

# One-Page 4Leaf Guide for Healthcare Providers



**“When 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 were never taught what constitutes an optimal diet OR how crucial it is to human health. But that sad fact is about 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 conducted:

“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:

**Unhealthy 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.

**Reviewing with the provider.** The patient then reviews the survey with the medical provider. They are given handouts to explain the various leaf levels and suggestions for how to improve their score\* and, more importantly, their health.

In addition, they are sent home with a daily version of the survey and a tracking form to use to monitor their progress. All of these forms can be found in the “4Leaf Tool Kit” at [4leafprogram.com](http://4leafprogram.com).

**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 the 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 can work FAST.** Whenever people at the 1Leaf level or lower begins to eat at the 3Leaf

or 4Leaf level, they 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 [plantrician.org](http://plantrician.org) and [nutritionstudies.org](http://nutritionstudies.org).*

**Highly efficient.** For the healthcare professional who is more interested in promoting health than in managing disease, there is no more efficient process to evaluate diet and promote improvement than 4Leaf. Simple + effective + low cost and fast = very high value.

By “prescribing” the 4Leaf Survey, the many helpful tools on 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. Their 4Leaf score\* generated serves as a dietary “vital” sign, assessing the healthfulness of each patient’s diet.

**Online 4Leaf Survey** can now be taken all over the world in just a few minutes: Visit [4leafsurvey.com](http://4leafsurvey.com).

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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 your current 4Leaf level.