

Outside In ★★★

(2009) 61 min. DVD: \$298. Icarus Films. PPR.

Katherine Deutch Tatlock's nine-year-project documents one woman's unique approach to receiving a cancer diagnosis. With an astrophysicist for a father and a schizophrenic for a sister, it isn't a complete surprise that Katherine "Kasia" Clark became a doctor. The family practitioner was 42 when she found out she had advanced ovarian cancer, a disease more common in women over 60. Prior to that point, three gynecologists told her she had fibroids and didn't need surgery, but she knew something more serious was going on. Although she would beat the odds, her oncologist initially gave her one to two years. In telling Clark's story, Tatlock also includes comments from Clark's doctors, parents, and partner. Not one to take things easy or slow, Clark underwent surgery, chemotherapy, and psychotherapy, while also ramping up exercise (running, swimming, skiing, and rock climbing). Over the years, two additional surgeries would follow, although she experienced a six-year remission in between. The interdisciplinary exercise regimen would lead her to become a triathlete, and she also followed a strict diet and pursued a variety of artistic endeavors, ranging from violin playing to experimental filmmaking. She's especially forthcoming about some of her unusual treatments and unexpected reactions, like a primal scream-type process and an attraction to a male doctor, despite her 11-year relationship with a woman (Clark identifies herself as bisexual). She also successfully sued the doctors who misdiagnosed her. Clark's take-no-prisoners attitude will surely inspire some viewers, while putting off others, especially since she let her partnership suffer in her quest for new experiences. But who's to say how one should react when given such a dire prognosis? Recommended. Aud: C, P. (K. Fennessy)



of life, explaining how taking charge of our biology and making different lifestyle choices can add years. Lodge calls the human body a machine constantly running a gauntlet between growth and decay. Not surprisingly, his advice involves exercise, portion control in dieting, and limiting snacking between meals. In addition to covering topics such as aerobic exercise and strength training, Lodge also emphasizes the more psychological aspects of the subject, including the power of emotions, the value of touch, and the importance of forming connections at work, in church, and with the community. Bonus features include a Q&A session with Lodge and a featurette on "The New Longevity." Recommended. Aud: P. (S. Rees)

CHILDBIRTH & PARENTING

Made in India ★★★

(2010) 97 min. In Hindi & English w/English subtitles. DVD: \$89; public libraries & high schools; \$295; colleges & universities. Women Make Movies. PPR.

Filmmakers Rebecca Haimowitz and Vaishali Sinha's *Made in India* considers the rise of medical tourism through the experiences of one couple: San Antonio-based Lisa and Brian Switzer, who have tried everything to conceive and failed, so the couple look into the possibilities of a surrogate mother, except the costs turn out to be beyond their means. Although not opposed to adoption, the Switzers' see

it as a last resort. Then they find out about Planet Hospital, which offers lower prices by drawing on Indian resources, including surrogates: instead of \$50,000-\$100,000, the pair are looking at \$12,000. The directors travel to Mumbai to present both sides of the story, the Switzers' and that of Aasia Khan, their surrogate, although the parties don't meet until much later. Muslim house-cleaner Khan, who has three children of her own, learned about surrogacy opportunities from her sister-in-law (only married women can participate). Although she doesn't disclose the payment, Aasia says she's getting \$2,000-\$3,000 (the film elsewhere cites higher surrogacy estimates—in the range of \$4,000-\$7,000). In addition to lower costs, Dr. Kadam, a fertility specialist, points out India offers shorter waiting periods. And, indeed, four months later, Aasia is carrying twins...and expecting more money. After the Switzers return to the States, the media's interest in third-party reproduction kicks into high gear, and they end up on NBC's *Today Show*, where viewers voice worries about the ethical ramifications. Along the way, other medical and legal complications arise, with consulate and hospital representatives speaking to the various issues. While the filmmakers withhold judgment, it's hard not to at least cast a skeptical eye on the proceedings. Sure to spark discussion, this is recommended. Aud: C, P. (K. Fennessy)

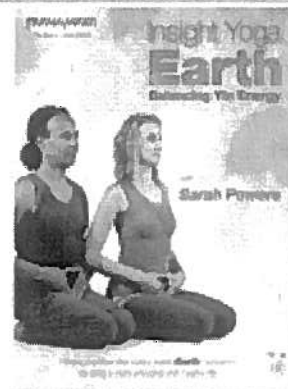
Resilience ★★★

(2010) 75 min. DVD: \$59; public libraries; \$229; colleges & universities. Seventh Art Releasing. PPR.

Tammy Chu's emotionally involving

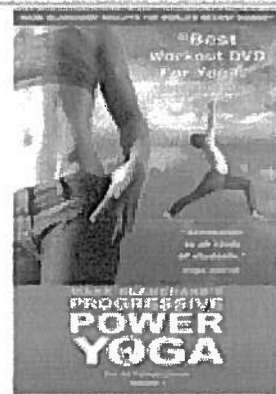
DVD Picks

Sponsored by BayView Entertainment



PRANAMAYA INSIGHT YOGA: EARTH BV9258, \$24.99

Insight yoga recognizes that our health and vitality depends on a free flow of energy in both our lower body, the earthly 'yin' region, and our upper body, the heavenly 'yang' region. The practices on this DVD cultivate a balance of these two vital forces by enhancing the Earthly grounding aspects of our nature, using a combination of yoga movement, held postures and skillfully guided meditations. This is a perfect addition to your fitness & wellness DVD catalog. Also Available - Pranamaya Insight Heaven (BV9259, \$24.99).



PROGRESSIVE POWER YOGA V.1 BAY180, \$14.99

Hollywood's hottest yoga trainer to the stars, Mark Blanchard, leads a dynamic and powerful workout guaranteed to change your body and your perception of yoga. This upbeat, make-you-sweat DVD series is divided into three separate volumes that will help you lose weight, increase energy and longevity, and firm up your body. Each DVD showcases a different, invigorating workout, containing 60 minutes of high energy, flowing, standing postures followed by 30 minutes of abdominal training, balance poses and deep cool down stretches. Also available: Volume 2 (BAY181) and Volume 3 (BAY182) - \$14.99 each.



Order from your distributor or
call BayView at 201-488-6110
WWW.BAYVIEWENTERTAINMENT.COM