

HEALTHY EATING HEALTHY WORLD

UNLEASHING THE POWER OF PLANT-BASED NUTRITION

J. MORRIS HICKS
WITH J. STANFIELD HICKS



FOREWORD BY
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OCTOBER 3-4, 2014
J. MORRIS HICKS

- Writer. Speaker. Consultant. Activist.
- Author, *Healthy Eating, Healthy World, Unleashing the Power of Plant-Based Nutrition*
- Board Member, The T. Colin Campbell Center for Nutrition Studies – Ithaca, NY
- Creator of *4Leaf for Life* healthy eating concept and the *4Leaf Survey*
- Former EVP of Polo Ralph Lauren, turned health promotion & sustainability activist

YOU ARE WHAT YOU EAT

70-80% of the health issues experienced by Americans are caused by what we choose to eat. These same diseases are controlled and even reversed by what we eat as well!

WHAT YOU EAT AFFECTS FAR MORE THAN JUST YOUR HEALTH

Producing meat, dairy and eggs uses tremendous amounts of land, water and energy. If everyone ate like Americans, we would need TWO planet Earths!

JOIN US TO LEARN MORE!

FRIDAY, OCT 3 @ 6pm:
Sampling of plant-based whole foods at 6pm with Mr. Hicks speaking at 7pm on "The Impact of Our Food Choices on Our Personal Health"

SATURDAY, OCT 4 @ 4pm:
Mr. Hicks speaking at 4pm on "The Impact of Our Food Choices on Our Planet" followed by sampling of plant-based whole foods

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