

Top Ten Lists for Success On the 4Leaf Program

Focusing on the *why* & the *how*



(Prepared on 9-16-12 by J. Morris Hicks. Intellectual property of the 4Leaf Program)

	Why? Reasons for doing this		How? Tips that may help
1	Promote your own vibrant health for the rest of your life.	1	Start your day with a bowl of fresh fruit.
2	Give your own children the gift of health.	2	Eat a bowl of oatmeal (with more fruit) at mid-morning or when you get hungry.
3	Ensure the health of your grandchildren and all of those who follow them in your family.	3	Think "Daily" Goal: Make sure your "routine" meals are in the 4Leaf range.
4	Save \$\$ on your medical bills and avoid the old nursing home.	4	Don't "plan" to have ANY animal foods in your diet.
5	Reduce your total carbon footprint by 30%.	5	Simple 4Leaf meals with simple recipes are easy and tasty. (See Sailors Super Lunch)
6	Reduce your total water consumption by 90%.	6	When dining out, ask for the "side dishes"--- without oil, salt, butter and cheese.
7	Help to end the needless suffering of billions of animals.	7	Keep it simple; eat lots of raw fruit, carrots, celery, etc. for snacks.
8	Help to feed ten times as many people on the same acreage.	8	If you want to lose weight; easy on avocados, nuts, etc.
9	It's your chance to be a key part of restoring harmony on our precious planet.	9	Prepare for the unexpected; maximize your score early in the day. (for wiggle room)
10	Help your body seek its ideal weight – effortlessly.	10	If you lose any motivation; re-read the list on your left.

The Bottom Line. For promoting health, we believe that adopting a flexible attitude of maximizing whole, plant-based foods in your diet is a much more powerful approach than choosing a strict regimen of avoiding animal products. *J. Morris Hicks --- jmh@4leafprogram.com*

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