

# Guiding Your Patients to Vibrant Health



## **“If diet and exercise aren’t enough...”**

We hear phrases like this one on television every day: “When diet and exercise aren’t enough, ask your doctor if our *new drug* is right for you.”

The problem is that, up until now, medical doctors rarely told patients anything at all about the most important word in that phrase: DIET, let alone what constitutes a healthy one.

Like almost everyone else in the developed world, our medical professionals have never been taught how crucial diet truly is in promoting health. But that sad fact is beginning to change.

**Optimal diets promote health** by preventing disease or reversing it if it already exists. So what is the optimal diet? The healthiest people on Earth, the ones who live the longest and have the least disease, eat diets composed of mostly whole plants. According to Cornell’s Dr. T. Colin Campbell, the researcher who led the most comprehensive study on nutrition ever done:

“The closer we get to eating a diet of whole, plant-based foods, the better off we will be.”

The closest we could possibly get would be to derive 100% of our daily calories from whole plants. As that would be nearly impossible in today’s world, we set the top bar at 80%, and called that the 4Leaf level of eating—the healthiest of six possible levels. The other five are:

**Unhealthful Diet.** Fewer than 10% of daily calories from whole plants. This is the Typical Western or the Standard American Diet (SAD).

**Better than Most.** 10% to 19% of daily calories from whole plants.

**The 1Leaf level.** Deriving 20% to 39% from whole plants.

**The 2Leaf level.** Deriving 40% to 59% from whole plants.

**The 3Leaf level.** Deriving 60% to 79% from whole plants.

So, how do the physicians know how their patients are now eating?

## **IT all starts with the 4Leaf**

**Survey.** While waiting to see the doctor, the patient takes the one page survey. That’s when the average patient first realizes that he/she is eating nowhere near an optimal diet—with most of them scoring below the 1Leaf level.

Next, the patient is given a detailed report describing their current dietary level and, more importantly, details about how they can easily begin taking steps to improve their 4Leaf score\* and their own health.

**Reviewing with the doctor.** The patient then reviews the printed version of the survey in the doctor’s office. That’s when they both can see exactly where points were lost.

While reviewing this document one-on-one, they can then talk about how the patients can easily improve their dietary choices.

**Engaging the patient in the process.** This is the secret behind the use of the 4Leaf Survey. It is a simple tool that gets the patients actively engaged in the process of taking charge of their health.

With the survey, they can easily see where they are losing points and can quickly begin replacing some of their “negative” points with “plus” points that accompany the whole, plant-based foods.

## **Next comes meal planning.**

The key is replacing animal-based and highly processed foods with whole plants. With handy tools found on [4leafprogram.com](http://4leafprogram.com), the patient begins by working on transforming all of their “routine” meals to the 4Leaf level.

## **4Leaf eating works FAST.**

Whenever someone at the 1Leaf level or lower begins to eat at the 3Leaf or 4Leaf level, he/she can expect to see rapid improvements, including weight loss, more energy and a sharp reduction in the requirement for prescription drugs—a fact that prompted us to include this statement in our book.

**CAUTION.** Eating the 4Leaf way may quickly decrease your need for medications. You should tell your physician what you’re doing. If he/she is not familiar with, or skeptical of, this eating-style, please direct him or her to [plantpractitioner.org](http://plantpractitioner.org) and [nutritionstudies.org](http://nutritionstudies.org).

**Highly efficient.** For the health-care professional who is more interested in promoting health than in managing disease, there is no more efficient process than **4Leaf for Life**. Simple + effective + low cost and fast = very high value.

By “prescribing” the 4Leaf Survey, the many helpful tools at the 4Leaf website and the book, “4Leaf Guide to Vibrant Health,” physicians can facilitate HUGE improvements in the health of their patients with very little expense (or time) expended by the patient or the physician.

**A new “vital” sign?** The CDC estimates that poor diet is as harmful to health as is smoking. Yet, while smoking status is routinely assessed at every patient visit, evaluation of dietary health is neglected because a quick tool to assess its status has been lacking. Until NOW.

The simple 4Leaf Survey can be completed by patients in less than three minutes. The 4Leaf score\* generated serves as a dietary “vital” sign, assessing the healthfulness of each patient’s diet.

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For more information, visit our website at [4leafprogram.com](http://4leafprogram.com) and contact us about the use of our 4Leaf materials in your practice.

\*Re the survey, answers to 12 multiple choice questions about eating habits enable us to estimate one’s current 4Leaf level.