Pocket Guide to Vibrant Health
For Ourselves. For Our Planet.

KERRY GRAFF, MD

AND

J. MORRIS HICKS
Author, Healthy Eating, Healthy World
INTRODUCTION

This little book contains everything you need to get started down the road to vibrant health. In the pages ahead, you'll learn all about why you should be eating a more optimal diet---reasons that go far beyond your own health.

You’ll learn all about the simple 4Leaf approach to healthy eating and how to explain it to others. Importantly, you’ll learn how to get started when it comes to things like figuring out what you’re going to eat, getting all the unhealthy stuff out of your kitchen and tips to remember while shopping. We’ll also provide you with some starter recipes and we'll steer you to some great online resources for many more.

Most of the chapters are less than five pages with descriptive titles so that you’ll have no trouble finding what you need. In addition to valuable tips for integrating this healthy way of eating into your busy lifestyle, you’ll also learn how to deal with the plethora of questions, criticisms and unsolicited advice you’ll be receiving from your friends, family and colleagues---as many of them may think that you have lost your mind.

Finally, in addition to a number of success stories as told by Dr. Kerry Graff, the Epilog by J. Morris Hicks chronicles how we got into such a mess in the first place---when it comes to what we should be eating.

In the first chapter, Dr. Graff tells the gripping story of her own enlightenment when it comes to the critical task of simply choosing what to eat. She then explains how she leveraged that newly gained knowledge to begin the joyful process of making good on the incredible failures of her profession.

In later chapters, Dr. Graff grants you a rare peek inside the physician’s office as she gently leads her patients down the pathway to vibrant health. Throughout the book, we strived to tell you everything you need to know in as few words as possible, such as: A near optimal diet = mostly whole, plant-based foods.

Looking for something specific? You can likely find what you need by just glancing at the table of contents. After completing this two-hour read, if there’s anything we may have missed, we encourage you to visit our website at 4leafprogram.com.

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• Take 4Leaf Survey at 4leafsurvey.com