



## 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.*

(Modified on 3-23-13 by J. Morris Hicks. Intellectual property of The Ansley Consulting Group, Inc.)

**Introduction.** *4Leaf for Life* is a mentality---thinking about making every bite count. And *4Leaf* is simple; designed to help people focus on maximizing their consumption of the healthiest of foods — whole plants. A truly healthy diet is all about what you ARE eating — not what you’re avoiding. The foundation of this concept is the “common ground” wisdom of the five pioneering medical doctors featured in our book---all agreeing with these words from Dr. T. Colin Campbell, “The closer we get to eating a diet of whole, plant-based foods, the better off we will be.” How simple is that?

**Scoring.** Our *4Leaf* scale has six levels of eating, with the bottom “Unhealthful” level representing the typical Western diet --- where 90% of the calories are derived from meat, dairy, eggs, seafood and highly refined foods. It’s all very simple. With the *4Leaf* goal in mind, everyone must decide which level is right for them and their family. 1-Leaf begins at 20% of calories from whole plants; 4Leaf begins at 80%. The right level for you is the one that you can maintain indefinitely.

	<p>Representing a 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 &amp; 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...right on the verge of 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 can easily switch to 4Leaf eating.</p>
	<p>Although eating 4 to 5 times more whole plants than the majority of folks, they are not consuming enough of them to provide much protection against disease. After taking our <i>4Leaf Survey</i>, they’ll know what to do.</p>
<p><b>“Better Than Most”</b> 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><b>Unhealthful</b> (Eaten by the majority) &lt;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>

*Note.* While we don’t recommend the consumption of any animal products, *4Leaf* 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 & vegetables. No matter at which level you are right now, we recommend that you begin by shifting all the way to the 4Leaf level (with no animal products) for 4-8 weeks. For best results, the experts agree; baby steps are not recommended.

For help, tips, recipes and the *4Leaf Survey*, visit [hpjmh.com](http://hpjmh.com)