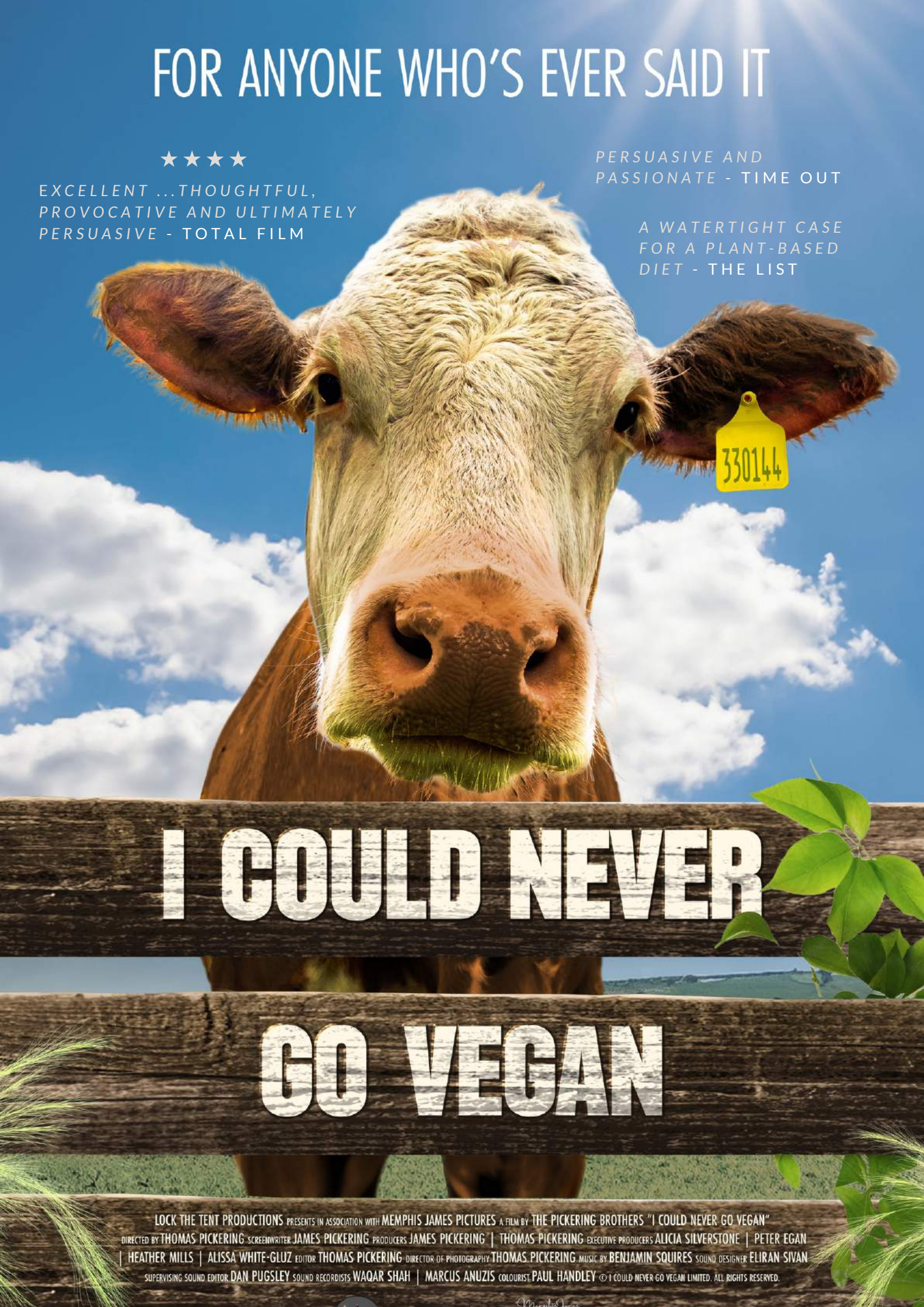

FOR ANYONE WHO'S EVER SAID IT
★★★★
EXCELLENT ...THOUGHTFUL, PROVOCATIVE AND ULTIMATELY PERSUASIVE - TOTAL FILM
PERSUASIVE AND PASSIONATE - TIME OUT
A WATERTIGHT CASE FOR A PLANT-BASED DIET - THE LIST
330144
I COULD NEVER GO VEGAN
LOCK THE TENT PRODUCTIONS PRESENTS IN ASSOCIATION WITH MEMPHIS JAMES PICTURES A FILM BY THE PICKERING BROTHERS "I COULD NEVER GO VEGAN"
DIRECTED BY THOMAS PICKERING SCREENWRITER JAMES PICKERING PRODUCERS JAMES PICKERING | THOMAS PICKERING EXECUTIVE PRODUCERS ALICIA SILVERSTONE | PETER EGAN | HEATHER MILLS | ALISSA WHITE-GLUZ EDITOR THOMAS PICKERING DIRECTOR OF PHOTOGRAPHY THOMAS PICKERING MUSIC BY BENJAMIN SQUIRES SOUND DESIGNER ELIRAN SIVAN
SUPERVISING SOUND EDITOR DAN PUGSLEY SOUND RECORDISTS WAQAR SHAH | MARCUS ANUZIS COLOURIST PAUL HANDLEY © I COULD NEVER GO VEGAN LIMITED. ALL RIGHTS RESERVED.

# I Could Never Go Vegan









## Synopsis

**Equipped with warmth, humour and a healthy respect for science, filmmaker Tom Pickering sets out on a journey to find out whether the leading arguments facing the vegan movement are justified.**

Born in the 1980's and raised vegetarian, before switching to a vegan diet, Tom Pickering has always believed he's been doing right by the animals, his own health, and - more recently - the planet. Despite this, he still can't go a day without hearing from others why they could never go vegan. From "where do you get your protein" and "soya is killing the rainforests" to "vegan food is expensive" and "climate change doesn't exist", he's heard it all. With no sign of these arguments against his lifestyle choice going away, Tom sets out to investigate the many reasons he's heard over the years, and see if they're unjustified, or whether his upbringing was one big plant based con.

On his journey Tom tracks down several top athletes, witnessing world records, championship successes and an 84-year-old taking part in his sixth ultra-marathon. He speaks to doctors, environmental scientists, psychologists and chefs. At the end of it all, Tom tries to piece together this complex picture as he finds a clear link between the way we treat animals, the effect it has on our planet, and our own health.

Executive Produced by Alicia Silverstone, Peter Egan, and Heather Mills and Featuring Dotsie Bausch (US Olympic Medallist, Cycling), Sophia Ellis (record breaking British powerlifter and Commonwealth Champion), The Happy Pear (Celebrity authors and chefs), Jeremy Reijnderw (Fittest Man in the Netherlands), Lisa Eble (CrossFit Games Athlete & Fittest in Germany) and many more.

## *Production Details*

**Feature Documentary / UK**
**95 min / 2024**

**Production Company**
A Pickering Brothers Production

**Producer** James Pickering
**Exec Producers** Alicia Silverstone, Peter Egan, Alissa White-Gluz, Heather Mills
**Director** Thomas Pickering

**Cast**
Dotsie Bausch, Sophia Ellis, The Happy Pear, Jeremy Reijnderw, Lisa Eble, Tomi Makanjuola, Randal Plunkett

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71-75 Shelton Street, Covent Garden, London WC2H 9JQ www.canoe.film
Sales Contact: Caroline Stern / caroline@canoe.film / +44 (0)7476 854 969