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NEW WORLD OF HARMONY

By J. Morris Hicks

Imagine for a moment that almost everyone in the world is already eating a plant-based diet. That's right--the billions of farm animals that we once raised for our dinner tables no longer exist. All the great chefs and fine restaurants of the world are focused totally on plant-based dining and are written up in the Michelin and Zagat guides everywhere.

Not only are people raving about the food, chronic disease is almost non-existent and the cost of healthcare in the USA has plummeted to record low levels--now hovering around 4% of the GDP, down sharply from the record of almost 20%.

Prominent medical schools have converted from “disease management” to health promotion and most of the medical costs now are for things like prenatal services, injury repair and cosmetic surgery. Screening tests for cancer are no longer needed since the incidence of that killer disease has shrunk to near zero.

There is enough food and fresh water for everyone on the planet and we are now only using natural resources at a

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responsible rate that allows Mother Nature to continuously replace them. The population has stabilized at a sustainable number and we have ended our dependence on fossil fuels.

There is widespread peace and a better quality of life throughout the world as the enormous funds that were formerly spent on healthcare, highly inefficient foods and wars--are now devoted primarily to the complete elimination of world hunger, poverty and illiteracy. The world is once again a place of near complete harmony.

And it all began with a rapid shift from animal-based foods to plant-based foods. But that transformation didn't get any real traction until enough courageous medical professionals embraced the incredible power of whole, plant-based foods to prevent and reverse disease---and then started enthusiastically promoting it to their patients.

One practitioner who has done just that is Dr. Kerry Graff, who started making big changes in her family medicine practice long before she knew how she was going to make it work from a financial standpoint. She just started helping people get healthy and the ensuing feeling of joy kept her going. While writing this chapter, I just heard from her today with this text message:

“Just saw a patient who went from a total cholesterol of 340 to 195 on 4Leaf. She feels fantastic! She looks amazing, too.” ☺

So how do we get serious traction in the mainstream medical community? In the next (and final) chapter, Dr. Graff takes a powerful first step. She courageously makes a written appeal to all of her fellow physicians to join the growing global movement to replace “disease care” with true “health care.”