

SUGGESTED INTRODUCTION

A former senior executive with Ralph Lauren in New York, our speaker today became curious in 2002 about the “big picture” regarding the optimal diet for humans--and began a decade of study that led him to explore a much *bigger picture* than he ever imagined.

He ultimately discovered what he describes as the most important issue in the history of humankind--our food choices in the 21st century--concluding that our future as a species is riding on those choices. Since then--as a writer, speaker and activist, he has focused on that crucial issue in a never-ending effort to *promote health, hope and harmony on planet Earth*.

A former officer in the U.S. Coast Guard, 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 eCornell and published his first book, *Healthy Eating, Healthy World*, in 2011. Four years later, he teamed up with a medical doctor to publish the *4Leaf Guide to Vibrant Health*.

Please make welcome--from Rumson, New Jersey

J. Morris Hicks