



"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

"One of the best nutrition guides available. Easy to understand and easy to apply, this compact book will make you an expert in healthful eating in no time—opening the door to your new life of vibrant health!"--**Neal D. Barnard, MD**, President, Physicians Committee for Responsible Medicine, Washington, DC

"As a rural south Arkansas family physician, I am attempting to educate my patients on the benefits of a plant-based diet--and this book will be a tremendous help. I particularly enjoyed Dr. Graff's dialog with her patients and her poignant letter to our fellow doctors."--**James Sheppard, MD**, family physician, El Dorado, AR

"The big picture consequences of our food choices are not well known, even by beloved and well-meaning physicians. They, their patients and anyone interested in achieving optimal health will benefit from this strikingly comprehensive, yet extraordinarily concise guide."--**Anne Ledbetter, EdD**, Director of Education, *T. Colin Campbell Center for Nutrition Studies*

"The compact *4Leaf Guide* delivers much more than you might expect, HUGE on relevant information presented in a clear and definable way! Let it help shepherd you to a life filled with rich and vibrant health!"—**Rip Esselstyn**, Author, *Engine 2 Diet* and *My Beef with Meat*.

"By emphasizing the whole-food, plant-based diet as mankind's natural food, the authors of this book have deepened our understanding and our belief. I am convinced that this book will bring closer the day when cancer specialists the world over will wake up and realize that a new, effective treatment against cancer now exists and is ready for use."--**John Kelly, MD**, Dublin, Ireland, Author, *Stop Feeding Your Cancer*

"As a health and medical specialist, to me the 4Leaf Survey is a highly instructive and practical motivational tool, one I offer daily to most of my patients, from babies just starting solids--to the elderly. In my practice, I wouldn't be without it. The "4Leaf Guide to Vibrant Health" is therefore a must read."--**John Green, MD**, family physician, Melbourne, Australia

"Such a nicely written and easy-to-follow guide to aid the clinician in educating their patients. This is the result of what can happen when a physician realizes that the most important health information they can pass along to their patients is not yet being taught in medical school." --**Ted Crawford**, Doctor of Osteopathy, Tucson, Arizona

PRAISE FOR THE *4LEAF GUIDE*

“In addition to summarizing the primary health and environmental benefits of adopting a whole-food, plant-based diet, Dr. Graff and J. Morris Hicks include motivational case histories, access to valuable support resources and easy-to-understand tips and strategies. This *4Leaf Guide* will prove to be a valuable resource on your journey to better health.” --
John Axelson, PhD, Professor of Psychology, College of the Holy Cross, Worcester, MA

“Simply fabulous. I couldn’t stop reading it until I finished. Loved it.”--**Sheryl Greenberg**,
Founder, *Healthy You Network*, Tucson, Arizona

“Even though it is not in my economic self-interest, I highly recommend the plan put forth in this amazing book to anyone who is interested in optimizing their own health, the health of our Earth, and the health of all the non-human species who share this beautiful blue and green planet with us. As an Interventional Radiologist who repairs damaged arteries with angioplasty and stents, I personally profit from the havoc that the modern industrial diet plays on our arteries and organs. If everyone were to eat this way, I would be out of a job! Fortunately, I have a lot of hobbies.” **Ted D. Barnett, MD**, Interventional Radiologist, Rochester, NY

“The thesis of this book is simple—and it provides solid, fact-based reasons for its conclusion: It is imperative for humans to get off the meat, egg and dairy drug. For me, these reasons also alluded to the petals of the four-leaf clover: faith, hope, love and luck. Lucky people will find this book--ethical and wise people will take its message seriously.”--
Philip Wollen, Humanitarian Philanthropist, Former General Manager of Citicorp in Australia

“Armed with great passion and integrity, no one is more committed to promoting the health of humans AND the environment than these two authors. And that passion shines brightly in this inspiring book--a practical and powerful guide to plant-based eating at just the right time.”--**Nelson Campbell**, Director, PlantPure Nation

“I truly love this book--It’s very well done and incredibly compelling. The 4Leaf Survey is eye opening and motivating. Having started referring patients to the 4Leaf site, I can really see incorporating this into my practice.”--**Michelle McMacken, MD**, Asst. Professor of Medicine, NYU School of Medicine; Director, Bellevue Hospital Weight Management Clinic, New York City

"Using food as medicine must become the foundation of a transformed and sustainable healthcare system, ushering in *sustainable* human health and a *sustainable* world. This information-packed guide is just what the doctor ordered--providing a powerful tool that medical professionals can use to confidently prescribe 4Leaf to their patients and clients.”
Susan Benigas, Founder, The Plantrician Project and Executive Director, American College of Lifestyle Medicine