

# CODE BLUE

What Your Doctor Doesn't Know Will Shock You



Theatrical **May 8, 2020**  
DVD, digital HD **May 26, 2020**

**Director:** Marcia Machado

**Producer:** Saray Stancic

**Writers:** Marcia Machado, R.A. Fedde, Emily Kahoud, Saray Stancic

**Cast:** Saray Stancic, M.D., David L. Katz, M.D., Neal D. Barnard, M.D., T. Colin Campbell, Ph.D., Michael Greger, M.D., Caldwell B. Esselstyn, M.D., Dean Ornish, M.D., Kim Williams, M.D.,

**Executive Producers:** Dilip Barman, Marjorie Roswell, Jeff Schrager, Saray Stancic

**Producers:** John Corry, Brian Goodwin, Marcia Machado

**Associate Producers:** Anne Bertasso, Bandana Chawla, Munish Chawla, Emily Kahoud, Donna Tarzian

**Editors:** Brian Goodwin, R.A. Fedde

**Run Time:** 1:37:16

**Trailer:** <https://vimeo.com/373507861>

**Website:** <https://www.codebluedoc.com/>

**Facebook:** <https://www.facebook.com/CodeBluefilm/>

**Twitter:** [https://twitter.com/code\\_blue\\_film](https://twitter.com/code_blue_film)

**Instagram:** [https://instagram.com/code\\_blue\\_doc](https://instagram.com/code_blue_doc)

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**Logline:**

Would you change your habits to live a longer, healthier life? **Code Blue** provides the prescription to do just that. Dr. Stancic's triumphant story will inspire you, and reveal why medicine's most powerful tool is almost never prescribed.

**Short Synopsis:**

**Code Blue** reveals lapses in the current state of medicine and provides a common sense solution by featuring the practice of lifestyle medicine to prevent, manage and reverse chronic diseases. The film presents the hurdles to the proposed shift: antiquated curricula in medical schools, confusion in the media, inadequate government policies, and the underlying influences of the pharmaceutical and food industries.

**Code Blue** follows a passionate physician, Dr. Saray Stancic, as she reflects upon her journey from a multiple sclerosis diagnosis to wellness through her own adoption of lifestyle medicine. Dr. Stancic introduces us to expert physicians and scientists who are paving the way to make meaningful and necessary change in our healthcare environment, and in turn, empowering audiences to stand up and reclaim control of their health.

**Long Synopsis:**

Seven of the top 10 causes of death in America are chronic diseases, two of which, heart disease and cancer, account for nearly 50% of all deaths. US health care costs are approaching 3 trillion dollars per year with 86% of these dollars utilized to manage chronic illness. Peer reviewed medical studies illustrate that by amending lifestyle behaviors including diet, physical activity, cigarette smoking, and body weight, we can prevent nearly 80% of chronic diseases that gravely compromise our quality of life. How do we change this paradigm?

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**Code Blue** follows a passionate physician, Dr. Saray Stancic, as she reflects upon her journey from a multiple sclerosis diagnosis to wellness through her own adoption of lifestyle medicine. Dr. Stancic introduces us to expert physicians and scientists who are paving the way to make meaningful and necessary change in our healthcare environment, in turn, empowering audiences to stand up and reclaim control of their health.

It is time to call a **Code Blue** on the current state of medicine. Pull the paddles, clear...SHOCK the status quo into a healthier future.

**Director's Statement:**

One morning while walking through the halls of my daughter's school, I read a wonderful essay written by her best friend, Emily, which was displayed among others on the wall. Emily wrote that her hero was her mother, who suffered from multiple sclerosis. On a later date, I met Emily's mother, Saray, and discovered her incredible comeback from this disabling disease. Meanwhile, that same year, my sister had been diagnosed with stage IV breast cancer. Feeling helpless in facing her diagnosis, I embarked upon a journey that led me to Saray's lifestyle medicine practice and an eventual collaboration for making this film.

Dr. Saray Stancic has an inspiring story that I wanted to tell, and a powerful message she wanted to communicate. I was eager to learn it, to share with my sister, and ultimately to transform my lifestyle as well.

Sometimes you choose films; other times, films choose you. No matter the order, in my work I look to voice the stories of passionate people who wish to inspire others and pave the way for a better future. Dr. Stancic is one of these people, and she aspires to mold the direction of medicine, one patient at a time; and for this, Code Blue is our prescription.

**About the Filmmaker:**

Marcia Machado was born and raised in Rio de Janeiro, Brazil. Working as an independent producer/director, Marcia Machado makes documentaries dealing with social, cultural and human rights issues in many corners of the world.

