



In Pursuit of Vibrant Health!

Effortless weight-loss is just a bonus. All is based on leveraging the simple, yet powerful, concept of maximizing the percent of your calories from whole, plant-based foods -- still in nature's package.

(Prepared on 3-27-12 by J. Morris Hicks. Intellectual property of the 4Leaf Program)

4Leaf Program. Our trademarked *4Leaf Program* was designed as a simple tool to help people focus on maximizing their consumption of the healthiest of foods — whole plants still in nature’s package. A truly healthy diet is all about what you ARE eating — not what you’re avoiding. And while we don’t recommend the consumption of any animal products, this program 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 and vegetables.

Scoring. This simple program features six levels, beginning at the bottom with the “Unhealthy” level that represents the typical Western diet --- where the majority of folks derive over 90% of their calories from meat, dairy, eggs, seafood and a host of highly refined foods. It’s all very simple. Moving up the scale means increasing the percent of total calories from whole plant-based foods and ultimately achieving *vibrant health*. With the 4Leaf goal in mind, each individual will decide which level is right for them and their family --- The right level for you is the one you can stick with.

	<p>Representing a very 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.</p>
	<p>Already eating a superior diet, this group is deriving well over half of their calories from health-promoting, whole, plant-based foods...and has experienced many benefits healthy eating...well on their way to 4Leaf.</p>
	<p>Although probably making a serious effort to eat a healthy, “balanced” diet; they are falling short of ensuring long-term vibrant health. We have found that with a little help, folks in this group will move quickly up the scale.</p>
	<p>Although eating five times as many whole plant calories as the majority of folks, they are not consuming enough whole plant foods to provide much protection against disease...and will need help to add more leaves.</p>
<p>“Better Than Most” 10 to 20% from whole plants</p>	<p>People at this level are actually trying to eat a healthier diet. They frequently say things like “I have given up red meat and am trying to watch what I eat.” All they need is a better understanding of what promotes vibrant health.</p>
<p>Unhealthy (Eaten by the majority) <10% from whole plants</p>	<p>The typical Western diet with meat, dairy and highly-processed foods at almost every meal. A very destructive diet-style, providing almost no fiber from whole plants and offering zero protection against chronic disease.</p>

For help, tips, recipes and the *4Leaf Survey*, visit www.4leafprogram.com