

**“CONCISE AND POWERFUL INFORMATION THAT CUTS TO THE CRITICALLY  
IMPORTANT ISSUES OF PLANT-BASED NUTRITION AND ITS CRUCIAL  
IMPACT ON OUR HEALTH AND OUR PLANET”**

**--W. SHANE WILLIAMS, MD, CARDIOLOGY, INTERNAL MEDICINE  
ONTARIO, CANADA**



**4Leaf<sup>®</sup>**

**GUIDE**

**To Vibrant Health**

**USING THE POWER OF FOOD TO HEAL  
OURSELVES AND OUR PLANET**

**KERRY GRAFF, MD**

**AND**

**J. MORRIS HICKS**

*Author, *Healthy Eating, Healthy World**