



America the Beautiful 2: The Thin Commandments Synopsis

What fuels Americans obsession with weight? Our collective waistline is expanding faster than ever and dieting is a national obsession. But is our fixation on diet and exercise born purely from a look in the mirror, a desire to get healthier, or are there more insidious forces at work?

Following up on his successfully distributed grassroots documentary film, America the Beautiful, award-winning documentary filmmaker Darryl Roberts now turns his attention to our quest for thinness in America the Beautiful 2: The Thin Commandments.

In what once was predominantly a woman's issue, more and more men are being targeted by advertisers to lose weight and bulk up to resemble the Adonis images on the cover of men's magazines.

Roberts's provocative new documentary examines America's dieting epidemic and the collateral damage that results. During his journey, he discovers a plethora of insidious factors contributing to America's body dissatisfaction, many of which are being promoted by doctors, schools, and even our government. Roberts questions the promotion of weight loss surgeries, fad diets, disordered eating, and a nationwide fear of fat that causes panic whenever our Body Mass Index passes the number 25.

Is it possible that, although we have superior health care and medicine than past generations, we are actually becoming less healthy? Are crash diets and emergency weight loss surgeries part of the problem instead of the cure?

Roberts' witty exploration of America's unhealthy obsession with dieting and our current obesity crisis takes us on a journey through the pitfalls and triumphs of individuals caught up in a weight loss dilemma, including himself. Roberts uncovers astonishing facts from industry leaders and icons such as Deepak Chopra, Dr. Howard Shapiro, Carolyn Costin, Linda Bacon, Paul Campos, Jon Robinson, Supermodel Beverly Johnson and Evelyn Tribole.

America the Beautiful 2: The Thin Commandments dives head-first into the multi-billion dollar "obesity" industry to find out what Americans are willing to believe, buy and do to lose those extra pounds, and why it may just be costing them their health.

Carolyn Costin's Feature

Carolyn Costin, a therapist, an author and a renowned eating disorder expert is featured in the film. The subtitle of the film, The Thin Commandments came from a chapter in her book, "Your Dieting Daughter". Carolyn speaks out in the documentary about the dangers and damages of dieting, of how a diet can lead to a disorder and of the serious consequences that can result. One of Carolyn's former patients is depicted in the film as she is struggling both with her eating disorder and with getting her insurance company to pay for the necessary treatment.