While living in Australia, Machado produced a series of instructional and educational videos for Aboriginal communities located in South East Queensland. She has produced over fifty short segments for a children's science show called Globo Ciencia for Globo TV (Brazil), filmed on the East Coast of the United States.

In Israel, she worked as a production coordinator and camerawoman for Pelon Films as well as a field producer for a Brazilian news correspondent. Marcia's first feature called Txai Macedo, was released in 1992, and aired on educational channels in Brazil and Channel 13 in the U.S. as well as at a variety of film festivals. Today the film is part of the Smithsonian Media Collection. Dreaming On: The Story of the Quandamooka People, her second feature documentary, was released in 2014 and has screened in festivals in Europe and in the United States. The film is currently being distributed by the Quandamooka People in Australia.

Since 2002, Marcia has been working as a technical operations supervisor and as an associate director for CBS Broadcasting Network in New York City.

### Featuring the Story of:

**Saray Stancic, M.D.**, is a board-certified Infectious Disease Specialist turned passionate advocate and practitioner of lifestyle medicine. Her pursuit and interest in lifestyle medicine is rooted in her personal story as a patient living with multiple sclerosis. She is the founder of one of the first lifestyle medicine practices in the country, and mentors the Lifestyle Medicine Interest Group at Rutgers New Jersey Medical School. She has conducted clinical studies and has authored several research papers in peer-reviewed medical journals. She eagerly anticipates the release of her first book, *What is Missing From Medicine; Six Lifestyle Changes to Overcome Chronic Illness* in Fall 2020.



### Featuring the Expertise of:

**David L. Katz, M.D.**, is the founding director of Yale University's Yale-Griffin Prevention Research Center, past president of the American College of Lifestyle Medicine, and Founder/President of the True Health Initiative, a non-profit organization established to promote messages about healthy, sustainable diet and lifestyle in the service of adding years to lives and life to years. Recognized globally for his expertise in nutrition, weight management, and the prevention of chronic disease, he reaches a social media following of nearly one million.

**Neal D. Barnard, M.D.**, is perhaps the world's most respected authority on plant-based diets. He is a faculty member of the George Washington University School of Medicine and President of the Physicians Committee for Responsible Medicine. Dr. Barnard is editor-in-chief of the Nutrition Guide for Clinicians, and editor of Good Medicine. He is a New York Times bestselling author and has been principal investigator of several clinical trials published in peer-reviewed medical journals.

**T. Colin Campbell, Ph.D.**, has been dedicated to the science of human health for more than 60 years. His primary focus is the association between diet and disease. He is largely known for The China Study, one of the most comprehensive studies of health and nutrition ever conducted and recognized by The New York Times as the "Grand Prix of Epidemiology". Dr. Campbell's profound impact also includes extensive involvement in education, public policy, and laboratory research.

**Michael Greger, M.D.**, is an internationally-recognized lecturer, physician, and founder of the non-profit NutritionFacts.org. Dr. Greger is a founding member of the American College of Lifestyle Medicine and author of *The New York Times* bestselling book, How Not to Die. He is a graduate of Cornell University School of Agriculture and Tufts School of Medicine.

**Caldwell B. Esselstyn, M.D.**, is a distinguished and highly decorated physician, researcher, thought leader and role model. Beyond his extraordinary body of work in the field of medicine, he is also an Olympic gold medalist and recipient of the Bronze Star for his service as an army surgeon in Vietnam. He is best known for his benchmark long-term nutritional research on arresting and reversing coronary artery disease in severely ill patients. He went on to publish comprehensive long term findings in his book, Prevent and Reverse Heart Disease, making it one of the longest longitudinal studies of its type.

**Dean Ornish, M.D.**, is resoundingly recognized as a leader in health, healthcare and medicine. His series of scientific research studies have been empowering the way millions of people think about the simple lifestyle choices they make each day in dynamic relation to their health and wellbeing. He has significantly impacted global awareness of the practice of lifestyle medicine. He is a revolutionary thought leader, a professor, a beloved author and respected advisor to some of the world's most powerful leaders.

**Kim Williams, M.D.**, is the past president of the American College of Cardiology, and Professor and Chief of the Division of Cardiology at Rush University Medical Center. He has been the author of more than 30 original articles, and more than 75 review articles, position statements and editorials published in peer-reviewed journals, as well as more than a dozen textbook chapters. Dr. Williams personally began following a plant-based diet in 2003, and professionally strongly advocates for the adoption of a plant-based diet to prevent cardiovascular disease. His recent research efforts have also examined the impact of health care disparities in contemporary society.