

INTRODUCTION

This *4Leaf Guide* contains everything you need to get started down the pathway to vibrant health. It also addresses what is arguably the most important issue in the history of humankind—our food choices in the 21st century. In the pages ahead, you'll learn all about why that issue is so important and why you should be eating a more optimal diet, for reasons that go far beyond your own health.

In the first chapter, Dr. Graff tells the gripping story of her own enlightenment when it comes to the power of food to cause or cure disease. She then explains how she leveraged her newly gained knowledge to begin the joyful process of “making good” on the incredible failures of her profession, which treats patients with pills and procedures while ignoring the huge role of diet in disease. In later chapters, Dr. Graff grants you a rare peek inside the physician's office as she gently leads her patients down the pathway to vibrant health.

This book introduces you to the simple 4Leaf approach to eating—an approach that promotes health for ourselves and for our planet. We will help you figure out what you ARE going to eat, rather than just what you should try to avoid. We will guide you in getting all the unhealthy stuff out of your kitchen and will provide tips to remember while shopping and eating out. We'll also provide some starter recipes and steer you to some great resources for many more.

Most of the chapters are less than five pages with descriptive titles so that you'll have no trouble finding what you need. In addition to gaining valuable tips for integrating this healthy way of eating into your busy lifestyle, you'll also learn how to deal with the plethora of questions, criticisms and unsolicited advice you'll be receiving from your friends, family and colleagues--as many of them may think that you have lost your mind.

Throughout the book, we hope to inspire you with a few success stories as told by Dr. Kerry Graff. Finally, you will gain an additional understanding by reading the Epilog by J. Morris Hicks, as he chronicles how we got into such a mess in the first place--a mess that includes staggering personal and global consequences of our poor dietary choices.

Looking for something specific? You can likely find what you need by just glancing at the table of contents. After completing this book, if there's anything you think that we may have missed, we encourage you to visit our website at 4leafprogram.com.



*Promoting Vibrant Health.
For Ourselves. For Our Planet*