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Dear fellow medical practitioner,

Many of you have said that if you weren't willing to embrace a particular diet-style yourself, then it wouldn't be right for you to recommend that your patients embrace such a diet.

To me, that is a big problem---and here's why. As physicians, we have the responsibility to provide our patients with the very best advice available when it comes to their health. That means telling them the complete truth about certain diet-styles that some may have previously been considered "extreme." Why is that? Because there is now a mountain of evidence that supports the fact that humans should be eating far more whole plants and far less meat, dairy, eggs, fish and highly-processed foods.

What does all this mean to our patients? For starters, it means that their heart disease and type 2 diabetes are both completely reversible in over 90% of the cases and it means that most cancers can be prevented if a superior diet is adopted early enough in life. While this "mountain of evidence" has pretty much been hidden from the public until now, I think that they now deserve to hear the powerful truth about nutrition. And the primary access vehicle to that truth is their physician; whether or not that physician is willing to adopt that superior diet-style him/herself.

Consider the millions of patients out there who would think that open heart surgery, colostomy or early death is much more "extreme" than eating broccoli, beans and apples. How would our patients feel if they found out that we knew about those powerful nutritional truths but chose not to tell them because of our own personal bias? Why should the innocent public not have access to this lifesaving information simply because their physician feels it might be a bit extreme for himself or his family?

Some patients learning about the tremendous impact of a 4leaf diet on health will enthusiastically embrace it. Others won't. But I passionately believe that it should be their choice, and that every patient should be educated to help them make an informed decision

and offered resources and support should they choose to try it. Not doing so is unconscionable. Imagine if we had a medication available that could prevent, reverse or cure 80% of all chronic medical diseases and didn't bother to tell patients about it.

In addition, you might want to consider the financial impact to our nation's cost of healthcare if over 80% of the cases of diabetes and heart disease (and many other maladies) were eliminated. Then there are the environmental benefits that are far more important than human health in the long run. Indeed, our extremely inefficient, harmful and grossly unsustainable Western diet is the primary driver of practically ALL of our most serious environmental problems, including climate change.

The Bottom Line. It's time for the global public to learn the complete TRUTH about nutrition and they won't be learning that truth anytime soon without an enthusiastic endorsement from the physicians they trust and respect. I believe that it is time for all health practitioners to become truly accountable to their patients and tell ALL of them this simple advice from Hippocrates:

"Let food be thy medicine
and medicine be thy food."

In the "Introduction" to our new book, I explained my passion for this topic---that is driven by witnessing the sheer joy experienced by my chronically ill patients who've adopted the 4Leaf diet-style after hearing my enthusiastic recommendation. Do your patients deserve any less?

Finally, in the past year, I have come to believe that this is the single most important topic in the history of humanity---and hardly anyone in the mainstream (medicine, industry, academia, science or government) is taking it seriously. Maybe you will become one of the leaders of this essential movement. For our own health and for the health of our planet.

Kindly feel free to contact me if you would like more information.

Sincerely,

Kerry Graff, MD