

4Leaf level—Auto 4Leaf Survey Report

Since you scored at the ultra-healthy **4Leaf** level, this custom report was designed to enable you to assist others in taking charge of their health. Here is what we say about the **4Leaf** level:

Representing a small minority of the population; people in this group tend to have trim bodies, vibrant health, lots of energy, take no medications, almost never have ANY disease and will very likely live a long & healthy life.

Our survey is based on this simple advice from Dr. T. Colin Campbell, which summarizes his life's work in the field of nutritional science: "The closer we get to eating a diet of whole, plant-based foods, the better off we will be." The survey you just completed helps us determine the approximate percentage of your daily calories that you are now deriving from those healthiest of foods.

Scoring at the **4Leaf** level, we estimate that you're currently deriving over 80% of your total calories from whole, plant-based foods. The average consumer of the Typical Western Diet is getting far less than ten percent from those health-promoting foods. The remainder of this report may enable you to improve your diet even further and may also help as you explain your very healthy eating habits to others.

Striving for perfection. Although already at the **4Leaf** level, there still may be a few ways you can eat just a little better. Our scoring system is based on "plus" points for eating whole plants and "minus" points for everything else. First, take a look at questions 1 through 3. You will improve your health by increasing these types of food in your diet; they're the foods you want to continue to eat the most of

Now, take a look at your responses on questions 5 through 12. When your answers were not the **first** one of the four choices, you had negative points on those questions. Your best opportunity may be to cut back on some of the remaining oil, highly processed foods or animal products remaining in your diet and to replace those calories with more whole, plant-based foods (Questions 1 through 3).

What about question 4, regarding omega-3? If your answer was anything other than "Yes" to this question, you're probably thinking you need to consume a little fish or fish oil in order to get enough of this nutrient. You don't. Per Dr. Campbell (and many other medical professionals), as you add more whole plants to your diet and decrease the amount of meat and dairy, you'll be consuming less omegas-6s, which will in turn decrease the need for as many omega-3s. Therefore, with a whole food, plant-based diet, you will have little, if any, need to add more omega-3 to your diet. To play it safe, you can eat some flaxseeds, walnuts, hemp or chia seeds to help remove your fears of being deficient in this widely misunderstood nutrient.

Sharing 4Leaf for Life. Thank you for taking the **4Leaf Survey**. If you found it helpful, please share it with others. As you move up the **4Leaf** scale, you may occasionally be asked about your recent weight-loss or your overall healthier appearance. When friends or family ask about your secret, you can tell them that achieving *vibrant health* begins with eating a near-optimal diet -and that weight-loss is a natural fringe benefit of taking charge of your health by adding lots of whole, plant-based foods to your diet. Finally, you might encourage them to take the **4Leaf Survey** themselves.

Best wishes for a long and healthy life from the **4Leaf** team!

For recipes, tips for eating 4Leaf outside the home and much, much more, visit 4LeafProgram.com.



Note. While we don't recommend the consumption of ANY animal products, 4Leaf is not necessarily vegetarian or vegan. Remember, following a strict vegan diet (avoiding all animal products) is not nearly as important as eating a diet rich in whole grains, legumes, fresh fruits & vegetables. That said, if you continue to include meat and dairy in your routine meals, you will have trouble reaching the 4Leaf level--and the vibrant health you deserve.

Caution: *Eating this way may quickly decrease your need for medications. You should tell your physician what you're doing. If he/she is unfamiliar with this eating-style, please direct him or her to nutritionstudies.org and plantrician.org.*