

**Top Ten Lists for  
Success**  
**On the 4Leaf Program**  
Focusing on the *why* & the *how*



(Revised on 5-26-15 by J. Morris Hicks, CEO, 4Leaf Global, LLC)

	<b>Why? Reasons for doing this</b>		<b>How? Tips that may help</b>
<b>1</b>	Promote your own vibrant health for the rest of your life.	<b>1</b>	Start your day with a bowl of fresh fruit.
<b>2</b>	Give your own children the gift of health.	<b>2</b>	Eat a bowl of oatmeal (with more fruit) at mid-morning or when you get hungry.
<b>3</b>	Ensure the health of your grandchildren and all of those who follow them in your family.	<b>3</b>	Think “Daily” Goal: Make sure your “routine” meals are in the 4Leaf range.
<b>4</b>	Save \$\$ on your medical bills and avoid the old nursing home.	<b>4</b>	Don’t “plan” to have ANY animal foods in your diet.
<b>5</b>	Reduce your total carbon footprint by 30%.	<b>5</b>	Simple 4Leaf meals and recipes are easy and tasty. (See recipes at <a href="http://4leafprogram.com">4leafprogram.com</a> )
<b>6</b>	Reduce your total water consumption by 90%.	<b>6</b>	When dining out, ask for the “side dishes”--- without oil, salt, butter and cheese.
<b>7</b>	Help to end the needless suffering of billions of animals.	<b>7</b>	Keep it simple; eat lots of raw fruit, carrots, celery, etc. for snacks.
<b>8</b>	Help to feed ten times as many people on the same acreage.	<b>8</b>	If you want to lose weight; easy on avocados, nuts, etc.
<b>9</b>	It’s your chance to be a key part of restoring harmony on our precious planet.	<b>9</b>	Prepare for the unexpected; maximize your score early in the day. (for wiggle room)
<b>10</b>	Help your body seek its ideal weight – effortlessly.	<b>10</b>	If you lose any motivation; re-read the list on your left.

**The Bottom Line.** For promoting health, we believe that adopting a flexible attitude of maximizing whole, plant-based foods in your diet is a much more powerful approach than choosing a strict regimen of trying to avoid ALL animal products. *Be well, from the 4Leaf Global team.*