

SUGGESTED INTRODUCTION

A former senior executive with Ralph Lauren in New York, our speaker today has always been what he calls a “Big Picture” guy. Today, his topic is:

Our food choices. Our health. Our environment. And the long-term sustainability of the human race.

In 2002, after becoming curious about the “optimal diet” for humans, he began an intensive study that led him to explore a much bigger picture than he had ever imagined --- discovering many startling issues and opportunities along the way. Armed with that knowledge, he began his new career as a writer, speaker, and consultant on this powerful topic. A prolific blogger since 2011, he has published well over 700 consecutive daily blogs.

He holds a BS in Industrial Engineering from Auburn University and an MBA from the University of Hawaii. In 2009, he earned a Certificate in Plant-Based Nutrition from the T. Colin Campbell Foundation and eCornell---and has recently published his first book, “Healthy Eating, Healthy World.”

Notably, his book was endorsed by ALL three of the experts who influenced President Clinton to adopt a disease-reversing plant-based diet.

Please make welcome --- from Stonington, Connecticut

J. Morris Hicks