by exercising and eating right. Juicing may not be for everyone and if it affects your health in a negative way then I definitely don’t recommend it, but if you can, give it try it may change your life.

Works Cited

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