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TAKE THE 4LEAF SURVEY

By J. Morris Hicks

The 4Leaf Survey is at the heart of the overall 4Leaf approach to healthy eating. By taking two minutes to answer 12 multiple-choice questions, you will get our best estimate regarding the percentage of your daily calories that are derived from the healthiest of foods: whole plants.

The scoring algorithm for the survey is based on “plus” points that can be earned in the first four questions and “negative” points that are earned in questions number 5 through 12.

If you take the survey online, your score will be computed automatically whereas, in Appendix A, we provide a simple way for you to compute your own score quickly. Also, by taking it manually, you will be able to see the exact number of points that you gained or lost on each question. Dr. Graff finds this feature particularly helpful in explaining the 4Leaf concept to her patients.

Could the 4Leaf Score be the next “vital sign” in medicine? The CDC estimates that poor diet is as harmful to health as is smoking. Yet, while smoking status is

4LEAF GUIDE TO VIBRANT HEALTH

routinely assessed at every patient visit, evaluation of dietary health is neglected because a quick tool to assess its status has been lacking. Until now!

The simple 4Leaf Survey can be completed by patients in two or three minutes. The 4Leaf score generated serves as a dietary "vital sign," assessing the healthfulness of each patient's diet.

Take the 4Leaf Survey now. There are two ways that you can take the survey:

- **Online at 4leafsurvey.com.** A custom report, generated from your answers, will be emailed to you. That detailed report will show how you can improve your score AND, more importantly, your health.
- **Manually in Appendix A** on pages 151-153, where you can take the survey, score it yourself and be able to see exactly where you lost points and how you can improve your score.

Once you've taken the survey, proceed to the next chapter to learn more about your score and what it means.